



Dr. Gerald Higginbotham's Life More Abundant Movement has long taught about the need to control the economic, political, and social process within our community. Then and only then can we begin to see a significant re-building of our communities.

The Soul Food Cafe is the East St. Louis Leadership Association's (a LLIFE's ownership group) project. They are the proud owners of the restaurant.



Soul Food Café I

Connecting and Nourishing the body, mind, and spirit

Hours:

Tuesday – Sunday 6:00 am – 5:00 pm

Closed on Monday

1900 North State Street
East St. Louis, IL



Menu

Connecting and Nourishing the body, mind, and spirit

Delicious Soul Food, served with elegance and flair. Customer Service beyond compare.

Phone: 618 875 SOUL(7685)

Fax: 618 875 FOOD (3663)

Breakfast Items

Hot Pancakes	1.50
Bacon	2.25
Sausage	2.25
Eggs	1.25
Mackerel	2.50
Salmon Pattie	3.25
Salmon w/egg	3.75
Smoked Jowl	2.50
Bacon Egg Sandwich	3.50
Bacon Sandwich w/o Egg	2.50
Sausage Egg Sandwich	3.50
Sausage Sandwich w/o egg	2.50
Omelets	Vegetable 4.25
	Cheese 4.75
	Meat 6.25
Rice	2.15
Potatoes/Hash Browns	1.85
Biscuit & Gravy	1.00
Grits/Oatmeal	1.75

F i s h

Whole Jack	4.25
Whole Catfish	5.50
Catfish Steak	4.75
Catfish Nuggets	4.75
Buffalo	4.00
Tilapia	4.75

Desserts

Peach Cobbler	Sm-3.00/Med-3.25/ Lg-3.95
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Meats

Pork Chops	3.50
Cube Steaks	3.25
Pepper Steak	3.25
Neck Bones	4.00
Neck Bones w/potatoes	4.95
Meat Loaf	3.50
Salisbury Steak	3.25
Chicken w/Dumplings	5.25
Side order of Dumplings	2.25
Ham Hocks	4.00
Chuck Roast	5.95
Pork Steaks	4.25
Beef Steaks	4.00
Fried Chicken Wings (4)	4.95
3pc. Chicken (White)	4.95
3pc. Chicken (Dark)	4.25
3pc. Chicken (Mixed)	4.50
Breast	2.95
Wing (1)	1.25
Leg (1)	1.00
Thigh (1)	2.00
Turkey Parts (Wing or Leg)	3.50
Rib Tips	4.95
Liver & Rice	4.95
Pig Feet	3.25
Pig Ear	3.25
Pig Tail	3.25
Oxtail Soup (cup)	5.95

Catered Items

Peach Cobbler	Whole Pan/41.00
	Half Pan/22.00
Macaroni & Cheese	Whole Pan/38.00
	Half Pan/21.00
Spaghetti w/meat	Whole Pan/45.00
	Half Pan/23.00
Spaghetti/no meat	Whole Pan/21.00

Plate Sides

Mostaccioli	5.50
Lasagna	5.50
Spaghetti w/Meatballs	4.95
Macaroni N' Cheese	2.25
Candied Yams	2.25
Fried Corn	2.25
Cabbage	2.25
Green Beans	2.25
Cole Slaw	2.25
Black Eye Peas	2.25
Great Northern White Beans	2.25
Pinto Beans	2.25
Mashed Potatoes & Gravy	2.25

Side Orders Served in Cup

Mixed Greens	Sm-2.25/Med-2.75 Lg-3.75
Okra	1.00
Candied yams	Sm-2.25/Med-2.50 Lg-2.75

Beverages

Can Soda	.70
Mystic	1.25
Bottled Soda	1.35/1.49
Bottled Water	1.25
Cup of Ice	.25
Mr. Pure/Fountain Soda	1.35
Tea	1.00
Coffee	.75