## sunday

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## nlates

plates		
Smoked Salmon Benedict with Kaimuki mango hollandaise	\$18.	
Crab Cake Benedict with Kaimuki mango hollandaise	\$14.	
Chorizo Chilaquiles Huevos Rancheros with Sassy Southern Vegetarian Chili tortilla, peppers, onions, Chorizo, and eggs, scrambled with c served with sour cream, salsa and black-eyed pea chili	<b>\$12.</b> heese,	
Southern Spiced Sweet Potato Pancakes served with local bananas and maple butter	\$8.	
Shrimp and Cheesy Grits sautéed shrimp in a garlicky bacon gravy on cheddar cheese	<b>\$18.</b> grits	
Southern Sampler Sassy Southern Vegetarian black-Eyed Pea Chili, Buttermilk Ci Cole Slaw, "Sweet Corn" Cornbread and Mohala Farms collard		
Jambalaya (Creole Paella) seafood, sausage, chicken and rice	\$20.	
Seafood Gumbo & Grits shrimp and scallops sautéed with peppers and onions in a Cu gravy	<b>\$18.</b> reole	
Chicken, Sweet Potato and Kukui Spicy Portuguese Sausage Gumbo	\$14.	
BBQ Spare Ribs pork ribs baked to perfection and served with collard greens, cornbread, cole slaw and black-eyed pea chili	\$16. ′	
Chef Sean's Buttermilk Fried Chicken and Southern Spiced Sweet Potato Pancakes served with local bananas and maple butter	\$12.	
ala carte		
Buttermilk Fried Chicken \$18. <sup>(9 pc)</sup> \$9. <sup>(4 pc)</sup> \$5	(2 pc.)	
Buttermilk Cilantro Cole Slaw Mohala Farms Organic Collard Greens	\$5. \$7.	
with Ham Hock Sassy Southern Vegetarian Chili "Sweet Corn" Cornbread \$8. <sup>(3 pc)</sup> \$3	\$7.	
dessert		
Banana Pudding topped with chocolate whipped cream	\$6.	
Blueberry Cornbread with butter pecan and Hawaiian honey	\$6.	
Papaya-Raspberry Crisp made with local papaya and served with vanilla ice cream	\$7.	
beverages		
Southern Sweet Iced Tea	\$2.	

Southern Sweet Iced Tea	\$2.
Coffee	\$2.
Orange Juice	\$3.
Sparkling Water	\$3. <sup>(sm)</sup> \$5. <sup>(lg)</sup>

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## starters

Seared Crab Cake on a local avocado-tomato salad with Chinese vinaigrette	\$13. e black bean
Pulled Pork Sliders	<b>\$8.</b> <sup>(3 pc)</sup> <b>\$3.</b> <sup>(1 pc.)</sup>
Sweet Potato Fries	\$6.
Mac & Feta Cheese	\$7.
with corn bread au gratin with crab	\$11.

## salads

## Local Avocado Papaya Salad \$12.

with Naked Cow Dairy feta, Kalamata olives and a tomato-balsamic vinaigrette

## po' boys & rolls

add sweet potato fries to any po'boy for \$2

Cuban Po' Boy (aka "South Beach ham & cheese")	\$12.
roast pork, ham, swiss cheese, tomato, dill pickles, and yellow	r
mustard on a toasted roll	
Catfish Po' Boy	\$16.

# Catfish Po' Boy fresh, farm-raised, cornmeal-breaded catfish with a chunky,

## homemade tartar \$16. Kalbi Po' Boy

## boneless, braised shortribs, Korean BBQ sauce, creamy kim chee and sweet onion

### Carolina Pulled Pork Adobo \$8. pulled Carolina-style pork in a vinegar BBQ Sauce, served on a roll and topped with cole slaw

## \$6. Carolina ¼ lb Chili Dog served with black-eyed pea chili and cole slaw

## Crab Roll

\$18. buttered, toasted hot dog bun full of crab, lightly dressed New England-style

#### "The Abbey" BBQ Chicken Wrap \$10.

sweet and spicy BBQ chicken with cheddar cheese, cole slaw and pickles

# open every day. lunch, dinner & sunday brunch. 735-SOUL.

## lunch & dinner

## plates

places	
Chicken, Sweet Potato and Kukui Spicy Portuguese Sausage Gumbo	\$14.
Seafood Gumbo & Grits shrimp and scallops sautéed with peppers and onions gravy	<b>\$18.</b> in a Creole
Shrimp & Cheesy Grits sautéed shrimp in garlicky, bacon gravy on cheddar gr	<b>\$18.</b>
Jambalaya (Creole Paella) seafood, sausage, chicken and rice	\$20.
Catfish & Hushpuppies fresh, farm-raised, cornmeal-breaded catfish with a chu homemade tartar, served with black-eyed pea chili, co collard greens	
Sassy BBQ Chicken & Chips sweet and spicy barbequed drumsticks with sweet po	<b>\$12.</b> tato fries
BBQ Spare Ribs pork ribs baked to perfection and served with collard cornbread, cole slaw and black-eyed pea chili	<b>\$16.</b> greens,
Buttermilk Fried Chicken & Chili Chef Sean's famous Buttermilk Fried Chicken, served w eyed pea chili, cole slaw, cornbread and collard greens	
Nathan's Hot Dog "Chili & Frank" Plate two ¼ lb Nathan's hot dogs with black-eyed pea chili, cole slaw and rice	<b>\$9.</b> cornbread,
Sassy Southern Vegetarian Chili Chef Sean's special Southern-style black-eyed pea veg served with cornbread, cole slaw and rice	<b>\$8.</b> etarian chili
<b>Southern Sampler</b> Sassy Southern Black-Eyed Pea Vegetarian Chili, Butter Cole Slaw, "Sweet Corn" Cornbread and Mohala Farms Greens	
dessert	
Banana Pudding topped with chocolate whipped cream	\$6.
Blueberry Cornbread with butter pecan and Hawaiian honey	\$6.
Papaya-Raspberry Crisp made with local papaya and served with vanilla ice cre	<b>\$7.</b> eam
beverages	
Southern Sweet Iced Tea	\$2.
Coffee	\$2.
Sparkling Water \$	3. <sup>(sm)</sup> \$5. <sup>(lg)</sup>
Soft Drinks	\$2.

## lunch & dinner



starters

Seared Crab Cake on a local avocado-tomato salad with Chinese black bean vinaigrette

Pulled Pork Sliders	\$8. <sup>(3 pc)</sup> \$3. <sup>(1 pc.)</sup>	
Sweet Potato Fries	\$6.	
Mac & Feta Cheese with corn bread au gratin	\$7.	
with crab	\$11.	
calade		

salads

## \$12.

\$8.

\$13.

with Naked Cow Dairy feta, Kalamata olives and a tomato-balsamic vinaigrette

## po' boys & rolls

add sweet potato fries to any po'boy for \$2

## Cuban Po' Boy (aka "South Beach ham & cheese") \$12. roast pork, ham, swiss cheese, tomato, dill pickles, and yellow

# mustard on a toasted roll Catfish Po' Boy \$16.

# fresh, farm-raised, cornmeal-breaded catfish with a chunky, homemade tartar

Kalbi Po' Boy \$16. boneless, braised shortribs, Korean BBQ sauce, creamy kim chee and sweet onion

## Carolina Pulled Pork Adobo

Local Avocado Papaya Salad

pulled Carolina-style pork in a vinegar BBQ Sauce, served on a roll and topped with cole slaw

Carolina ¼ lb Chili Dog served with black-eyed pea chili and cole slaw	\$6.	
Crab Roll buttered, toasted hot dog bun full of crab, lightly dressed New England-style	\$18. v	
"The Abbey" BBQ Chicken Wrap sweet and spicy BBQ chicken with cheddar cheese, cole slaw a pickles	<b>\$10.</b> and	
ala carte		
Buttermilk Fried Chicken \$18. <sup>(9 pc)</sup> \$9. <sup>(4 pc)</sup> \$5.	(2 pc.)	
Buttermilk Cilantro Cole Slaw	\$5.	

Buttermilk Cilantro Cole Slaw	\$5.
Mohala Farms Organic Collard Greens	\$7.
with Ham Hock	
Sassy Southern Black-Eyed Pea Vegetarian Chili	\$7.
"Sweet Corn" Cornbread \$8. <sup>(3 pc)</sup> \$3	(1 pc)

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