

# Allergens Menu

DISCLOSES IF A MENU ITEM CONTAINS GLUTEN, PEANUTS, DAIRY, EGGS, SOY, TREE NUTS, OR FISH

## Mains

### **BOURBON MAPLE ROASTED CHICKEN**

### **CHICKEN & DUMPLINGS**

CONTAINS GLUTEN, DAIRY, EGGS & SOY

### **CHICKEN & WAFFLES**

CONTAINS GLUTEN, DAIRY, EGGS & SOY

### **CHICKEN POT PIE**

CONTAINS GLUTEN, DAIRY & EGGS

### **CHICKEN TENDERS**

CONTAINS GLUTEN, DAIRY, EGGS & SOY

### **FRIED CATFISH**

CONTAINS GLUTEN, DAIRY, SOY & FISH

### **FRIED CHICKEN**

CONTAINS GLUTEN, DAIRY, EGGS & SOY

### **FRIED SEAFOOD BASKET**

CONTAINS GLUTEN, DAIRY, EGGS, SOY & FISH

### **LOW COUNTRY SHRIMP & GRITS**

CONTAINS DAIRY, SOY & FISH

### **MOM'S MEAT LOAF**

CONTAINS GLUTEN, DAIRY, EGGS, SOY & FISH

## Sandwiches

### **BUFFALO CHICKEN**

CONTAINS GLUTEN, DAIRY, EGGS & SOY

### **CHEERWINE CHICKEN**

CONTAINS GLUTEN, DAIRY, EGGS & SOY

### **CHICKEN TENDER CLUB**

CONTAINS GLUTEN, DAIRY, EGGS & SOY

### **COOP CLASSIC CHICKEN**

CONTAINS GLUTEN, DAIRY, EGGS & SOY

### **FEISTY CHICKEN**

CONTAINS GLUTEN, DAIRY, EGGS & SOY

### **FRIED GREEN TOMATO BLT**

CONTAINS GLUTEN, DAIRY, EGGS, SOY & FISH

### **GRILLED MEATLOAF MELT**

CONTAINS GLUTEN, DAIRY, EGGS, SOY & FISH

## Salads

### **BUFFALO & BLUE CHICKEN**

CONTAINS GLUTEN, DAIRY, EGGS & SOY

### **CRISPY CHICKEN CAESAR**

CONTAINS GLUTEN, DAIRY, EGGS, SOY & FISH

### **CRISPY CHICKEN TENDER**

CONTAINS GLUTEN, DAIRY, EGGS & SOY

### **ROASTED CHICKEN COBB**

CONTAINS DAIRY & EGGS

### **SPINACH, CHEDDAR, CRANBERRY & BACON**

CONTAINS DAIRY & TREE NUTS

## Nibbles

### **CHICKEN & BISCUITS**

CONTAINS GLUTEN, DAIRY, EGGS & SOY

### **FRIED GREEN TOMATOES / VEGETARIAN**

CONTAINS GLUTEN, EGGS & SOY

### **WINGS**

CONTAINS DAIRY & SOY

POTENTIAL FOR GLUTEN & EGGS



**The COOP**  
BY 4 RIVERS

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## Specials

### **BEEF STEW (OVER RICE)**

CONTAINS GLUTEN, DAIRY & SOY

### **BLACKENED CATFISH**

CONTAINS DAIRY & FISH

### **CATFISH BITES**

CONTAINS GLUTEN, DAIRY, SOY & FISH

### **CATFISH PO-BOY**

CONTAINS GLUTEN, DAIRY, EGGS, SOY & FISH

### **CHICKEN BOG (W/O RICE)**

CONTAINS GLUTEN & SOY

### **CHICKEN FRIED STEAK**

CONTAINS GLUTEN, DAIRY, EGGS & SOY

### **CHICKEN SALAD SANDWICH**

CONTAINS GLUTEN, DAIRY, EGGS & TREE NUTS

### **CRAB CAKE SANDWICH**

CONTAINS GLUTEN, DAIRY, EGGS, SOY & FISH

### **DEVEILED EGG / VEGETARIAN**

CONTAINS DAIRY, EGGS & SOY

### **FRIED GREEN TOMATO PO-BOY / VEGETARIAN**

CONTAINS GLUTEN, DAIRY, EGGS & SOY

### **FISH & CHIPS**

CONTAINS GLUTEN, SOY & FISH

### **GRILLED CHEESE & ARGULA MELT**

**/ VEGETARIAN**

CONTAINS GLUTEN, DAIRY, EGGS & SOY

### **HADDOCK**

CONTAINS GLUTEN, DAIRY, EGGS, SOY & FISH

### **JAMBALAYA**

CONTAINS DAIRY & SOY

### **OXTAIL STEW**

CONTAINS GLUTEN, DAIRY & SOY

### **PAN FRIED PORK CHOPS**

CONTAINS GLUTEN, DAIRY & SOY

### **PASTRAMI SANDWICH**

CONTAINS GLUTEN, DAIRY & SOY

### **PATTY MELT**

CONTAINS GLUTEN, DAIRY, EGGS, SOY & FISH

### **PEACH CHICKEN**

CONTAINS SOY

### **PIG TAILS**

CONTAINS DAIRY, EGGS, SOY & FISH

### **PIMENTO CHEESE & BAGUETTE CHIPS**

CONTAINS GLUTEN, DAIRY, EGGS, SOY & FISH

### **PORK & GREENS (OVER GRITS)**

CONTAINS GLUTEN, DAIRY, EGGS & SOY

### **POT ROAST (OVER RICE)**

CONTAINS GLUTEN, DAIRY, SOY & FISH

### **ROAST BEEF & DEBRIS**

CONTAINS GLUTEN, DAIRY & SOY

### **SALMON**

CONTAINS DAIRY & FISH

### **SHEPHERD'S PIE**

CONTAINS GLUTEN, DAIRY, SOY & FISH

### **SHRIMP PERLOO**

CONTAINS DAIRY, SOY & FISH

### **SHRIMP PO-BOY**

CONTAINS GLUTEN, DAIRY, EGGS, SOY & FISH

### **SMOTHERED CHICKEN**

CONTAINS GLUTEN, DAIRY & SOY

### **SMOTHERED PORK CHOPS**

CONTAINS GLUTEN, DAIRY & SOY

### **SWISS STEAK**

CONTAINS GLUTEN & SOY

### **WATERMELON SALAD**

CONTAINS GLUTEN, DAIRY, EGGS, SOY & TREE NUTS

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## Sides

**ANSON MILLS CREAMY GRITS / VEGETARIAN**  
CONTAINS DAIRY & SOY

**BISCUIT / VEGETARIAN**  
CONTAINS GLUTEN & DAIRY

**CREAMED CORN / VEGETARIAN**  
CONTAINS GLUTEN & DAIRY

**COLESLAW / VEGETARIAN**  
CONTAINS EGGS & SOY

**FRENCH FRIES / VEGETARIAN**  
CONTAINS SOY  
POTENTIAL FOR GLUTEN, DAIRY & EGGS

**FRESH FRIED OKRA / VEGETARIAN**  
CONTAINS GLUTEN, DAIRY & SOY

**FRESH SOUTHERN COLLARDS**  
CONTAINS SOY

**GREEN BEANS**  
CONTAINS DAIRY & SOY

**HUSH PUPPIES / VEGETARIAN**  
CONTAINS GLUTEN, DAIRY, EGGS & SOY

**MAC & CHEESE / VEGETARIAN**  
CONTAINS GLUTEN, DAIRY & EGGS

**SKILLET CORNBREAD**  
CONTAINS GLUTEN, DAIRY & EGGS

**SMASHED POTATOES / VEGETARIAN**  
CONTAINS DAIRY

## Special Sides

**ASPARAGUS / VEGETARIAN**

**BLACK BEANS**  
CONTAINS SOY

**BRAISED CABBAGE / VEGETARIAN**

**BROCCOLI IN SHALLOT BUTTER**  
**/ VEGETARIAN**  
CONTAINS DAIRY

**BROCCOLI SALAD**  
CONTAINS DAIRY, EGGS & SOY

**BRUSSELS & BACON**  
CONTAINS DAIRY

**BUTTERBEANS**  
CONTAINS DAIRY & SOY

**CABBAGE & HAM**  
CONTAINS SOY

**CANDIED YAMS / VEGETARIAN**  
CONTAINS DAIRY

**CORN PUDDING**  
CONTAINS GLUTEN, DAIRY & EGGS

**CUCUMBER SALAD / VEGETARIAN**  
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**DIRTY RICE**  
CONTAINS DAIRY & SOY

**GREEN BEANS CASSEROLE**  
CONTAINS GLUTEN, DAIRY & SOY

**GREEN BEANS & TOMATOES / VEGETARIAN**  
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**HOPPIN JOHN**  
CONTAINS DAIRY & SOY

**MAPLE GLAZED CARROTS / VEGETARIAN**  
CONTAINS DAIRY

**OKRA & TOMATO / VEGETARIAN**  
CONTAINS SOY

**RICE & GRAVY**  
CONTAINS GLUTEN, DAIRY, SOY & FISH

**ROASTED BEETS / VEGETARIAN**  
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**SUCCOTASH**  
CONTAINS DAIRY

**SQUASH CASSEROLE / VEGETARIAN**  
CONTAINS GLUTEN, DAIRY, EGGS & SOY

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## Desserts

**APPLE PIE BAR / VEGETARIAN**  
CONTAINS GLUTEN & DAIRY

**BLUEBERRY PIE BAR / VEGETARIAN**  
CONTAINS GLUTEN, DAIRY & EGGS

**CINNAMON ROLL BREAD PUDDING / VEGETARIAN**  
CONTAINS GLUTEN, DAIRY, EGGS & TREE NUTS

**COCONUT CAKE / VEGETARIAN**  
CONTAINS GLUTEN, DAIRY & EGGS

**COCONUT CREAM PIE / VEGETARIAN**  
CONTAINS GLUTEN, DAIRY & EGGS

**HAND PIE - APPLE / VEGETARIAN**  
CONTAINS GLUTEN, DAIRY, EGGS & SOY

**HAND PIE - PEACH / VEGETARIAN**  
CONTAINS GLUTEN, DAIRY, EGGS & SOY

**HAND PIE - PECAN / VEGETARIAN**  
CONTAINS GLUTEN, DAIRY, EGGS, SOY & TREE NUTS

**LEMON BAYOU BAR / VEGETARIAN**  
CONTAINS GLUTEN, DAIRY, EGGS & TREE NUTS

**MOON PIE - COOKIES & CREAM / VEGETARIAN**  
CONTAINS GLUTEN, DAIRY, EGGS & SOY

**MOON PIE - GRASSHOPPER / VEGETARIAN**  
CONTAINS GLUTEN, DAIRY, EGGS & SOY

**MOON PIE - PEANUT BUTTER / VEGETARIAN**  
CONTAINS GLUTEN, PEANUTS, DAIRY, EGGS & SOY

**OLD FASHION CHOCOLATE CAKE / VEGETARIAN**  
CONTAINS GLUTEN, DAIRY, EGGS & SOY

**OLD SCHOOL BANANA PUDDING / VEGETARIAN**  
CONTAINS GLUTEN, DAIRY, EGGS & SOY

**PEANUT BUTTER PIE / VEGETARIAN**  
CONTAINS GLUTEN, PEANUTS, DAIRY & EGGS

**PECAN PIE / VEGETARIAN**  
CONTAINS GLUTEN, DAIRY, EGGS & TREE NUTS

**RED VELVET CAKE / VEGETARIAN**  
CONTAINS GLUTEN, DAIRY, EGGS, SOY & TREE NUTS

## Sauces / Miscellaneous

**4R SIGNATURE SAUCE**  
CONTAINS DAIRY, SOY & FISH

**ALABAMA WHITE SAUCE / VEGETARIAN**  
CONTAINS EGGS & SOY

**BALSAMIC VINAIGRETTE / VEGETARIAN**  
CONTAINS SOY & FISH

**BLUE CHEESE DRESSING**  
CONTAINS DAIRY, EGGS, SOY & FISH

**BROWN GRAVY**  
CONTAINS GLUTEN, DAIRY, SOY & FISH

**BUFFALO SAUCE**  
CONTAINS DAIRY

**CHICKEN FRIED STEAK GRAVY**  
CONTAINS GLUTEN, DAIRY & EGGS

**FEISTY SAUCE**  
CONTAINS DAIRY, SOY & FISH

**HONEY MUSTARD / VEGETARIAN**  
CONTAINS EGGS & SOY

**LEMON MAYO / VEGETARIAN**  
CONTAINS EGGS & SOY

**MAPLE BOURBON DRIZZLE / VEGETARIAN**  
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**MEATLOAF SAUCE**  
CONTAINS SOY & FISH

**PICKLES - SWEET / VEGETARIAN**  
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**RANCH DRESSING**  
CONTAINS DAIRY, EGGS, SOY & FISH

**REMOULADE / VEGETARIAN**  
CONTAINS EGGS & SOY

**SEAFOOD SAUCE / VEGETARIAN**  
CONTAINS EGGS, SOY & FISH

**SRIRACHA RANCH HORSERADISH / VEGETARIAN**  
CONTAINS DAIRY, EGGS, SOY & FISH

**TARTAR SAUCE / VEGETARIAN**  
CONTAINS EGGS, SOY & FISH