

Family Discount Foods & Meat Market

Soul Food To-Go

Phone 713.631.7000

SUNDAY
8:30A TO 5:30P
FRESH FOOD COOKED DAILY

MONDAY - SATURDAY
8:00A TO 7:30P
FRESH FOOD COOKED DAILY

Breakfast \$4.59 & up

HOMEMADE PAN SAUSAGE **BEEF LINKS**
FRY PORK CHOP **FRY FISH**
PORK AND BEEF LINK **BACON**
CHICKEN TENDERS

EGGS: (SCRAMBLE EGGS, OVER EASY, OR OMELETTE EGGS WITH HAM)
GRITS OR HASH BROWNS WITH 1 SIDE CHOICE OF THE FOLLOWING:

TOAST **PANCAKES** **FRENCH TOAST**
WAFFLES **BISCUITS**

SANDWICH \$2.99 & up

2 BACON & SANDWICH
2 LINK & SANDWICH
2 PAN SAUSAGES & SANDWICH
1 PORKCHOP SANDWICH
1 FISH SANDWICH

Vegetables

VEGETABLE PLATE (3) \$3.49
VEGETABLE PLATE (4) \$4.29

6OZ **16OZ** **32OZ** **HAM BOX** **LARGE 1/2 PAN**
\$0.99 \$1.99 \$3.99 \$2.39 \$4.29 \$20.00

Deserts

	8OZ	16OZ	32OZ	HAM BOX	1/2 PAN	WHOLE PAN
PEACH COBBLER	\$2.29	\$3.29	\$6.99	\$5.99	\$17.99	\$35.99
BLACK BERRY COBBLER	\$2.29	\$3.29	\$6.99	\$5.99	\$17.99	\$35.99
APPLE COBBLER	\$2.29	\$3.29	\$6.99	\$5.99	\$17.99	\$35.99
BANANA PUDDING	\$2.29	\$3.29	\$6.99	\$5.99	\$17.99	\$35.99

Entrees

	LUNCH	DINNER	HAM BOX	MEDIUM	32OZ
TURKEY NECK	\$4.59	\$6.45	\$3.59	\$5.99	
TURKEY WING	\$4.99	\$6.99	\$3.69	\$5.99	
TURKEY W/DRESSING	\$5.49	\$6.99	\$3.99	\$6.99	
OXTAIL	\$10.99	\$11.99	\$5.29	\$8.99	
BEEF STEAK	\$5.99	\$7.99	\$4.99	\$7.99	
BEEF TIP	\$5.99	\$7.59	\$3.99	\$7.99	\$7.99 W/R
BEEF STEW	\$5.99	\$6.99	\$4.99	\$8.99	\$9.99 no R
					\$7.99 W/R
					\$8.99 no R
LIVER W/ONION	\$4.59	\$6.45	\$3.59	\$5.45	
PORK CHOPS	\$4.59	\$6.45	\$3.59	\$5.45	
PORK BONE	\$4.59	\$6.45	\$3.59	\$5.45	
PIG FEET	\$4.59	\$6.45	\$3.59	\$5.45	
HAM HOCK	\$4.59	\$6.45	\$3.59	\$5.45	
STIR PORK RIB	\$5.49	\$6.99	\$3.99	\$6.99	
BBQ	\$5.99	\$7.99	\$4.99	\$7.99	
PORK STEW	\$4.99	\$6.99	\$3.99	\$6.99	\$6.99
JAMBALAYA	\$5.99	\$6.99	\$3.99	\$7.99	\$7.99 W/R
					\$9.99 no R
					\$7.99 W/R
					\$9.99 no R
GUMBO SOUP	\$5.99	\$6.99	\$3.99	\$7.99	\$9.99 no R
					\$7.99 W/R
					\$9.99 no R
GOOLASH (SAUSAGE SOUP)	\$5.99	\$6.99	\$3.99	\$7.99	\$9.99 no R
CHILE BEAN	\$5.99	\$6.99	\$3.99	\$7.99	\$10.99
CHITTERLINGS	\$9.99	\$9.99	\$6.99	\$12.99	\$12.99 W/R
CRAWFISH ETOFEE	\$7.99	\$8.99	\$4.69	\$9.99	\$12.99 no R
					\$10.99 W/R
					\$12.99 no R
SHRIMP CREOLE	\$8.99	\$9.99	\$5.99	\$12.99	\$12.99 no R

	LUNCH	DINNER	HAM BOX	MEDIUM	32OZ
MEAT BALL (2)	\$5.99	\$6.99	\$3.69	\$5.99	
MEAT BALL (3)	\$7.39	\$8.49	\$3.69	\$7.59	
HAMBURGER STEAK (2)	\$5.49	\$6.99	\$3.99	\$5.99	
HAMBURGER STEAK (3)	\$6.99	\$8.49			
MEAT LOAF	\$5.49	\$6.99	\$3.69	\$5.99	
SPAGHETTI	\$5.49	\$6.99	\$3.99	\$6.99	
LASAGNA	\$5.49	\$6.99	\$3.99	\$6.99	
BAKED CHICKEN	\$4.99	\$6.99	\$3.59	\$5.99	
CHICKEN W/ DRESSING	\$5.49	\$6.99	\$3.99	\$6.99	
SMOTHERED CHICKEN	\$4.59	\$6.45	\$3.59	\$5.45	
CHICKEN STEW	\$4.59	\$6.99	\$3.69	\$6.99	\$6.99
CHICKEN DUMPLING	\$4.99	\$6.99	\$3.69	\$6.99	\$6.99
CHICKEN NOODLE	\$4.99	\$6.99	\$3.69	\$6.99	\$6.99
CHICKEN TERIYAKI	\$4.99	\$6.99	\$3.99	\$6.99	\$6.99
CHICKEN BROCCOLI	\$4.99	\$6.99	\$3.69	\$6.99	\$6.99
BUTTER WINGS	\$4.59	\$6.45	3.59 w/ Rice		

****50 Pcs BUTTER WINGS - \$29.99**
****100 Pcs BUTTER WINGS - \$59.99**
****1/2 PAN DIRTY RICE - \$15.99**
****1 PAN DIRTY RICE - \$32.99**

Daily Menus

Sunday Menu

- Beef Steak
- Smothered Pork Chops
- Chitterlings
- Beef Stew
- Turkey Wings & Dressing
- Bake Chicken & Dressing
- Oxtails
- Gumbo
- Butter Wings
- Meat Loaf

Monday Menu

- Smothered Pork Chops
- Smothered Chicken
- Pig Feet
- Turkey Necks
- Oxtails
- Hamburger Steak
- Chicken Jambalaya
- Butter Wings
- Beef Enchiladas
- Spaghetti

Tuesday Menu

- Baked Chicken & Dressing
- Smothered Pork Chops
- Ham Hocks
- Turkey Necks
- Oxtails
- Meat loaf
- Chicken Noodle
- Chicken Broccoli
- Butter Wings

Wednesday Menu

- Smothered Pork Chops
- Oxtails
- Spaghetti
- Liver & onions
- Chicken & dumplings
- Turkey Necks
- Meat Balls
- Pig Feet

Thursday Menu

- Gumbo
- Smothered Pork Chops
- Oxtails
- Turkey Wings
- Butter Wings
- Ham Hocks
- Beef Stew
- Meat Loaf

Friday Menu

- Shrimp Creole
- Baked Chicken
- Hamburger Steak
- Chicken Jambalaya
- Smothered Pork Chops
- Oxtails
- Chitterlings
- Butter Wings

Saturday Menu

- Smothered Pork Chops
- Pig Feet
- Meat Ball
- Spaghetti
- Gumbo
- Beef Stew
- Smothered Chicken
- Butter Wings
- Oxtails
- Turkey Necks

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