



EST.

2014

THE COOP

A S O U T H E R N A F F A I R

WINTER PARK, FL

ALLERGENS

NIBBLES

GLUTEN

PEANUTS

DAIRY

EGGS

SOY

TREE NUTS

FISH

VEGETARIAN

PIMENTO CHEESE & BAGUETTE CHIPS	✓		✓	✓	✓		✓	
DEVEILED EGGS			✓	✓	✓			✓
CHICKEN N' BISCUITS	✓		✓	✓	✓			
BUFFALO CHICKEN TENDERS	✓		✓		✓			
FRIED GREEN TOMATOES	✓			✓	✓			✓
PIG TAILS			✓	✓	✓		✓	

MAINS

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FISH

VEGETARIAN

	GLUTEN	PEANUTS	DAIRY	EGGS	SOY	TREE NUTS	FISH	VEGETARIAN
FRIED CHICKEN	✓		✓	✓	✓			
CHICKEN TENDERS	✓		✓	✓	✓			
CHICKEN & WAFFLES	✓		✓	✓	✓			
BOURBON MAPLE ROASTED CHICKEN								
MOM'S MEAT LOAF	✓		✓	✓	✓		✓	
FRIED SEAFOOD BASKET	✓		✓	✓	✓		✓	
SMOTHERED PORK CHOPS	✓		✓		✓			
CHICKEN POT PIE	✓		✓	✓				
LOW COUNTRY SHRIMP & GRITS <small>WHEN SERVED WITHOUT CORNBREAD OR HUSHPUPIES</small>			✓		✓		✓	
CHICKEN & DUMPLINGS	✓		✓	✓	✓			
FRIED CATFISH	✓		✓		✓		✓	

SANDWICHES & SALADS

GLUTEN PEANUTS DAIRY EGGS SOY TREE NUTS FISH VEGETARIAN

	GLUTEN	PEANUTS	DAIRY	EGGS	SOY	TREE NUTS	FISH	VEGETARIAN
GRILLED MEATLOAF MELT	✓		✓	✓	✓		✓	
SHRIMP PO-BOY	✓		✓	✓	✓		✓	
FGT PO-BOY	✓		✓	✓	✓			✓
CATFISH PO-BOY	✓		✓	✓	✓		✓	
BUFFALO CHICKEN SANDWICH	✓		✓	✓	✓			
FRIED GREEN TOMATO BLT	✓		✓	✓	✓		✓	
GRILLED CHEESE & ARUGULA MELT	✓		✓	✓	✓			✓
ROASTED CHICKEN COBB SALAD			✓	✓				
SPINACH, CHEDDAR, CRANBERRY, & BACON SALAD			✓			✓		

FIXINS

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VEGETARIAN

	GLUTEN	PEANUTS	DAIRY	EGGS	SOY	TREE NUTS	FISH	VEGETARIAN
MAC & CHEESE	✓		✓	✓				✓
CREAMED CORN	✓		✓					✓
ANSON MILLS CREAMY GRITS			✓		✓			✓
FRESH SOUTHERN COLLARDS					✓			
BROCCOLI IN SHALLOT BUTTER			✓					✓
GREEN BEANS			✓		✓			
SMASHED POTATOES			✓					✓
BROCCOLI SALAD			✓	✓	✓			
RICE & GRAVY	✓		✓		✓		✓	
SKILLET CORNBREAD	✓		✓	✓				
CREAMY COLESLAW				✓	✓			✓
FRESH FRIED OKRA	✓		✓		✓			✓
HUSH PUPPIES	✓		✓	✓	✓			✓
FRENCH FRIES	POTENTIAL		POTENTIAL	POTENTIAL	✓			✓
BISCUIT	✓		✓	✓				✓

**SAUCES/CONDIMENTS
/MISCELLANEOUS**

GLUTEN PEANUTS DAIRY EGGS SOY TREE NUTS FISH VEGETARIAN

RANCH DRESSING			✓	✓	✓		✓	
BLUE CHEESE DRESSING			✓	✓	✓		✓	
BALSAMIC VINAIGRETTE					✓		✓	✓
HONEY MUSTARD				✓	✓			✓
SRIRACHA RANCH HORSERADISH			✓	✓	✓		✓	✓
MAPLE BOURBON DRIZZLE								✓
MEATLOAF SAUCE					✓		✓	✓
REMOULADE				✓	✓			✓
BROWN GRAVY	✓		✓		✓		✓	
CHICKEN FRIED STEAK GRAVY	✓		✓	✓				
LEMON MAYO				✓	✓			✓
PICKLES - SWEET								✓
TARTAR SAUCE				✓	✓		✓	✓
SEAFOOD SAUCE				✓	✓		✓	✓
4R SIGNATURE SAUCE			✓		✓		✓	

FIXIN SPECIALS

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VEGETARIAN

ASPARAGUS								✓
BLACK BEANS					✓			
BRAISED CABBAGE								✓
BRUSSELS & BACON			✓					
BUTTERBEANS			✓		✓			
CABBAGE & HAM					✓			
CORN PUDDING	✓		✓	✓				✓
CUCUMBER SALAD								✓
DIRTY RICE			✓		✓			
GREEN BEANS & TOMATOES								✓
GREEN BEAN CASSEROLE	✓		✓		✓			
HOPPIN JOHN			✓		✓			
OKRA & TOMATO					✓			
ROASTED BEETS								✓
SQUASH CASSEROLE	✓		✓	✓	✓			✓
SUCCOTASH			✓					
CANDIED YAMS			✓					✓
MAPLE GLAZED CARROTS			✓					✓

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VEGETARIAN

BEEF STEW - SERVED OVER RICE	✓		✓		✓			
BLACKENED CATFISH			✓				✓	
CHICKEN BOG (WITHOUT RICE)	✓				✓			
CHICKEN SALAD SANDWICH	✓		✓	✓		✓		
CHICKEN FRIED STEAK	✓		✓	✓	✓			
CRAB CAKE SANDWICH	✓		✓	✓	✓		✓	
FISH & CHIPS	✓				✓		✓	
HADDOCK	✓		✓	✓	✓		✓	
JAMBALAYA			✓		✓			
OXTAIL STEW	✓		✓		✓			
PAN FRIED PORK CHOPS	✓		✓		✓			
PASTRAMI SANDWICH	✓		✓		✓			
PATTY MELT	✓		✓	✓	✓		✓	
PEACH CHICKEN					✓			
PORK & GREENS SERVED OVER GRITS	✓		✓	✓	✓			

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POT ROAST - SERVED OVER RICE	✓		✓		✓		✓	
ROAST BEEF & DEBRIS	✓		✓		✓			
SALMON			✓				✓	
SHEPHERD'S PIE	✓		✓		✓		✓	
SHRIMP PERLOO			✓		✓		✓	
SMOTHERED CHICKEN	✓		✓		✓			
SWISS STEAK	✓				✓			
WATERMELON SALAD	✓		✓	✓	✓	✓		

DESSERTS

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CINNAMON ROLL BREAD PUDDING	✓		✓	✓		✓		✓
OLD SCHOOL BANANA PUDDING	✓		✓	✓	✓			✓
PEANUT BUTTER PIE	✓	✓	✓	✓				✓
PECAN PIE	✓		✓	✓		✓		✓
COCONUT CREAM PIE	✓		✓	✓				✓
APPLE PIE BAR	✓		✓					✓
BLUEBERRY PIE BAR	✓		✓	✓				✓
LEMON BAYOU BAR	✓		✓	✓		✓		✓
RED VELVET CAKE	✓		✓	✓	✓	✓		✓
COCONUT CAKE	✓		✓	✓				✓
OLD FASHION CHOCOLATE CAKE	✓		✓	✓	✓			✓
HAND PIE - APPLE	✓		✓	✓	✓			✓
HAND PIE - PEACH	✓		✓	✓	✓			✓
HAND PIE - PECAN	✓		✓	✓	✓	✓		✓
MOON PIE - COOKIES & CREAM	✓		✓	✓	✓			✓
MOON PIE - GRASSHOPPER	✓		✓	✓	✓			✓
MOON PIE - PEANUT BUTTER	✓	✓	✓	✓	✓			✓