

# The COOP Allergens Menu

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

## Breakfast

### **3X3 OMELETE**

CONTAINS DAIRY, EGGS & SOY

### **3 PANCAKES / VEGETARIAN**

CONTAINS GLUTEN, DAIRY & EGGS

### **BACON, TENDER, SYRUP**

CONTAINS GLUTEN, DAIRY, EGGS & SOY

### **BISCUIT AND GRAVY**

CONTAINS GLUTEN, DAIRY, EGGS & SOY

### **CATFISH & GRITS**

CONTAINS GLUTEN, DAIRY, EGGS, SOY & FISH

### **CINNAMON ROLL / VEGETARIAN**

CONTAINS GLUTEN, DAIRY & EGGS

### **CHICKEN & WAFFLES**

CONTAINS GLUTEN, DAIRY, EGGS & SOY

### **CHICKEN & WAFFLE BENEDICT**

CONTAINS GLUTEN, DAIRY, EGGS & SOY

### **CHICKEN FRIED STEAK & EGG**

CONTAINS GLUTEN, DAIRY, EGGS & SOY

### **COOP BENEDICT**

CONTAINS GLUTEN, DAIRY, EGGS & SOY

### **COOP COMBO**

CONTAINS GLUTEN, DAIRY, EGGS & SOY

### **COOP SCRAMBLE**

CONTAINS GLUTEN, DAIRY, EGGS & SOY

### **CROISSANT FRENCH TOAST**

CONTAINS GLUTEN, DAIRY, EGGS & SOY

### **EARLY BIRD**

CONTAINS GLUTEN, DAIRY, EGGS & SOY

### **FGT BLTE**

CONTAINS GLUTEN, DAIRY, EGGS, SOY & FISH

### **HOUSE WAFFLE / VEGETARIAN**

CONTAINS GLUTEN, DAIRY & EGGS

### **TENDER, GRAVY, FRIED EGG**

CONTAINS GLUTEN, DAIRY, EGGS & SOY

### **WP CLASSIC**

CONTAINS GLUTEN, DAIRY, EGGS & SOY

## Breakfast Sides

### **1 EGG**

CONTAINS EGGS

### **BACON**

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### **SKILLET POTATOES**

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### **GRITS**

CONTAINS DAIRY & SOY

### **BISCUIT**

CONTAINS GLUTEN & DAIRY

### **TENDER**

CONTAINS GLUTEN, DAIRY, EGGS & SOY

### **FRUIT CUP / VEGETARIAN**

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### **SAUSAGE GRAVY**

CONTAINS GLUTEN & DAIRY

### **BREAKFAST SAUSAGE**

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### **TEXAS SAUSAGE**

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### **CORNBREAD**

CONTAINS GLUTEN, DAIRY & EGGS

### **TOAST**

CONTAINS GLUTEN & SOY

### **AVOCADO TOAST**

CONTAINS GLUTEN & SOY

## Breakfast Kids

### **EGG & TOAST / VEGETARIAN**

CONTAINS GLUTEN, EGGS & SOY

### **PANCAKE / VEGETARIAN**

CONTAINS GLUTEN, DAIRY & EGGS

### **WAFFLE / VEGETARIAN**

CONTAINS GLUTEN, DAIRY & EGGS

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## Southern Staples

### **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

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

CONTAINS DAIRY, SOY & FISH

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

CONTAINS GLUTEN, DAIRY, EGGS, SOY & FISH

## Nibbles

### **CHICKEN & BISCUITS**

CONTAINS GLUTEN, DAIRY, EGGS & SOY

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

CONTAINS GLUTEN, DAIRY, EGGS, SOY & FISH

## Salads

### **CRISPY CHICKEN TENDER**

CONTAINS GLUTEN, DAIRY, EGGS & SOY

### **ROASTED CHICKEN COBB**

CONTAINS DAIRY & EGGS

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

CONTAINS DAIRY & TREE NUTS

## Sandwiches

### **BRISKET HOT DOG**

CONTAINS GLUTEN, DAIRY, EGGS, SOY & FISH

### **BUFFALO CHICKEN**

CONTAINS GLUTEN, DAIRY, EGGS & SOY

### **CHICKEN PARMESAN SUB**

CONTAINS GLUTEN, DAIRY, EGGS & SOY

### **CHICKEN TENDER CLUB**

CONTAINS GLUTEN, DAIRY, EGGS & SOY

### **CLASSIC BURGER**

CONTAINS GLUTEN, DAIRY, EGGS, SOY & FISH

### **COOP BURGER**

CONTAINS GLUTEN, DAIRY, EGGS, SOY & FISH

### **COOP CLASSIC CHICKEN**

CONTAINS GLUTEN, DAIRY, EGGS & SOY

### **CORDON BLEU SUB**

CONTAINS GLUTEN, DAIRY, EGGS & SOY

### **FEISTY CHICKEN**

CONTAINS GLUTEN, DAIRY, EGGS & SOY

### **FRIED GREEN TOMATO BLT**

CONTAINS GLUTEN, DAIRY, EGGS, SOY & FISH

### **NASHVILLE CHICKEN**

CONTAINS GLUTEN, DAIRY, EGGS & SOY

## Kids

### **CHICKEN NUGGETS**

CONTAINS GLUTEN, DAIRY, EGGS & SOY

### **HOT DOG**

CONTAINS GLUTEN, DAIRY & SOY

### **FRIED CHICKEN**

CONTAINS GLUTEN, DAIRY, EGGS & SOY

### **GRILLED CHEESE**

CONTAINS GLUTEN & DAIRY

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## Specials

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

CONTAINS GLUTEN, DAIRY & SOY

### **BLACKENED CATFISH**

CONTAINS DAIRY & FISH

### **BOURBON MAPLE ROASTED CHICKEN**

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### **BUFFALO & BLUE CHICKEN**

CONTAINS GLUTEN, DAIRY, EGGS & SOY

### **CATFISH BITES**

CONTAINS GLUTEN, DAIRY, SOY & FISH

### **CATFISH PO-BOY**

CONTAINS GLUTEN, DAIRY, EGGS, SOY & FISH

### **CHEERWINE CHICKEN**

CONTAINS GLUTEN, DAIRY, EGGS & SOY

### **CHICKEN FRIED STEAK**

CONTAINS GLUTEN, DAIRY, EGGS & SOY

### **CHICKEN SALAD SANDWICH**

CONTAINS GLUTEN, DAIRY, EGGS & TREE NUTS

### **CRISPY CHICKEN SANDWICH**

CONTAINS GLUTEN, DAIRY, EGGS, SOY & FISH

### **FISH & CHIPS**

CONTAINS GLUTEN, SOY & FISH

### **FRIED SEAFOOD BASKET / VEGETARIAN**

CONTAINS GLUTEN, DAIRY, EGGS, SOY & FISH

### **GRILLED MEATLOAF MELT**

CONTAINS GLUTEN, DAIRY, EGGS, SOY & FISH

### **JAMBALAYA**

CONTAINS DAIRY & SOY

### **OXTAIL STEW**

CONTAINS GLUTEN, DAIRY & SOY

### **PATTY MELT**

CONTAINS GLUTEN, DAIRY, EGGS, SOY & FISH

### **PEACH CHICKEN**

CONTAINS SOY

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

CONTAINS GLUTEN, DAIRY, EGGS, SOY & FISH

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

CONTAINS GLUTEN, DAIRY, SOY & FISH

### **SHEPHERD'S PIE**

CONTAINS GLUTEN, DAIRY, SOY & FISH

### **SHRIMP PO-BOY**

CONTAINS GLUTEN, DAIRY, EGGS, SOY & FISH

### **SMOTHERED PORK CHOPS**

CONTAINS GLUTEN, DAIRY & SOY

### **SWISS STEAK**

CONTAINS GLUTEN & SOY

### **WINGS**

CONTAINS DAIRY & SOY

POTENTIAL FOR GLUTEN & EGGS

## Inflation Menu

### **BUFFALO CHICKEN TENDER MAC ATTACK**

CONTAINS GLUTEN, DAIRY, EGGS, SOY & FISH

### **BUFFALO CAULIFLOWER MAC ATTACK / VEGETARIAN**

CONTAINS GLUTEN, DAIRY, EGGS, SOY & FISH

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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

**GRAVY**

CONTAINS GLUTEN & DAIRY

**HUSH PUPPIES**

CONTAINS GLUTEN, DAIRY, EGGS & SOY

**LAY'S POTATO CHIPS** / VEGETARIAN

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**MAC & CHEESE** / VEGETARIAN

CONTAINS GLUTEN, DAIRY & EGGS

**SKILLET CORNBREAD**

CONTAINS GLUTEN, DAIRY & EGGS

**SMASHED POTATOES** / VEGETARIAN

CONTAINS DAIRY

## Special Sides

**BROCCOLI IN SHALLOT**

**BUTTER** / VEGETARIAN

CONTAINS DAIRY

**BROCCOLI SALAD**

CONTAINS DAIRY, EGGS & SOY

**BUTTERBEANS**

CONTAINS DAIRY & SOY

**CANDIED YAMS** / VEGETARIAN

CONTAINS DAIRY

**CUCUMBER SALAD** / VEGETARIAN

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**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

**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/Misc

**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** / VEGETARIAN

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