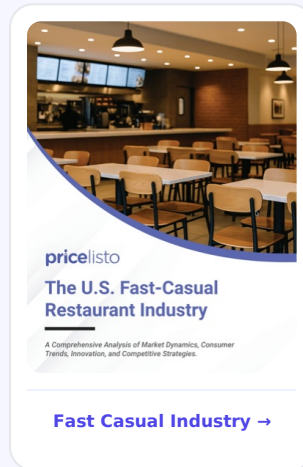




Flatlands Bourbon and Bayou

Menu Prices — August 21, 2026

Restaurant & Food Industry Reports



[Competitor Price Intelligence →](#)

Starters

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

Salads & Bowls

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

Swampwiches/ Poboys / Baskets

ITEM	PRICE
Classic Gouda Burger smoked gouda, lettuce, sliced tomato, red onion, brioche. add bacon for an additional charge.	\$15.00
Spicy Chicken Sandwich blackened chicken, bacon, tomato, swiss cheese, jalapeño ranch, brioche.	\$14.00
Po Boy's fried-catfish, shrimp, crawfish, or oyster - with lettuce, tomato, pickle, swamp sauce.	\$15.00
Soft Shell Crab Po Boy lettuce, tomato, pickle, swamp sauce.	\$16.00
Fried Seafood Basket fried shrimp, fried catfish filet, over fries. add oysters or soft shell crab for an additional charge.	\$22.00
Blackened Seafood Basket blackened shrimp, blackened catfish fillet, over dirty rice.	\$22.00
Crab Cake BLT Sandwich crab cake, bacon, lettuce, tomato, horseradish aioli, brioche.	\$17.00

ITEM	PRICE
Blackened Fish Tacos	\$14.00
blackened catfish, flour tortillas, roasted corn tomato pico, swamp sauce, barbeque slaw. catfish may contain bone fragm...	

Entrées

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

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
fries	\$4.00
fire grilled asparagus	\$6.00

Desserts

ITEM	PRICE
Gluten-Free Chocolate Torte	\$8.00

ITEM	PRICE
Beignets	\$7.00
Bread Pudding	\$6.00