

SOUL FOOD THERAPY



RESTAURANT & CAKE BAR

Authentic Soul Food
"IT'S A WHOLE NEW MOOD"

SoulFoodTherapyRestaurant.com
5043 AZ-92, SIERRA VISTA, AZ 85650

520.378.2044

REFRESHING BEVERAGES

SOUL PINEAPPLE LEMONADE

\$3.00

Succulently sweet pineapple juice & slightly tangy lemonade = The Perfect Match

HALF & HALF

\$3.00

1/2 Classic Southern Sweet Tea & 1/2 SOUL Pink Pineapple Lemonade.

CLASSIC SOUTHERN SWEET TEA

\$3.00

Very much so a Southern necessity; our freshly brewed black tea is served chilled over ice.

REFRESHING CAN/BOTTLE DRINKS

\$1.75

Varied selection of canned and bottled drinks available. Please ask attendant about available flavors.

PRE-GAME MUNCHIES

ROSA'S BABY CAKES BASKET

Eight petite melt in your mouth buttermilk chef choice cornbread muffins. These sweet & savory baby cakes are drizzled with a delightfully sweet maple honey-butter glaze.

\$5.00

MAJOR HOUSE PLATE COMBO

SOUL FOOD CLASSIC: CHOOSE AN ENTREE, CHOICE OF 2 OR 3 SIDES & CORNBREAD (DRINKS PURCHASE SEPARATE)

SOUL SOUTHERN FRIED CHICKEN

Juicy pieces of perfectly seasoned golden fried chicken straight from the South. Yes, it gets even better! Try it smothered in our Good-Good Gravy or glazed up in one of our signature sauces.

2 SIDES | 3 SIDES

\$19 | \$22.50

COUNTRY FRIED PORK CHOP

Serving you mouth-watering pieces of country fried pork chop that's sure to give you feelings of complete nostalgia. Yes, you too can have it smothered in that Good-Good Gravy or drizzled with one of our signature sauces.

\$19 | \$22.50

HER KITCHEN MEATLOAF

A meaty and flavorful portion of savory melt in your mouth meatloaf from Her (Mama Sharon) Kitchen. Her Kitchen Meatloaf is then topped off with the infamous glaze that adds the perfect touch of smoky sweetness.

\$19 | \$22.50

SOUL SEASONED HERB BAKED CHICKEN

Our special and unique combination of seasonings and herbs makes our oven baked chicken something to live for. If we were you, we would try it with our Carolina Gold BBQ sauce or Smoky Peach Bourbon BBQ Sauce.

\$19 | \$22.50

CAJUN GARLIC BUTTER GLAZED SALMON

Buttery, moist, seasoned, sweet & smoky are just a few words we like to use to describe our amazing Cajun Garlic Glazed Salmon.

\$21 | \$24.50

I ♥ FRIED CATFISH

Our classic Southern prepared fish is dredged in a perfectly Cajun seasoned cornmeal breading and fried until it is golden brown and perfectly tender. After tasting this, you will understand why we love fried catfish.

\$21 | \$24.50

ALL OF OUR MENU ITEMS ARE MADE WITH LOVE TO ENSURE QUALITY & ARE AVAILABLE WHILE ITEMS LAST.

SOUL SALADS

SALADS SERVED WITH CHOICE OF DRESSING & CORNBREAD

CAROLINA LOVE SALAD

Crisp mixed greens, smoked turkey, honey ham, eggs, shredded cheddar cheese, diced tomatoes, chopped cucumbers, and real bacon.

\$15.50

VEGGIE SALAD

Crisp mixed greens with chickpeas, red onions, shredded blended cheese, diced tomatoes, chopped cucumbers, and cranberries (eggs by request)

\$15.50

FOUNDERS FAVORITES

BBQ SOUL BOWL SUNDAE

A perfect portion of our famous Southern Mac & Cheese topped with Aunt P's Collards then finished with a hearty scoop of our melt in your mouth pulled pork bbq & your choice of sauce (Carolina Gold or Smoky Peach Bourbon Sauce). Think of ice cream sundae but with SOUL food.

\$17.50

LOW COUNTRY SHRIMP & GRITS (SUNDAY ONLY SPECIAL)

Inspired by the beautiful city of Charleston, South Carolina. Thick, earthy, and creamy smoked gouda grits get a serious upgrade when paired with succulent shrimp & twice smoked sausage.

\$24.50

SOUL SIDES

- Southern Mac & Cheese
- Cajun Dirty Rice
- Garlic Red Skin Mashed Potatoes
- Zesty Pasta Salad
- Aunt P's Collard Greens
- Southern Style Green Beans
- Black-eyed Peas
- Fried Okra

SINGLE SIDES \$3.75

CREATE YOUR
Soul Bowl
CUSTOM BOWL FOR SMALLER APPETITES
SELECT (1) FROM EACH CATEGORY

\$15.50

BASE

- SOUTHERN MAC N CHEESE
- CAJUN DIRTY RICE
- GARLIC MASHED POTATOES

PROTEIN

- PULLED PORK
- CHOPPED CHICKEN

SAUCE

- GOOD GOOD GRAVY
- SMOKY PEACH BOURBON BBQ
- CAJUN YUM YUM SAUCE
- CAROLINA GOLD BBQ SAUCE

FINISH

- SOUL CHEESE BLEND
- GREEN ONIONS
- SMOKED PAPRIKA
- CAJUN SPICE

SOCIAL CAKE BAR
RICH | ELEVATED | SUPREME | LUXE

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