

# PROVISIONS

## Every Friday Feed Your Fridge Stocked for Grab n' Geaux

### Blackened Turkey Meatballs

Similar to a New Orleans Sicilian grandmothers' snack, but healthier: turkey, bell pepper, onion, garlic, breadcrumbs, creole seasoning, herbs, oven-roasted tomato sauce, parmesan  
pint of five, 9 dollars

### Pepper Jelly

From New Orleans to across the South - pepper jelly is a staple: jalapeño and fresno chili peppers, sweet vidalia onion, apple cider vinegar, cane sugar  
half-pint, 10 dollars; pint, 18 dollars

### J. Baker Pimiento Cheese

When the Hon. James Baker III, after his position as U.S. Secretary of State under President George H. W. Bush, would touch down in DC, he requested that Bayou's Pimiento Cheese be in his car upon arrival, "No need for Ritz crackers, I just need a spoon."  
half-pint, 6 dollars; pint, 12 dollars; quart, 20 dollars

### Roasted Chicken Salad

The best addition to a Southern menu! roasted chicken, Duke's mayo, creole mustard, celery seed, cayenne, green onion  
half-pint 5 dollars, pint 10 dollars

## Dishes Below Change Seasonally and from Week to Week

### Crawfish Étouffée

A classic Louisiana dish smothered in a buttery, rich flavorful sauce with holy trinity, fresh herbs, spices, and LA crawfish tails  
feeds 2 [comes with 1 quart of cooked rice,] 22 dollars

### Gulf Shrimp Jambalaya

Tomato-based, this Creole savory rice dish is Louisiana's version of a paella.  
feeds 2, 14 dollars

### Crawfish Monica

New Orleans-style creamy mac & cheese, holy trinity, creole seasoning, LA crawfish tails.  
feeds 2, 14 dollars

### Red Beans & Rice with Andouille Sausage

An iconic New Orleans meal, it's traditionally served on Mondays for dinner  
feeds 2 [1 quart beans, 1 pint rice] 16 dollars

### Chicken and Smoked Sausage Gumbo

A dark roux thickens and flavors the stock, married with the "Holy Trinity" - celery, bell peppers, and onions, herbs and spices  
feeds 2 [comes with 1 pint of cooked rice,] 20 dollars

## Snag it from the Shelf

### Gras-NOLA

Rolled oats, ground cinnamon, salt, veggie oil, honey, LA cane syrup, light brown sugar, vanilla, toasted almonds, raisins  
*[fruits and nuts change seasonally]*  
eight ounce bag, 7 dollars

### Candied Spiced Pecans

Pecan harvest is a big deal in Louisiana.

Shelled pecan halves, egg whites, creole seasoning, brown sugar, crystal hot sauce  
six ounce bag, 10 dollars