

Cajun and Creole Cuisine & Southern Comfort Food

CAJUN AND CREOLE FAVORITES

Muffaletta Sandwich

A giant Muffaletta sandwich is made from a whole loaf of Muffaletta bread or Italian bread, which is dressed with an olive tapenade mix and topped with sliced ham, salame, provolone and mozzarella cheeses. We use lower fat meats and cheese and artisan style bread to make this famous New Orleans-style sandwich healthy!



Jambalaya

This popular and tasty rice dish is made with shrimp, white meat chicken, Cajun Andouille sausage, Creole seasoning, bell pepper, tomatoes and chicken stock. Made healthier using brown rice and the chicken version of andouille sausage.

Red Beans and Rice

This delicious and healthy Creole dish is made with red beans, vegetables (bell pepper, onion and celery), spices and ham, slow cooked and served over rice.

Gumbo

This tasty chicken-based soup from Louisiana's Cajun Country is made the healthier way with lots of vegetables including okra as well as chunks of white meat chicken, plenty of shrimp, chicken andouille sausage and brown rice.



SOUTHERN FAVORITES

Chicken and Dumplings

A hearty chicken and vegetable stew with homemade dumplings. The ultimate comfort food!

Southern Fried Chicken

Chicken pieces battered and pan fried. The breading creates a nice crispy coating or crust to the exterior.



Southern Style Biscuits and Gravy

A generous portion of buttermilk biscuits made with wholegrain flour, covered in thick country-style gravy made with real bits of turkey sausage.

BBQ Pulled Pork Sandwiches

Slow cooked to perfection served with barbeque sauce and coleslaw on a multigrain bun.



Chili and Cornbread

Chili and cornbread are tasty when paired together. The marriage of these two flavors bring out the best of both dishes. Made healthier using ground turkey.

Shrimp and Grits

Shrimp and grits are an old-time southern favorite which combines shrimp, Cajun seasoning, chicken broth, grits, tomatoes, cream and cheddar cheese. Creamy and satisfying!

FOR MORE INFORMATION CONTACT:

WWW.MARKSDELICIOUSADVENTURES.COM

