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Flatlands Bourbon and Bayou

# Flatlands Bourbon and Bayou

Menu Prices — October 23, 2026

Flatlands Bourbon and Bayou menu with prices in United States, updated August 2025: 42 items across 6 categories, prices from $4.00 to $25.00.

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# Flatlands Bourbon and Bayou Menu with Prices (United States)

Flatlands Bourbon and Bayou menu with prices in United States, updated August 2025: 42 items across 6 categories, prices from $4.00 to $25.00. Prices are collected by PriceListo and may vary by location. See the latest prices online at www.pricelisto.com/menu-prices/flatlands-bourbon-and-bayou

**Menu categories:** Starters · Salads & Bowls · Swampwiches/ Poboys / Baskets · Entrées · Sides · Desserts

## Starters

| ITEM | PRICE |
|---|---|
| **Alligator Bites**<br>fried, creole honey mustard and sriracha drizzle, swamp sauce. | **$15.00** |
| **Hot Crab Dip**<br>Spicy cream cheese, crab, shrimp, onions, peppers, with tortilla chips. | **$13.00** |
| **New Orleans BBQ Shrimp**<br>traditional NOLA style spicy barbeque sauce with black pepper, butter, Worcestershire, and hot sauce. | **$15.00** |
| **Catfish Nuggets**<br>fried and tossed in BBQ hot sauce, jalapeño ranch. (spicy) | **$13.00** |

## Salads & Bowls

| ITEM | PRICE |
|---|---|
| **Caesar Salad**<br>croutons, parmesan, tossed in caesar. | **$5.00** |
| **Wedge Salad**<br>bleu cheese crumbles, tomato, bacon, red onion, bleu cheese dressing. | **$8.00** |
| **Bayou Salad**<br>roasted corn and tomato pico, avocado, cheddar cheese, tortilla strips, tossed in jalapeño ranch. | **$9.00** |
| **Nola Salad**<br>cinnamon cranberry goat cheese, candied pecans, red onion, strawberries, tossed in balsamic vinaigrette. | **$9.00** |
| **Flatlands Signature Salad**<br>shrimp, bacon, avocado, egg, red onion, tomato, bleu cheese crumbles, tossed in balsamic vinaigrette. | **$17.00** |
| **Crawfish Mac and Cheese**<br>crawfish, andouille sausage, smoked gouda, cheddar cheese. | **$13.00** |
| **Garden Salad**<br>mixed greens. tomato, cucumber, feta, creole honey mustard. | **$5.00** |
| **Gumbo**<br>andouille sausage, chicken, tasso ham. (spicy) | **$5.00** |

## Swampwiches/ Poboys / Baskets

| ITEM | PRICE |
|---|---|
| **Classic Gouda Burger**<br>smoked gouda, lettuce, sliced tomato, red onion, brioche. add bacon for an additional charge. | **$15.00** |
| **Spicy Chicken Sandwich**<br>blackened chicken, bacon, tomato, swiss cheese, jalapeño ranch, brioche. | **$14.00** |
| **Po Boy's**<br>fried-catfish, shrimp, crawfish, or oyster - with lettuce, tomato, pickle, swamp sauce. | **$15.00** |

| ITEM | PRICE |
|---|---|
| **Soft Shell Crab Po Boy**<br>lettuce, tomato, pickle, swamp sauce. | **$16.00** |
| **Fried Seafood Basket**<br>fried shrimp, fried catfish filet, over fries. add oysters or soft shell crab for an additional charge. | **$22.00** |
| **Blackened Seafood Basket**<br>blackened shrimp, blackened catfish fillet, over dirty rice. | **$22.00** |
| **Crab Cake BLT Sandwich**<br>crab cake, bacon, lettuce, tomato, horseradish aioli, brioche. | **$17.00** |
| **Blackened Fish Tacos**<br>blackened catfish, flour tortillas, roasted corn tomato pico, swamp sauce, barbeque slaw. catfish may contain bone fragm... | **$14.00** |

## Entrées

| ITEM | PRICE |
|---|---|
| **Jambalaya**<br>Gluten-free. most of our food is prepared spicy and cannot be modified. onions, peppers, rice, with andouille sausage/ch... | **$13.00** |
| **Shrimp and Grits**<br>most of our food is prepared spicy and cannot be modified. shrimp, andouille sausage, onions, peppers, creole cream sauc... | **$19.50** |
| **Louisiana Cajun Fried Chicken**<br>andouille sausage red beans and rice, cajun street corn. | **$18.00** |
| **Catfish Pontchartrain**<br>most of our food is prepared spicy and cannot be modified. blackened catfish, shrimp, crawfish, onions, peppers, seafood... | **$24.00** |
| **Red Mountain Trout**<br>Gluten-free. blackened, corn & mushroom parmesan risotto, sautéed garlic spinach. | **$24.00** |
| **Seared Salmon**<br>Gluten-free. seared hard mid-rare, sweet potato, and brown sugar risotto, fire-grilled asparagus. | **$23.00** |
| **Shrimp Andouille**<br>tangy barbeque shrimp, grilled andouille sausage, red beans & rice. make it nola style for an additional charge. | **$18.00** |
| **Crawfish Étouffée**<br>most of our food is prepared spicy and cannot be modified. over white rice. | **$22.00** |
| **8 Oz Blackened Pork Ribeye**<br>Shrimp stuffing, balsamic glaze, dirty rice, fire-grilled asparagus. | **$18.00** |
| **Cajun Shrimp Pasta**<br>shrimp, andouille sausage, fettuccini, creole mustard cream sauce. | **$18.00** |
| **Seafood Risotto**<br>Gluten-free. changes daily. | **$25.00** |

## Sides

| ITEM | PRICE |
|---|---|
| **dirty rice** | **$4.00** |
| **andouille sausage red beans and rice** | **$5.00** |
| **cajun street corn** | **$5.00** |
| **poblano and roasted red pepper risotto** | **$6.00** |
| **sweet potato and brown sugar risotto** | **$6.00** |
| **smoked gouda mac and cheese** | **$6.00** |

| ITEM | PRICE |
| --- | --- |
| **fries** | **$4.00** |
| **fire grilled asparagus** | **$6.00** |

## Desserts

| ITEM | PRICE |
| --- | --- |
| **Gluten-Free Chocolate Torte** | **$8.00** |
| **Beignets** | **$7.00** |
| **Bread Pudding** | **$6.00** |