

## LUNCH

Tuesday – Saturday, 11am – 4pm

### APPETIZERS

#### 👉 **Forty Rolls**

chicken · black-eyed peas · collard greens · dirty rice  
crispy wonton (v) – 9

#### **Twisted Gizzards**

classic fried · Forty Acres Hot Sauce crisps  
wonder bread sauce – 9

#### **Fried Okra**

cajun aioli · green onions (v) – 8

#### **Chicken Skins**

jalapeño syrup · sumac · chives – 7

#### **Forty Acres Wings**

double brined · choice of Forty Acres Hot Sauce  
jalapeño syrup · buttermilk ranch – 9

#### Forty Acres Sampler

wings · chicken skins · forty rolls · okra – 14

#### **Black-Eyed Pea Hummus**

grilled bread or gluten-free crackers (gf\*t/v) – 9

#### 👉 **Cast Iron Cheese**

thick-cut provolone · chimichurri · grilled bread or  
gluten-free crackers (gf) – 9

#### **Fried Green Tomatoes**

tabasco-pickled okra · cajun remoulade (v) – 8

#### **Fried Cauliflower**

tossed in one of our signature sauces (v) – 8

### SANDWICHES

All sandwiches (except chops) served with fries. Upgrade to another side – 1

#### **Po'boys**

lettuce · tomato · remoulade  
· catfish - fried or blackened – 11  
· shrimp - sautéed or fried – 10  
· vegetarian - potatoes · peppers (v) – 10

#### Vegan Wrap

buffalo cauliflower · black-eyed pea hummus · fried okra  
lettuce · tomato · cucumber · cajun aioli (v) – 12

#### **Sliders**

· beef – 12  
· crabcake – 14  
· chicken and waffles – 16

#### **Grilled Cheese**

provolone · pimento spread · grilled  
french bread · chimichurri – 8

#### **Chops**

open faced · breaded turkey chop or pork chop  
mashed potatoes · good gravy – 12

#### **BLT**

pulled bacon · fried green tomato · lettuce · choice of  
cajun aioli · remoulade · chimichurri – 11

#### 👉 **Fried Bologna**

classic fried bologna · wonder bread – 8

#### **Chicken "Samich"**

grilled or fried chicken breast · lettuce · tomato  
choice of sauce – 12

### GRITS

#### **House**

shrimp · house specialty spicy smoked tomato purée (gf) – 15

#### **Northern**

shrimp · sweet savory glaze · whole grain mustard  
white wine (gf) – 14

#### **Southern**

shrimp · cream · asiago · parmesan · bacon · pancetta  
yellow, red & green peppers (gf) – 15

#### **Vegan**

wild mushrooms · black garlic (gf/v) – 14

#### 👉 **Flight of Grits**

a tasting of three shrimp & grits of your choosing (gf) – 14

### GUMBO

#### 👉 **BYO Gumbo**

rice · okra · zucchini · squash · celery  
mirepoix · microgreens (gf/v) – 12

#### **Choice of Proteins**

andouille sausage · crawfish · scallops  
mussels · shrimp · tempeh – 2 each

## GREEN PLATES & SOUPS

add chicken • catfish – 4 | add shrimp • steak – 6

### Caesar Salad

grilled romaine • grated parmesan  
cornbread croutons (gf\*) – 11

#### Green Plate Sampler

pickled deviled eggs • chilled grilled green tomatoes  
five-bean salad • black-eyed pea hummus  
crackers (gf)\* – 14

### Soup Of The Day

(gf/v) cup – 4 • bowl – 6

### 👉 Planter's Salad

romaine • pickled egg • cornbread croutons  
pickled onions • farmer's cheese • housemade  
buttermilk ranch (gf\*) – 11

### 👉 Jabari Salad

green beans • cannellini beans • kidney beans  
lima beans • garbanzo beans • onions • peppers  
white balsamic vinaigrette (gf/v) – 10

## SOUL PLATTERS

### BUILD YOUR OWN PLATTER

choice of protein • two sides • bread – 17  
additional protein – 7 • additional side – 4

#### Proteins

roasted chicken (gf)  
fried chicken – mixed • white-meat only +2  
chicken breast – grilled • blackened (gf)  
catfish – grilled • blackened • fried (gf)  
slow smoked brisket (gf)  
shrimp – sautéed • blackened • fried (gf)  
pork chop – fried • grilled (gf)  
tempeh (gf/v)

#### The Sides

macaroni & cheese  
greens – traditional • turkey • vegan (gf/v)  
black-eyed peas (gf/v)  
sweet potato mash (gf/v)  
dirty rice (gf/v)  
mashed potatoes (gf/v)  
grits (gf/v)  
green beans (gf/v)  
grilled sweet corn (gf/v)  
cole slaw (gf)  
seasonal vegetables (gf/v)  
french fries (gf/v)  
cup of soup (gf/v)  
side salad (gf/v)  
vegan mac & cheese (v) +2

#### Forty Acres Soul Platter

our idea of the perfect platter! fried pork chop  
chicken • catfish • greens • mac & cheese – 20

#### Vegan Platter

tempeh • fried cauliflower • greens • black-eyed peas  
vegan mac and cheese – 18

#### Catfish Platter

fried catfish • garden spaghetti • fried okra – 18

### Soul Bowls

- Garden Spaghetti – 13
- Chicken Noodle – 12
- Quinoa & Collards Stir Fry (v) – 11
- Steak & Cheese – 15

## OUR STORY

Located in the heart of the Wealthy Street District, Forty Acres unapologetically celebrates the Authentically American history, resilience and success of the black community. We honor our unique heritage with soul food, a superior dining experience and local sourcing so that all ethnicities can enjoy the food that has nourished this country from the beginning.

Forty Acres welcomes you to celebrate with us.