

BEACHiN'

WINTER 2024

The Food Issue!

Alabama Gulf Coast cuisine is its culture. Learn about some of its gems in this all-food edition:

Where to get breakfast

Sandwiches on the island

100-year-old candy recipes

Cooking classes

New happy hours

Oyster shell recycling

The King of American Seafood

How **Brody Olive** uses local, humble ingredients to serve **Voyagers** guests a fine dining experience and brought home the **Great American Seafood Cook-Off crown.**

PLUS: 7 things that define Southern Chili Lab co-owner **Jonathan Kastner**

A PUBLICATION OF

GULF COAST MEDIA

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Publisher
Vince Johnson
vince@gulfcoastmedia.com

Editor
Kayla Green
kayla@gulfcoastmedia.com

Design and Layout
Micah Green

Writing
Melanie LeCroy
Allison Marlow
Kara Mautz
Natalie Williamson

Photography
Micah Green

Ad Design
McKinzie Daniels
Jordan Dyess

Advertising
Frank Kustura
frank@gulfcoastmedia.com
251.923.8129

Shawna Stefankiewicz
shawna@gulfcoastmedia.com
660.676.2083

Bethany Summerlin
bethany@gulfcoastmedia.com
251.266.9982

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Brody Olive sits on the rocks of the jetty at Perdido Pass in Orange Beach. Just west of the Pass is Perdido Beach Resort, where Olive serves as executive chef for the locally owned resort's five dining experiences, headlined by Voyagers. Olive won the Great American Seafood Cookoff last year with a dish that included species harvested from the water and rocks beneath his feet.

Photo by Micah Green.



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Candy

Get off the beaten path and feed your sweet tooth at Punta Clara Kitchen. Jams, jellies, chocolate and 100-year-old recipes galore.



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Kastner

What are the 7 things that Southern Chili Lab's Jonathan Kastner says you need in any kitchen?



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Cooking

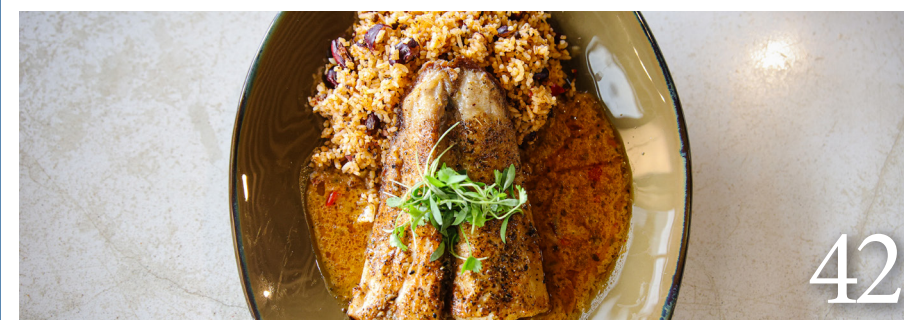
Want to get your hands dirty? Here's your guide to cooking classes around the Gulf Coast.



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Chemistry

Gulf Shores High School has a new class that teaches food chemistry. It's bringing science and hands-on experiences together for enriching - and delicious - lessons.



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The Food Issue

The island's cuisine scene is ever-evolving. Here is a guide to get you started, from breakfast and brunch to sandwiches and happy hour.

THIS WASN'T IN THE BROCHURE!

A series exploring nearby places off the beaten path.

A sweet detour

Point Clear candy shop sells treats and the family's 100-year-old recipes

Words by Allison Marlow
Photos by Micah Green

When Kim Pacey Clay was a kid, she said she wasn't doing it. No way. No how. She's doing it. And generations of Baldwin Countians are so incredibly thankful.

After all, where else would we get our homemade jams, jellies and holiday fruitcake – 750 pounds' worth this year that sold out long before some of us even had our trees fully decorated.

And fudge. Fudge so thick and delicious that it requires a moment of silence to properly honor.

Clay helms the family business at Punta Clara Kitchen on Scenic Highway 98 in Point Clear.



THE PUNTA CLARA KITCHEN IS LOCATED AT 17111 SCENIC HIGHWAY 98.
From I-10, take U.S. 98 toward Fairhope. Turn right on County Road 32 and follow that until it dead ends on Scenic Highway 98. Turn right, and the Punta Clara Kitchen will be on the left .2 miles down.

The yellow, clapboard house enveloped in wide porches and inviting rocking chairs was home to her Aunt Colleen two generations back and later belonged to her grandmother, Dorothy Brodbeck Pacey.

Dorothy began crafting treats as a hobby, turning her talent into a business when a friend suggested her preserves were much too good to simply hand out.

Now, 70 years later, that same kitchen is filled by the same family, cranking out the same delectable treats – preserves, jellies and pickled varieties of 25 different fruits and vegetables, pralines and homemade candy. Most of the recipes are more than 100 years old, passed down from generation to generation.

When the pandemic hit in 2020, the family added tiny masks to their hand-crafted chocolate bunnies. The cheeky cottontail was a hit, and sales boomed from 80 candies in previous years to over 800 that spring.

Now with the holiday season passed, Clay and multiple family members, including her parents Paul and Susan Pacey, will overhaul the home's



Susan Pacey and Susan Harvison, daughter-in-law and daughter of Dorothy Pacey



Kim Clay, granddaughter of Dorothy Pacey and current manager

kitchen, the first renovation in at least a generation, and begin creating Valentine's Day and Mardi Gras treats.

Don't have room in your suitcase for jars? Take home the recipes instead.

The family sells their original, century-old instructions for all their beloved fan favorites in "The Black Kettle" cookbook.

Even if you don't try your hand at Grandma Dorothy's recipes, the Punta Clara Kitchen will likely be here on your next trip south, your kids' trips and probably their kids' trips.

"All of our kids are looking at each other saying, 'not it,'" Clay said with a laugh. "But there's plenty of family around. It always works out."

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Bayou Seafood Platter - Fried Gator, Frog Legs, Shrimp, Oyster, Catfish

Seafood Platter - Fried Shrimp, Oyster, Catfish

Golden Fried Catfish Platter - (U.S. Raised)

Fried Select Oyster Platter

Fried Shrimp Platter - (Approx. 14-15)

Fried Gator Platter

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Swamp Burger • Bleu Cheese Bacon Burger

REDNECK REUBEN • ALABAMA CHICKEN MELT

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Crawfish Pistols • Catfish • Whitefish • Stuffed Crab

*****Cajun Crawfish Pistols Dinner (2) w/ Fries & Slaw*****

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7 THINGS

with
Jonathan Kastner
Southern Chili Lab

Words by Kara Mautz
Photos by Micah Green

Born in Lafayette, Louisiana, and one-half of the island's favorite hot sauce company **Southern Chili Lab**, Chef Jonathan Kastner is no stranger to the kitchen. Most recently, Kastner worked alongside his partner, Tyler Braun, to launch SCL in 2022, and it has quickly become a staple among locals.

Kastner said he has always loved food and began working in kitchens at the age of 16 before attending culinary school in Chicago. This past summer, Kastner broadened his reach even further, working with the **food chemistry class at Gulf Shores High School** to educate students on the science involved in cooking common dishes.

Here are seven of Kastner's cooking essentials, perfect for adding a little flair to your kitchen.



1. KNIFE

While it may seem simple, Kastner said a high-quality knife can greatly influence your meal. "It's the most used thing in our kitchen. A workhorse knife that can be used for multiple applications is so important." Kastner's go-to is the **TAKEDA NAS BUNKA 170MM**.



2. CUTTING BOARD

"Having a large cutting board makes prep time so much more enjoyable," Kastner said. "We use a butcher block with perimeter grooves so everything stays on the board." Kastner's favorite is the **24x18 Maple BOOS Block**.

3. SCALE

"For certain tasks in the kitchen, precision is everything," Kastner said. "For instance, when making a brine, baking practically anything or grinding beans for the perfect pot of coffee, we measure to the gram. Not every action requires this much precision, but when you need it, you'll be glad you have it." Kastner's favorite scale is the **TIMEMORE Digital Coffee Scale**.



4. COFFEE MAKER

Everyone knows coffee is a morning essential for many of us, and Kastner said having a quality coffee maker can go a long way.

"We typically don't have time to use a V60 or Chemex to make pour overs, with getting ourselves and two kids ready for the day. But, this coffee maker is the next best thing. The absolute best drip-style coffee maker available is the **TECHNI VORM Moccamaster KBGV Select**."

5. ENAMELED CAST IRON SKILLET

"We have a bunch of traditional cast iron cookware that I adore, but it's a labor of love keeping them perfectly seasoned and beautiful," Kastner said. "The enameled cast-iron provides the same heat retention but requires little maintenance. It's perfect for searing steaks or scallops at home." Kastner's favorite is the **Le Creuset Traditional Skillet**.

6. GOOD TOWELS

"I love kitchen towels, and having quality towels that are lint free, super absorbent and don't fall apart is essential," Kastner said. "You'll never see me in a kitchen without a towel on hand, and these are great for everything from grabbing hot pans out of the oven to wiping off countertops." Kastner's pick is the **Zeppoli Classic Kitchen Towels**.



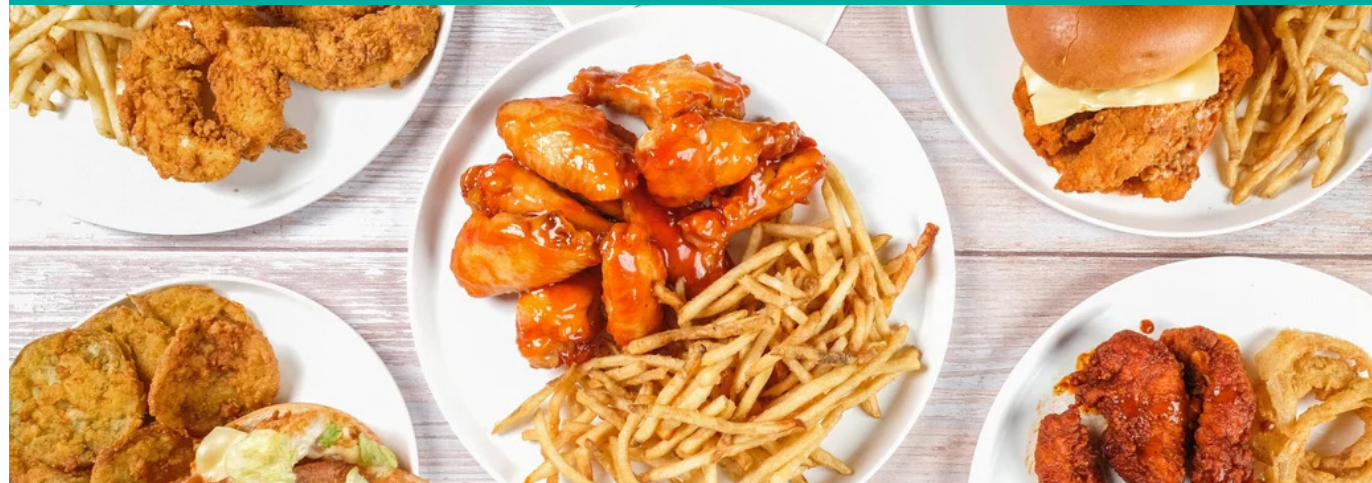
7. MORTAR AND PESTLE

Kastner said he loves to have a mortar and pestle on-hand to crush everything from pesto to peppercorn.

"We have a couple sizes for various applications, but the smallest granite one gets used the most, for crushing peppercorns mostly," Kastner said. "Nothing else can achieve what a mortar and pestle can. Smashing fibers and cells apart fundamentally transforms the texture and releases the full aroma and flavor." Kastner's favorite is the **Cilio Granite Mortar & Pestle**.



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gouda grits topped with hash browns, a fried egg & crumbled bacon
- BREAKFAST BUDDY | 8**
fried egg with cheese and choice of bacon, sausage or ham on toasted English muffin. Comes with grits or hashbrowns
- ALL AMERICAN | 12**
two eggs any style, bacon, sausage or ham, grits or hash browns with toast
- BISCUITS, GRAVY & EGGS | 11**
two biscuits topped with two fried eggs covered with sausage gravy
- BREAKFAST BURRITO | 8**
scrambled egg, sausage or bacon & cheddar cheese comes with grits or hashbrowns

{ *Specialties* }
SHRIMP & GOUDA GRITS | 16

Sweets

choice of bacon, sausage or ham

FRENCH TOAST | 10

Pancakes

- BLUEBERRY | 12** **CHOCOLATE CHIP | 12**
- BANANA PECAN | 12** **PLAIN | 10**

Benedicts

served with grits or hashbrowns

CHICKEN FLORENTINE | 16
fried chicken, sautéed spinach and basil, poached eggs, hollandaise sauce on a toasted English muffin

VEGGIE | 15
fresh spinach, portabella mushroom, sliced tomatoes, poached eggs, hollandaise sauce, fresh herbs on a toasted English muffin

CAJUN | 16
conecuh sausage, 2 poached eggs, on an english muffin, topped with crawfish queso

Late Day
ENTREES

Served Daily 7am - Close

Sandwiches

served with slaw and choice french fries, sweet potato fries, chips, and onion rings

- HAMBURGER | 14**
8oz patty, choice of cheese, on a buttered toasted bun
- TERIYAKI CHICKEN BREAST | 14**
bacon & swiss cheese on a toasted ciabatta roll dressed & served with honey mustard sauce
- BUFFALO CHICKEN | 14**
fried chicken tenders coated with a spicy buffalo sauce. Served dressed on a toasted bun with a rancho bleu or swiss cheese dressing
- REUBEN | 14**
corn beef, swiss cheese, sauerkraut & thousand island dressing on grilled rye
- TURKEY FLATBREAD | 14**
turkey, swiss, spinach with a pesto sauce
- SHRIMP POBOY OR WRAP | 15**
remoulade sauce, dressed on a warm cuban hogie
- MAHI POBOY OR WRAP | 16**
fried, grilled or blackened

{ *Platters* }
SHRIMP PLATTER OR FISH PLATTER | 16
grilled, fried or blackened, corn fritters, coleslaw & choice of side
CHICKEN TENDERS PLATTER | 14
SEAFOOD COMBO | 19
mahi, shrimp, grilled, fried or blackened with choice of side

Salads

Choice of Ranch, Caesar, Bleu Cheese, Italian, Honey Mustard, Apple Cider Vinaigrette & Balsamic Vinaigrette

CRAISIN SALAD | 9
Mixed Greens with Sugar Coated Walnuts, Goat Cheese, & Craisins
Served with an Apple Cider Vinaigrette. Add Chicken Or Shrimp \$6

CAESAR SALAD | 9
Romaine Lettuce, Parmesan Cheese, Fresh Baked Croutons with Caesar Dressing. Add Chicken Or Shrimp \$6

22,346,000 SHELLS COLLECTED

352 DUMP TRUCKS FILLED

OYSTER

RECYCLING

WORDS BY KARA MAUTZ

56.4 ACRES OF COVERAGE

Whether you're a local or visiting the island for a much-needed getaway, adding seafood to your palette is a must. Oysters, in particular, are an important part of Gulf culture and can offer the perfect taste of the coast.

The Alabama Coastal Foundation in Mobile established a recycling program in 2016 so restaurants that sell oysters on the half-shell can recycle them back into Alabama waters to enrich local marine life and reap ecological benefits.

Mark Berte, executive director for ACF, said that for decades people had suggested the organization create such a program, but it wasn't until 2015 that the dream became reality.

"People had talked about it for years, but when I saw a grant pop up from the National Fish and Wildlife Foundation, it seemed like the perfect fit," Berte said.

The Foundation began educating local restaurant owners about the project and gauging interested participants. Each of the restaur-

ant that takes part in the program pays ACF to participate, which helps fund the program.

According to the organization's website, each participating restaurant also becomes a member of the organization's "Green Coast Council," a forum for business leaders to practice and promote environmental sustainability practices.

On Nov. 30, 2023, the organization announced it had received a \$5 million grant from the National Oceanic and Atmospheric Administration in support of its oyster restoration efforts, shell recycling program and community engagement along the Gulf of Mexico.

ACF also recently celebrated the seventh anniversary of its oyster shell recycling program and will receive support from Restore America's Estuaries over the next three years as a part of the grant.

According to Chris Blankenship, commissioner of the Alabama Department of Conservation and Natural Resources, the Foundation's portion of the grant will go toward expanding the shell recycling program, which will aid in

growing local restaurant participation, fund a deployment of cultch next August and support a peer-to-peer learning network with similar organizations along the Gulf Coast.

Since it began in 2016, the program has recycled over 22 million oyster shells from participating restaurants, cleaned and returned them back to the water to grow future oysters.

Chandra Wright, director of environmental and educational initiatives for The Lodge at Gulf State Park, said the recycling program provides several ecological benefits and resources.

"Prior to this program, shells were being thrown away and sent to the landfill. Many people don't realize that for the first two weeks of life, oysters are free swimming creatures," Wright said. "After those two weeks, they begin looking for somewhere to settle, and their preferred habitat is other oyster shells."

Wright said recycling the shells also helps to replenish the natural oyster reefs, which can suffer damage from storms and erosion.

"Obviously, we have a huge cultural attach-

ment to eating oysters here on the coast," Wright said. "But the oyster reefs also provide a valuable habitat for other creatures like crabs and are a great resource for birds."

Cecilia Mace, marketing director for Original Oyster House, said it has been a unique experience to watch the program evolve as one of the first participating restaurants.

"To watch this grow year after year has been amazing. To think it started with such a minute number, and now we are at 22 million," Mace said. "This grant helps people get involved and do something that creates a sustainable process for oysters. I know a lot of people have found us and come to our restaurant because they like our work, and I think more people will choose to eat at places that [recycle] oyster shells and sustain this culinary masterpiece."

PARTICIPATING RESTAURANTS

ACME Oyster House
Bayside Grill at The Grand Hotel
Bluegill Restaurant
Cobalt, The Restaurant
Cobalt, The Restaurant (Orange Beach)
Felix's Fish Camp Restaurant
Flora-Bama Lounge
Flora-Bama Ole River Bar
Flora-Bama Yacht Club
Half Shell Oyster House (Mobile)
Original Oyster House
Sea-N-Suds Restaurant
Southern Roots at The Grand Hotel
Tacky Jacks (Gulf Shores)
The Lodge at Gulf State Park
Tin Top Restaurant
Oyster Bar Wintzell's (Downtown Mobile)

For more information on the program, visit www.joinacf.com.

RESOLVE TO BE A LIFELONG LEARNER (LOCAL!)

7 PLACES TO EXPAND YOUR CULINARY EDUCATION ON THE GULF COAST

The new year is typically accompanied by resolutions that may or may not get checked off the list. May we suggest this year, resolve to become a lifelong food learner?

Exercise your brain as well as your body this new year by taking a class or two. This is The Food Issue of Beachin' Magazine, so we put together a list of cooking schools and classes across the Gulf Coast. Why not

learn a new skill and fill your belly all while having a fun time?

The variety of options ranges from demo-style group classes to getting your hands dirty in a hands-on class. We even have some mixology classes for those looking to hone their cocktail skills. The locations also spread from Fairhope and Gulf Shores to Pensacola. Did we miss a class? Email melanie@gulfcoastmedia.com.

WORDS BY MELANIE LECROY | PHOTOS BY MICAH GREEN

2024 WINTER SHOWCASE SERIES – COOKING WITH ROUSES

What: Each year, Gulf Shores & Orange Beach Tourism hosts its Winter Showcase Series. The free educational series covers everything from artisans to military history. This year's Winter Series includes two Cooking with Rouses classes, one in January and one in February. The classes are offered at the Learning Campus at Gulf State Park and are free, but registration is required due to limited seats. These classes are perfect if you prefer to watch a professional while you take notes. It may also be an opportunity to meet new friends. To learn more about the Winter Showcase Series, visit www.gulfshores.com.

Where: Learning Campus at Gulf State Park, 20249A State Park Road, Gulf Shores

MARI'S ITALIAN COOKING LAB

What: In Fairhope, Marilena "Mari" Rutland is sharing the recipes and techniques she learned from her mother and grandmother while growing up in Italy with those who savor learning. Mari's Italian Cooking Lab opened in June 2023 and has sold out every class on offer. Rutland shows her students how to take just two farm-fresh eggs and 200 grams of organic flour and turn it into pasta. Rutland is a dynamic teacher with a warmth and personality that makes you feel like her best friend in five minutes. Her Italian accent will make you feel like you flew to Italy. Students learn to make

the pasta dough, roll it and shape it. Then Rutland does a demo and walks the students through how to cook fresh pasta once they get home and how to make a quick, simple and delicious sauce. These classes make a great gift, a fun date night or a solo journey. To learn more or to register for a class, visit www.mariscookinglab.com.

Where: 462 N. Section St., Fairhope

WILDFLOWERS & FRESH FOOD

What: Kristin Alpine has taken her medical background and combined it with her love of cooking, educating and entertaining to offer unique culinary experiences. Wildflowers & Fresh Food offers a variety of food experiences like classes, private chef services and interactive dinner parties. Alpine's classes are more like cooking with your nurturing and supportive pal. Throughout the class, she highlights the health benefits and healing properties of the ingredients she uses in simple-to-make dishes. While she does not drink alcohol, she does enjoy showing her students how to make delicious and refreshing mocktails. When asked to describe the experience her students receive, she said, "It's a live dinner party." Since starting her business in Fairhope over five years ago, Alpine has expanded to add two additional teachers. Along with offering classes in her Fairhope kitchen, Alpine travels around the area and offers classes in Tennessee. For more information, visit www.wildflowersandfreshfood.com.



PENSACOLA COOKS COMMISSARY & CLASSROOM

What: Pensacola Cooks offers a variety of culinary experiences for everyone from adults and children to food entrepreneurs. They also offer in-home cooking classes and private classes, which make for a fun birthday party for the young or young-at-heart. The variety of classes covers everything from sushi to sourdough bread. They even offer a gluten-free baking class. The class calendar is updated regularly with new class offerings. To learn more, visit www.pensacolacooks.com.

Where: 4051 Barrancas Ave., Unit C, Pensacola

SO GOURMET PENSACOLA

What: SoGourmet Pensacola is part of the Bodacious Shops on Palafox Street in downtown Pensacola. The Bodacious Events Kitchen offers interactive and educational cooking experiences throughout the year that vary from children's lessons to burger classes. To learn more, visit www.bodaciousshops.com.

Where: 407 S. Palafox St., Pensacola



LA MARTINA TAPAS LOUNGE

What: La Martina is in a small but elegant space in downtown Fairhope. The tapas lounge and cocktail bar is not only a wonderful place to go for a night on the town but also a place to learn the art of the cocktail. Maritza Salibi, co-owner of both La Martina and Sage Lebanese, guides students through the art of mixing the perfect drink. The classes not only teach you a series of cocktails but are accompanied by tapas. Each student is sent home with flavorful cocktail recipes they can recreate in their home. For more information, follow La Martina Fairhope on Facebook.

Where: 319 Fairhope Ave., Building B, Fairhope

THE BARN AT HOPE FARM

What: Tucked into the back corner of The Hope Farm property is the most beautiful barn. This barn has never housed barn animals but is home to a restaurant and space used for educational series. Each month, The Barn hosts one Art of Mixology class and one Wine Education class. Each class is educational, fun and delicious. The classes are fun for a solo guest, date night or a group. To learn more, visit www.thehopefarm.com.

Where: 915 Nichols Ave., Fairhope

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Lunch Menu

- HOME-STYLE LUNCH SPECIALS**
(Served with your choice of two side dishes)
- Fried Shrimp - tail less
 - Blackened Catfish
 - Fried Catfish
 - Broiled Flounder
 - Fried Flounder
 - Grilled Chicken
 - Chicken Creole
 - Fried Chicken Tenders
 - Country Fried Steak
 - Hamburger Steak
 - Pork Chops
 - Country Ham
 - Vegetable Plate

- SANDWICHES**
(Served with french fries)
- Complimentary Ice Tea and Bread Served with All Dine in Lunch Entrees.
 - Add House or Substitute Salad for side dish
 - Po-Boy Sandwich
 - Cheeseburger
 - Crab Cake Po-Boy
 - *Monte Cristo Sandwich

Dinner Menu

- STARTERS**
- Oysters on the Half Shell
1/2 dozen 1 dozen
 - Southern Style Crab Cakes
 - Crab, Spinach & Artichoke Dip
 - Coconut Shrimp
 - Stuffed Mushrooms
 - Alligator Bites
 - Fried Crab Claws
 - Tuna Dip
 - Sweet Potato French Fry Basket
 - Fried Green Tomatoes

- GUMBO & SOUP**
- Seafood Gumbo
 - Crab & Shrimp Bisque

- FRIED SEAFOOD FAVORITES**
(Served with your choice of two side dishes)
- Butterfly Shrimp
 - Tail-less Shrimp
 - Bon Secour Oysters
 - Crab Claws
 - Fried Fish of the Day
 - Shrimp & Flounder
 - Shrimp & Oysters
 - Fried Catfish

- SALADS**
- Dressings: Honey-Mustard, Ranch, Bleu Cheese, Italian, Thousand Island, French, Low-Fat Ranch, Raspberry Vinaigrette, Balsamic Vinegar, Balsamic Vinaigrette, Sesame Asian, Oil & Vinegar
- Riviera Salad
 - with pecan chicken tenders
 - with chicken tenders
 - with boiled shrimp
 - with grilled or blackened chicken
 - Caesar Salad
 - w/grilled or blackened chicken
 - w/boiled shrimp
 - Gumbo & Salad - a cup of Seafood Gumbo and our
 - Bisque & Salad

- SEAFOOD FAVORITES**
(Served with your choice of two side dishes)
- Add House or Caesar Salad
 - Substitute Salad for side dish
 - Fried Butterfly Shrimp
 - Fried Oysters
 - Fried Crab Claws
 - *Coconut Shrimp
 - Grilled Shrimp
 - Fried Seafood Platter

SEAFOOD PLATTERS

- (Served with your choice of two side dishes)*
- Shrimp Lover's Platter
 - Fried Seafood Platter
 - Broiled Seafood Platter
 - Creole Platter
 - Caribbean Platter
 - Crab Platter

SEAFOOD SPECIALTIES

- (Served with your choice of two side dishes)*
- Stuffed Shrimp
 - Shrimp Scampi
 - Blackened Catfish
 - Coconut Shrimp
 - Grilled Shrimp
 - Shrimp Creole
 - Crawfish Etoufee
 - Crab Cake Dinner

STEAMED SEAFOOD

- (Served with new potatoes & one side)*
- Snow Crab Legs - 2 lbs.
 - Royal Red Shrimp - 1 lb.
 - Combo - 1/2 pound Royal Reds & 1 pound Snow Crab

TONIGHT'S CATCH

- (Served with your choice of two side dishes)*
Choose from the following preparation styles:
- Fried Catch
 - Blackened Catch
 - Grilled Catch
 - Broiled Catch

- Broiled Seafood Platter
- Stuffed Shrimp
- Mahi-Mahi
- Yellow-Fin Tuna
- Tilapia
- Grouper
- Snow Crab Legs
- Royal Reds - 3/4 lb.
- Combo - 1/2 lb. Each
- Crab Cakes - 2 cakes

- PASTA**
- Fettuccini Alfredo
 - w/grilled or blackened chicken
 - with shrimp or crawfish
 - Basil Pesto Pasta
 - with Roma Tomatoes
 - with grilled chicken
 - with shrimp

- SIDE DISHES**
- Fried Green Tomatoes ~ Green Beans
 - Turnip Greens ~ Sweet Potato Casserole
 - Corn Fritters ~ French Fries
 - Mashed Potatoes w/Gravy ~ Fried Okra
 - Au Gratin Potatoes ~ Steamed Veggies
 - Kernel Corn ~ Yellow Rice
 - Black-Eyed Peas ~ Cole Slaw
 - Lima Beans ~ Macaroni & Cheese

- New Orleans Catch
- Mediterranean Catch
- Caribbean Catch
- *Pecan Encrusted Catch
- *Paneeed Catch

LAND LOVER'S FARE

- (Served with your choice of two side dishes)*
- Hawaiian Rib-eye - (12 oz.)
 - add jumbo grilled or fried shrimp
 - Jamaica-Jerk Chicken
 - Grilled Chicken Breasts
 - Fried Chicken Tenders

- PASTA**
- Fettuccini Alfredo
 - with grilled or blackened chicken
 - with shrimp or crawfish
 - Scallops Alfredo
 - Shrimp & Pasta Marsala
 - Basil-Pesto Pasta
 - with grilled chicken
 - with shrimp

- SIDE DISHES**
- Substitute House or Caesar Salad for a Side Dish
 - Sweet Potato Casserole ~ Cole Slaw
 - Baked Potato ~ Steamed Vegetables
 - Yellow Rice ~ French Fries
 - Fried Green Tomatoes



A RECIPE FOR LEARNING

SOUTHERN CHILI LAB'S KASTNER PARTNERS WITH GULF SHORES HIGH SCHOOL TO BRING FOOD CHEMISTRY CLASS TO SUMMER CLASSROOM

Words by Kara Mautz | Photos by Micah Green

Students at Gulf Shores High School are taking cooking up a notch by taking part in a brand new course: the chemistry of food. The class works in collaboration with Chef Jonathan Kastner, co-owner of the Orange Beach-based Southern Chili Lab condiment company.

It is taught by both Kastner and Jason Hill, a chemistry teacher at Gulf Shores, and blends culinary arts with chemistry lessons to teach students about the chemical properties required for many cooking methods and popular menu items. Hill said the program began with Jessica Sampley, career tech coordinator at the school, who was interested in working with Kastner for a culinary class.

Hill said the idea quickly expanded when Sampley became acquainted with the chemistry behind food and realized it would be a unique opportunity for students to blend science into cooking.

"She realized what an authentic and

unbelievable application this could be for something that a lot of kids don't see as being very applicable in their every day lives," Hill said. "She contacted me and Jon, and we started the class this past summer for our 'Summer Way' program that allows students to take classes they may not have been able to fit in their schedule during the school year."

Hill said that so far the students have applied their chemistry knowledge to learning how to brine chicken sandwiches and make nitrogen ice cream and pepper jelly.

"We got together during the summer and planned out all 18 weeks of this semester," Hill said. "We have it set up to where a student experience in chemistry can take this class as



an elective, or a student with no chemistry experience could take it and earn a science credit."

Kastner said that when brainstorming the lessons, he tries to keep the recipes accessible and approachable for the students while also incorporating a cultural aspect to the menu.

"I try to make it applicable to a real-world thing, something they can make at home or get at the grocery store," Kastner said. "So today, we made mango spheres for our 'mangonata' [frozen mango dessert], and it's sort of like boba. Well, this was very similar to that, so they can relate it to something they have probably had before, like boba tea."

Kastner said he also incorporates some of his own spice collection into the lessons to give students hands-on experience with the chemical reactions required to spice up their food.

"We have to use various chemicals to create different textures, and I bring in a ton of stuff from the Lab," Kastner said. "Some of these kids may not have had the chemistry, so they get to experience that chemical reaction and see what it actually looks like, feels like and smells like."

Both Kastner and Hill said one of the most unique parts of the class has been seeing the program grow since it began at the beginning of the summer.

"When we started out we had six, and then it grew to 10, 12 and 14. We ended up with 19 kids this semester just through word of mouth," Hill said.

While the class had its first official semester last August, Hill said he test-ran the class as a part of the school's summer



“THEY GET TO EXPERIENCE THAT CHEMICAL REACTION AND SEE WHAT IT ACTUALLY LOOKS LIKE, FEELS LIKE AND SMELLS LIKE.”

program with a small group of students.

"This summer, we went to the Tabasco headquarters in Louisiana. It was just me and the chef [Kastner] and two students," Hill said. "We got to see the behind-the-scenes and the chemistry that goes into making the hot sauce from the chemical engineer and the head of operations at Tabasco."

Hill said the summer was full of field trips, as the students also made their way to Georgia, visiting the World of Coca-Cola museum in downtown Atlanta.

Hill said it has been rewarding to see the students connect to the lessons and come to class eager and interested in what they are learning.

"We just made hot sauce last week, and we used our own machine to run it through after it had fermented," Hill said. "Well, we have a foreign exchange student this semester from Italy, Elisa Bruson. I mean, you could see the little tears in her eyes; she said her grandma had the exact same machine as us, and they would do that every summer in Italy with their own tomatoes."

Lexi Elders, a senior, said she has enjoyed taking the class and the fresh take on science education that it provides.

"This isn't like any other class; they haven't done anything like this before," Elders said. "It's different than culinary; you have to learn all about the chemistry part of cooking, and that is super interesting."

Jasmine Coy-Fulton, also a senior, said she joined the class on a whim but is glad she took the leap into the kitchen and has enjoyed learning from Kastner.

"Last week, we got to see his actual chili lab and work environment and experience the atmosphere. He's always patient in the kitchen and helps and teaches us," Coy said. "It's been a really cool experience."



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THERE'S NO CATCH

Get more than a delicious meal when you eat local Gulf Coast seafood and the health benefits that come packed inside

Words by Natalie Williamson

Photo by Natalie Williamson

The Gulf Coast is famous for its fresh seafood, including crab, shrimp and fish. These creatures aren't just prepared to be tasty; they are also packed with vitamins, proteins and more health benefits.

Whether one orders Gulf Coast grouper, snapper, flounder, shrimp, oysters or whatever is in season, these fresh catches will fill your body with nutrition that is beneficial for your health and wellness.

Life Wellness Forever owner Cindy Ross explained how seafood affects the body.

"Seafood, especially fatty fish like salmon, mackerel and trout, is an excellent source of omega-3 fatty acids," Ross said. "Omega-3s play a crucial role in heart health, reducing the risk of cardiovascular diseases by lowering blood pressure, improving cholesterol levels and reducing inflammation."

Seafood also provides high-quality protein, essential for building and repairing tissues, supporting muscle health and maintaining a strong immune system. It is rich in vitamins and minerals, including vitamin D (bone health and immune function), vitamin B12 (nerve function and red blood cell production), iodine, selenium and zinc.

"Omega-3 fatty acids, particularly docosahexaenoic acid, are essential for brain development and function," Ross said. "Including seafood in the diet may support cognitive function and reduce the risk of age-related cognitive decline."

Ross added that Omega-3s have anti-inflammatory properties, mitigating inflammation in the brain. To benefit from omega-3 fatty acids for brain health, Ross recommended regularly including fatty fish like salmon, mackerel, sardines and trout in your diet.

Vitamins, proteins and fatty acids provide physical health benefits, but Ross said they also support mental well-being.

"Studies have indicated that regular consumption of fish, which is high in omega-3 fatty acids, is associated with a lower risk of depression," she said. "Omega-3s may have mood stabilizing effects and contribute to the production of neurotransmitters that influence mood."

These fatty acids play a role in improving mood and emotional well-being, contributing to the regulation of neurotransmitters like serotonin, associated with happiness.

"Some research suggests that omega-3 fatty acids may have anti-anxiety effects and could potentially be beneficial for individuals dealing with anxiety disorders," Ross said. "These fatty acids may help modulate the body's stress response."

Other Gulf Coast species such as oysters,



crab, lobster and shrimp are rich in zinc, which plays a role in neurotransmitter function and mood regulation.

"While regular consumption of seafood is associated with mental health benefits, occasional consumption can still contribute to these benefits," Ross said. "The key is to incorporate seafood into your diet in a way that aligns with your preferences, dietary habits and overall nutritional intake."

Ross noted that everyone's body responds differently to dietary changes and while many are found to benefit from increased seafood consumption, some individuals may not tolerate certain types of fish or may experience allergic reactions. The nutritionist said that while eating seafood is recommended, including vegetables and other nutrient-rich foods also contribute to the overall health of an individual.

Zeke's Restaurant, located in Orange Beach, incorporates coastal species for diners to enjoy while also receiving nutritional benefits.

"We change our fish of the day," Sous Chef Dylan Harrimam said. "We go from yellowtail to pompano to whatever is in fresh that we can get, and we run salmon daily."

He noted that all of the fish that is prepared and cooked at Zeke's is sourced from local vendors.

When ordering seafood, Harrimam recommended getting your dish grilled, as that is a healthier route than getting it fried.

"When you get your seafood baked, we would sear it and throw it in the oven," he said. "So with your bake, you are going to get more of a sear, but with your grill, you are going to get more of the char flavor."

Upon receiving the most recent catch, Harrimam inspects the locally sourced seafood to make sure it is the quality that the local vendors say Zeke's is receiving. The next step

is to ice it down and fillet fit or service.

"We always use the freshest ingredients, just keeping it healthy," he said. "Instead of using processed stuff we use real butter, we use actual lemons, and it is things like that for our dishes."

WANT TO TRY IT? HERE'S A RECIPE!

GRILLED LEMON GARLIC SALMON

Ingredients

- 4 salmon fillets
- 2 tablespoons olive oil
- 3 cloves garlic, minced
- 1 teaspoon lemon zest
- 2 tablespoons lemon juice
- 1 teaspoon dried oregano
- Salt and pepper to taste
- Lemon wedges for serving

Instructions

- Heat the grill to medium-high.
- In a small bowl, whisk together olive oil, minced garlic, lemon zest, lemon juice, oregano, salt and pepper.
- Place salmon fillets on a plate and brush both sides with the marinade.
- Place the salmon fillets on the grill. Grill for about 4-5 minutes per side
- Ensure the salmon is cooked through and easily flakes with a fork.
- Serve the grilled salmon with lemon wedges.

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Waterfront Family Dining





A HUMBLE HARVEST FIT FOR A KING

Words by Melanie LeCroy

Photos by Micah Green

Voyagers, Perdido Beach Resort executive chef Brody Olive won the Great American Seafood Cook-Off last year. Despite the national stage, his ingredients remain true to the Alabama Gulf Coast's roots.

Culinary inspiration can come from anywhere: from a trip through the farmers market to the picturesque view of the Perdido Pass.

Perdido Beach Resort Executive Chef Brody Olive finds inspiration everywhere, including from the views from one of his restaurants. It's the expansive coastal scenes from Voyagers that inspired Olive's winning dish at the Great American Seafood Cook-Off.

Olive has been at the helm of Perdido Beach Resort's culinary program since 2016, but his culinary career started in high school.

Raised in Newnan, Georgia, Olive comes from a huge family where everything revolved around food. His childhood involved climbing apple trees, camping and fishing at Smith Lake and front porch sitting.

Olive's first culinary job was as a dishwasher at Cracker Barrell, but it didn't last long. He followed his high school friends from kitchen to kitchen and found he had a knack for it. After high school, he headed to Charleston, South Carolina, to attend Johnson and Wales University.

Every chef has a culinary journey, and Olive's took him to Birmingham after college. He credits Chef George Reis and Ocean Restaurant for his professional training. After nearly five years, Olive visited the Alabama Gulf Coast and never left.

He was on the team that opened several restaurants in the area before moving to a large resort brand to head their culinary program. When the opportunity to head Perdido Beach Resort's culinary program was on the table, Olive jumped at the chance to get back into the fine dining space.

Perdido Beach Resort has five dining concepts and a large catering program. Voyagers, one of the five restaurants, is the oldest fine-dining restaurant on the coast. Olive said when he arrived, Voyagers was tired and ready for a refresh.

Olive brought his focus on using the best and freshest local, seasonal ingredients to Perdido Beach Resort's entire culinary program, but it shines most at Voyagers.

When asked what first-time diners should expect at Voyagers, Olive said, "Don't be in a hurry. Sit back, relax, and let us take care of you."

The waitstaff are career hospitality professionals who have been at the restaurant for

10 years or more. Olive said they anticipate the diner's needs and make the experience the best possible. The view of the Gulf and top-notch meal doesn't hurt either.

When it comes to the menu, you will always find high-quality cuts of protein and seafood, but it is the accompaniments and side dishes that rotate. Olive said his favorite is when local sweet corn comes into season and he can put the pork belly creamed corn on the menu. He also loves tomato season. He celebrates the first heirloom tomatoes of the season with a staff meal of BLTs.

Olive and his team put a lot of thought and testing into new dishes. When asked if there is a dish on the menu he would like more people to try, he answered "Yes" quickly.

"Currently, I have a salad that is really awesome that I love that is not there yet," Olive said.

Olive has wanted to reinvent the Voyagers Wedge Salad for a while, and he had an idea but it resulted in the creation of an entirely new salad. The wedge remains much to his chagrin.

"I had this idea of a savory roasted tomato panna cotta and hiding everything inside the baby iceberg lettuce, which spawned into a whole new salad," Olive said with a laugh. "It's the way this goes. It is relatively new. We started messing with it for the late fall and early winter dinner menu."

The tomato and arugula salad is comprised of a roasted tomato panna cotta, "Lettuce Heads" baby arugula, burrata, crispy bresaola, Calabrian chili pesto, ciabatta and white balsamic pearls.

"It is a very pretty salad with a lot of differ-



ent stuff happening. Sometimes, I have found my wordsmithing of salads, the play on words, can be a little intimidating for folks," Olive said. "Before we completely abandon something really tasty, sometimes it is figuring out the best way to wordsmith it for your guests and servers to be able to metabolize it better."

THE KING OF SEAFOOD

It is not always his wordsmithing that may garner questioning looks from diners but his selection of ingredients. In June 2023, Olive won the Alabama Seafood Cook-Off with a dish inspired by the Perdido Pass he sees every day. He wanted to create a dish with Alabama Gulf seafood that could be found along the Pass. To push the envelope, he decided to use proteins most see as fishing bait.

"Everything in the dish was harvested

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“Everything in the dish was harvested from the seawall to the end of the jetty.”

from the seawall to the end of the jetty. The pursale is a little succulent that grows all along the Gulf Coast that we pickled as our vegetable-type component. We really focused on packing in three different Alabama seafood components with the Gafftop catfish, bay shrimp and the mole crabs,” Olive said. “The only goal here was to see if this idea would float. It was one of those where it was either going to be really good or really bad.”

To win the Alabama title and ultimately the national title, Olive prepared Gafftop catfish smoked over scrub oak, flash-fried

mole crabs with Gulf shrimp horseradish cream, pickled purslane and smoked paprika coral tuile.

It was not Olive’s first time competing at the Annual Great American Seafood Cook-Off in New Orleans. In 2017, Olive won the Alabama Seafood Cook-Off but came up short for the national prize.

Unlike some chefs competing who could source their proteins from fishmongers, Olive had to harvest all but the bay shrimp, which he picked up at the local bait shop. Early in the morning of departure, he was on the beach raking mole crabs (you may

know them as sand fleas), harvesting the pursale and catching the catfish.

“I had five-gallon buckets full of Gulf water to keep everything alive because we had a two-day span,” Olive said. “We arrived Friday and didn’t compete until Saturday, so I had to keep everything happy before they met their fate.”

Olive and his sous chef, Luis Silvestre, arrived in New Orleans Friday for the kick-off party where they met the competing chefs for the first time and drew for competition order. Olive has a history of drawing No. 1 in competitions, but this

year he got the last slot. The same slot as the 2023 Alabama Seafood Cook-Off.

“Our wives were like, ‘It’s a sign,’” Olive laughed. “But having to sit around and wait is an arduous task. Watching everybody start and compete.”

To keep themselves occupied and to pass the time Saturday, Olive and Silvestre walked around the food show and visited vendors.

When their time to compete arrived, the Alabama team dialed in. When they opened the coolers, they started to garner attention from the masters of ceremonies, Louisiana Lt. Gov. Billy Nungesser.

“When we started opening coolers with shrimp jumping out of them and sand fleas moving around, we got a lot of attention. The lieutenant governor had to come over and had to see what was happening,” Olive said.

But the judges kept a poker face despite the commotion.

“We thought we crushed the dish and completed it the way we wanted to,” Olive said. “We didn’t forget any components as we finished, the clock management was



THE WINNING DISH: Gafftop catfish smoked over scrub oak, flash-fried mole crabs with Gulf shrimp horseradish cream, pickled purslane and smoked paprika coral tuile.

Photo courtesy of JEFFPOUNDS.COM

good, and we never got too far ahead of ourselves or behind the clock.”

Much like a beauty pageant, the top three competitors were named with no indication of who won the top prize. Third place was called, and Olive said he thought they may end up with second place.

“When they called second place, I leaned over to Chef Luis and said, This is it. They are going to call us. It is ours,” Olive said. “It was awesome when they did call my name. We had like 25 or 30 people in the crowd that came over for it, family and friends, and, as they say, the crowd goes wild. My wife probably deafened a few eardrums beside her. It was fun.”

When he was presented with the crown and cutting board shaped like the United States by Nungesser, Olive took the moment to offer a ‘Roll Tide.’ Olive laughed when retelling the story.

Olive said he is thrilled with the results.



Sous Chef Luis Silvestre

“When they called second place, I leaned over to Chef Luis and said, ‘this is it. They are going to call us. It is ours.’”



He will no longer compete in the seafood competition and will finish out his reign by crowning the next champion in New Orleans this summer. For now, the crown and cutting board hang in the dining room of Voyagers, and he sometimes gets photos sent to him by regulars wearing the crown when he is not in the restaurant.

The win has brought a lot of attention to Perdido Beach Resort, Orange Beach and the area in general. Olive said they have

seen an increase in new diners who found their way to Perdido Beach Resort due to the publicity.

“Voyagers is tucked away and hidden,” Olive said. “There are still folks that are discovering us and what we do, so we saw a number of first-timers coming through because of that win.”



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dressing

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marinara, mozzarella,
parmesan

Muffuletta
Ham, salami, provolone
cheese, house olive spread

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and red peppers, onions,
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mushrooms, onions,
pepperoni, italian sausage

Pleasure Island
Ham, onion, green peppers,
red peppers, pineapple

Farmers Market
Fresh spinach, mushrooms,
onions, peppers, tomato,
mozzarella

Magnolia Springs
Fresh spinach, chicken,
artichoke hearts, feta, sun-
dried tomato paste

The "Lion"
Italian sausage, ham, beef,
bacon, pepperoni

The Florentine
Alfredo sauce, spinach,
bacon, tomato, shrimp or
chicken

Pizza

The Gulf
Fresh spinach, shrimp,
artichoke hearts, feta, sun-
dried tomato pesto

Five Cheese
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provolone, parmesan

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DINING GUIDE

Breakfast, brunch, lunch and happy hour on the island



The Sunliner Diner: Eggs with a side of nostalgia

THE ALL-DAY BREAKFAST

If breakfast is the most important meal of your day, Sunliner Diner on East Second Avenue in Gulf Shores takes this to heart, offering breakfast items non-stop, all day and every day.

A 1950S TIME CAPSULE

Open since 2018, Sunliner Diner is a member of the Hangout Hospitality Group, transporting visitors back to the 1950s with its nostalgic décor, vintage uniforms and classic cars such as 1950s Ford Sunliner and a Cadillac Coup de Ville.

ALL-ABOARD THE DREAM BOAT

General Manager Wilbie Martinez believes the most unique item on their menu is the Dream Boat. This features three waffles layered with bacon, sausage, whipped cream, chocolate, chocolate sprinkles, caramel chocolate syrup and bacon bits.

FAN FAVORITE: THE BEEGEES BREAKFAST COMBO

According to Martinez, a hit among guests is the BeeGees Breakfast combo, featuring farm-fresh eggs, bacon, sausage or smoked ham, a Sunliner biscuit covered with sausage gravy and a choice of hash browns or grits.

BREAKFAST MEETS DESSERT

Even dessert lovers get a taste of breakfast with Sunliner Diner's milkshakes topped with whipped cream, a waffle, chocolate syrup and chocolate chips. "The waffles are just so good," said Serrafina Patterson, a server at Sunliner Diner. "It brings a modern taste to a lot of the classics."

CLASSIC BREAKFAST

If one is looking to indulge in a classic item, Sunliner Diner offers a classic eggs-benedict. This includes two poached eggs with creole hollandaise sauce, smoked ham, grilled English muffin and is served with a side of hash browns or grits.

BREAKFAST BEYOND SUNLINER DINER

Explore other breakfast havens around the island (not all inclusive):

- **Kitty's Café:** 3800 Gulf Shores Pkwy. #100, Gulf Shores
- **Hazel's Nook:** 120 E. Fort Morgan Road, Gulf Shores
- **Duck's Diner:** 4560 Easy St., Orange Beach
- **BuzzCatz Coffee & Sweets:** 25689 Canal Road, Orange Beach
- **Bird Dog Chicken Company:** 4575 Orange Beach Blvd., Orange Beach



The Belı opened in 2020 and has become a favorite among Gulf Shores locals and visitors. Opening during the height of the COVID-19 pandemic, The Original Beach Deli was designed with an open-air concept to accommodate social distancing and grab-and-go options for those looking for a quick bite before or after hitting the beach.

“The menu is personified into the essence of the types of people that would order the food,” owner Anna Beth Ryan said. “The names are based on people in my life or as just stated, the essence of that type of individual. A few of the recipes are loosely based on a recipe that the specific person in my life has given me.”

Ryan added that the deli recently obtained a beer and wine license and hopes to add “adult beverages” to the restaurant soon, along with extended summer hours, live music and small plates in the coming months.

“The absolute best part of owning the deli is the locals,” Ryan said. “The day-to-day antics with the people in this town is truly what makes the job so worthwhile.”



Anna Beth Ryan

HERE ARE 5 MUST HAVE BITES FROM THE BELI:

Big Momma: Combining sweet, spicy and savory, this sandwich is perfect for those looking to experience a wild burst of flavors. The Big Momma features melted provolone and feta cheese, turkey, jalapeno, raspberry jam and hot sauce on toasted sourdough.

Miss V: Perfect for someone looking to add a little more spice to their life, this sandwich features spicy pimento cheese, turkey, salami, lettuce, tomato and chive mayo on toasted sourdough.

Surfer Dude: Of course, it would be a crime to abstain from seafood when visiting the beach! This sandwich features crab and shrimp seafood salad on a toasted hero roll, making it the perfect snack before going for a saltwater swim.

Doctor's Orders: A new addition to the menu, this breakfast sandwich features sausage, cream cheese with sweet or hot mustard on a toasted white bagel.

Annoying Health Freak: Looking to cleanse your palette with a lighter option? This breakfast sandwich is the perfect addition to your morning, featuring turkey, egg white, spinach and avocado on multigrain bread.

Visit The Belı at 408 W. Beach Blvd., Gulf Shores, Alabama 36542

Offering a breakfast and lunch menu, The Belı operates Monday-Saturday from 9 a.m. to 3 p.m. and Sunday from 9 a.m. to 1:30 p.m.

MORE SANDWICH SPOTS:

Want to explore the island's brunch and lunch options? Here are 5 other eateries (not all-inclusive):

Amelia's Deli & Catering: 2200 E. 2nd St., Ste A, Gulf Shores

Avenue Pub: 4575 S. Wilson Blvd., Orange Beach

Bon Temps Poboy's & Speciality Meats: 25908 Canal Road H, Orange Beach

Cricio's Pizza and Subs: 309 Gulf Shores Parkway, Gulf Shores

Happy Pappys: 1550 A W. 2nd St., Unit 5, Gulf Shores



Photos courtesy of The Belı/Facebook

THE BELI THE ORIGINAL BEACH DELI

5

NEW ALABAMA GULF COAST JOINTS TO ENJOY A COCKTAIL

“It's 5 o'clock somewhere,”

rings true regardless of the season or the temperature, even when the Alabama Gulf Coast takes on different vibes in the winter. The summer crowds are gone, but everything is still bustling with winter visitors and locals who take this time to venture to their favorite dining establishments. After a long day of exploring or relaxing, the last thing you want to do is research where to get a cocktail with your pals.

Keeping up with the growing and changing restaurant scene at the beach is a full-time job, so we have put together a list of places to grab a cocktail that you may have missed the last time you visited. This list consists of places that have opened over the last two years.

BOLO

What: The newest spot to open in Orange Beach, Bolo offers cocktails, steak and seafood in a resort casual atmosphere. Stop in for happy hour every day from 3-5 p.m. and enjoy small plates such as West Indies salad or a charcuterie board. If you want to stay for dinner, try a hand-cut steak or rack of lamb and a glass of red wine. **Where:** 27370 Canal Road, Orange Beach

COASTAL ORANGE BEACH

What: Brought to the Alabama Gulf Coast by the owners of the iconic Flora-Bama, CoastAL has a prime location on the shores of Orange Beach to watch the Gulf, enjoy a cocktail and a nibble. CoastAL has something to offer everyone in your party from the young at heart to the energetic child. Enjoy a varied food menu, live music, waterfront and beachfront views, a large lawn, beach boardwalk and retail shopping.

Where: 25722 Perdido Beach Blvd., Orange Beach

JESSE'S ON THE BAY

What: Jesse's Restaurant in Magnolia Springs has been a Baldwin County staple for many years, and now they have brought their food to the Fort Morgan peninsula. The beautiful restaurant has expansive views of Bon Secour Bay and is in a prime position for sunset viewing and cocktail sipping. The lower floor restaurant, The Cold Hole at Jesse's On The Bay, offers a more casual dining experience with a smaller menu. Order a strawberry mojito or a banana pudding adult shake (featuring Murder Creek Distillery Banana Pudding Moonshine) to enjoy with their Red Chili Braised Beef Nachos or something from the raw bar. Upstairs in Jesse's On The Bay main dining room, the menu features an array of fresh Gulf seafood, dry-aged steaks and more to enjoy with your choice cocktail.

Where: 1631 Crosswinds Court, Gulf Shores

Lauria's Italian Bar & Bistro

What: Lauria's Italian Bar & Bistro is a new addition to Orange Beach, but you may be familiar with Lauria's By the Beach in Gulf Shores. Stop in for a cocktail and a charcuterie board, a selection of appetizers or a full Italian meal. Whatever you decide, there is a cocktail or wine to pair with your selection.

Where: 25637 Canal Road, Orange Beach

8 REALE OBAL

What: Technically a speakeasy is supposed to be secret, but we are spilling the tea. If you are looking for a fun experience and a good cocktail, head to The Wharf and try to find 8 Reale OBAL. The plush and cozy décor is everything you expect in a secret bar. Stop in and have an old favorite cocktail mixed up or try something new like the spiced apple martini.

Where: 4851 Wharf Parkway, D-112, Orange Beach



MAYBE WINE INSTEAD?

(...AND PASTA?)

Be sure to check out **Portabellas** in Foley. Rich and Pam Lee are the new owners of this revamped staple for tourists and locals alike, and the Lees bring with them extensive experience. Rich is the former executive chef of New Orleans' oldest restaurant, Antoine's, and catering chef at Dickie Brennans.

321 S. McKenzie St., Foley



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Foley, AL 36535

3849 Gulf Shores Parkway, Suite 1 and 2
Gulf Shores, AL 36542

25311 Perdido Beach Blvd.
Orange Beach, AL 36561

25908 Canal Rd., Suite A
Orange Beach, AL 36561

22 Palafox Place
Pensacola, FL 32502

5121 North 12th Avenue
Pensacola, FL 32504

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Please mention coupon when ordering. Not valid with other discounts, specials or coupons.
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STARTERS

3 AMIGOS CHEESE DIP
Large bowl of our delicious cheese dip with grilled shrimp, steak* and chicken. Served with pico de gallo on the side and warm flour tortillas. 11.49

CACTUS GUACAMOLE
Fresh chunks of avocado mixed with tomatoes, onions, light jalapeños, lime juice and cilantro. LARGE 9.99 | SMALL 5.99

CANTINA SAMPLER
A trio of our famous cheese dip, pico de gallo and guacamole. 11.99 (no substitutions please)

CHEESE DIP
LARGE 8.99 | SMALL 5.99

BEAN + CHEESE DIP
LARGE 8.99 | SMALL 5.99

BEEF + CHEESE DIP
LARGE 8.99 | SMALL 5.99

CHORIZO SAUSAGE + CHEESE DIP
LARGE 8.99 | SMALL 5.99

JALAPEÑO + CHEESE DIP
LARGE 8.99 | SMALL 5.99

NACHOS

FAJITA NACHOS
Grilled steak* or chicken on a bed of tortilla chips with onions and bell peppers. Topped with cheese dip and sour cream. 14.99

GRANDE SUPREME NACHOS
Tortilla chips topped with black or refried beans, seasoned shredded chicken or ground beef, lettuce, tomatoes, sour cream, jalapeños and topped with cheese dip. 13.99
Sub steak* or grilled chicken + 2.99

TEXAS FAJITA NACHOS
Grilled steak*, chicken and shrimp on a bed of tortilla chips with onions and bell peppers. Topped with cheese dip and sour cream. 14.99

NACHOS
CHEESE 8.99
CHEESE & BEAN 9.49
CHEESE & BEEF 9.99
CHEESE & SHREDDED CHICKEN 10.49
CHEESE, BEEF & BEAN 9.99

+ SOUPS & SALADS

TACO SALAD
A large crispy tortilla shell on a bed of refried beans, filled with lettuce, tomato, sour cream and your choice of shredded chicken or ground beef with a side of our cheese dip. 10.99

CACTUS GRILLED CHICKEN SALAD
Grilled chicken over lettuce, spinach, avocado and diced tomatoes, topped with pico de gallo. 10.49
Sub grilled steak* +2.49

NEW! BOOM-BOOM SHRIMP SALAD
Mixed greens with onion, tomato, shredded cheese and fried shrimp tossed in a Boom-Boom sauce. 12.99

TEXAS FAJITA SALAD
Grilled steak, chicken or shrimp with sautéed onions and bell peppers on a bed of refried beans in a crispy tortilla shell with lettuce, tomatoes and sour cream, drizzled with cheese. CHICKEN 11.99 STEAK 13.99 TEXAS 14.49

FAJITAS

A sizzling platter of bell peppers and onions with your choice of meat. All fajitas are served with lettuce, pico de gallo, sour cream, guacamole and choice of two (2) sides: Mexican rice, black beans, cactus grits or refried beans.

CHICKEN 16.99
SHRIMP 17.99
STEAK 17.99

PIÑA FAJITAS
A grilled half pineapple stuffed with chicken, sautéed bell peppers and onion. 19.99
Substitute: Steak* + 3.00
Shrimp + 2.00.

TEXAS FAJITAS
A sizzling platter of bell peppers and onions with grilled steak*, chicken and shrimp. 18.99

SEAFOOD

GULF FISH TACOS
Served two different ways:
Grilled or Fried.
CANTINA STYLE: Tossed in Boom Boom sauce and topped with pineapple black bean pico, cilantro-lime cabbage.
TRADITIONAL STYLE: Topped with lettuce, pico de gallo and honey habanero sauce. Served with your choice of two sides.
TWO TACOS 13.99
THREE TACOS 15.99

NEW! BOOM-BOOM SHRIMP TACOS
Fried shrimp tossed in our Boom-Boom sauce topped with cilantro-lime cabbage, pineapple-black beans and pico de gallo. Served with two sides.
TWO TACOS 13.99
THREE TACOS 15.99

SHRIMP + GRITS
A bowl of our delicious Cactus-style grits mixed with our seasoned jumbo shrimp. 10.99

SHRIMP DIABLO
Grilled shrimp cooked with our spicy cheese sauce served with two sides. 15.99

GRILLED SHRIMP TACOS
TRADITIONAL STYLE: Topped with lettuce, pico de gallo, an avocado slice and our honey habanero sauce.
CANTINA STYLE: Tossed in Boom Boom sauce and topped with pineapple black bean pico, cilantro-lime cabbage.
TWO TACOS 13.49
THREE TACOS 15.49

SEAFOOD QUESADILLA
Grilled shrimp and grilled gulf fish with fresh pico de gallo, sautéed onions and bell peppers. Served with sour cream, lettuce and tomato on the side. 13.49
Add rice and/or beans +2.49
Top with cheese dip +1.99

GULF COAST SEAFOOD BURRITO
A blend of grilled gulf fish and shrimp mixed with fresh pico de gallo, house spices and tomato salsa, then topped with cheese dip and red burrito sauce. Served with your choice of two (2): Mexican rice, black beans, Cactus grits or refried beans 15.99

BURRITOS

Burritos are served with your choice of two (2): Mexican rice, black or refried beans or cactus grits.

CALIFORNIA BURRITO
Grilled steak or chicken with your choice of two sides all rolled into one large flour tortilla topped with cheese dip, avocados, sour cream and your choice of hot or mild salsa. CHICKEN 15.99 STEAK 16.99

TEXAS BURRITO
Large flour tortilla stuffed with grilled steak*, chicken, shrimp, grilled onions and bell peppers. Covered in our cheese dip and salsa. 16.99

BURRITO MEXICANA
Shredded chicken, carnitas or ground beef rolled in a flour tortilla, covered with cheese dip and topped with lettuce and sour cream. 13.99

CACTUS GRILLED BURRITO
Large flour tortilla with grilled steak* or chicken and covered with our cheese dip. CHICKEN 13.49 STEAK 14.99

BURRITO RANCHERO
Grilled chicken served on a bed of rice topped with cheese dip. 11.99 (no sides)

DESSERTS

SOPAPILLA 3.99
With ice cream 5.79

CHURROS 5.99

CHEESECAKE CHIMICHANGA
With strawberry sauce. 5.99

FRIED ICE CREAM 5.99

BEVERAGES

COKE | DIET COKE
TEA | DR PEPPER | SPRITE
BARO'S ROOT BEER
LEMONADE | ORANGE PANTA
MELLO YELLO | COFFEE

CALDO DE CAMARON
A traditional soup with shrimp, Mexican rice, onions, spinach, red bell peppers, mushrooms and cilantro, topped with sliced avocado. 9.99

CALDO DE POLLO
Authentic Mexican-style chicken soup with Mexican rice, onions, red bell peppers and cilantro, topped with sliced avocado. 7.99

TACOS

All taco entrees are served with your choice of two sides: Mexican rice, black beans, Cactus grits or refried beans. Tortilla choice of soft flour, soft corn or hard corn shell.

GRINGO TACOS
Juicy grilled chicken tacos with fresh grilled pineapple and chorizo. Topped with raw onion and cilantro. TWO TACOS 14.99
THREE TACOS 16.49

CACTUS TACOS
Seasoned ground beef or shredded chicken tacos with fresh pico de gallo, lettuce and cheese. TWO TACOS 12.99
THREE TACOS 13.99

TACOS DE FOLLO
Juicy grilled chicken tacos with fresh pico de gallo, lettuce and cheese. TWO TACOS 13.99
THREE TACOS 14.99

STEAK TACOS
Grilled marinated steak* tacos with pico de gallo, lettuce and cheese. TWO TACOS 14.99
THREE TACOS 15.99

TRADITIONAL plates

Traditional plates are served with your choice of two (2): Mexican rice, black or refried beans or cactus grits.

NEW! FLAUTAS
Three flour tortillas fried with your choice of shredded chicken, carnitas, or ground beef. Served with pico de gallo, lettuce, sour cream, and a side of cheese dip. 14.49

CACTUS BOWL
All bowls are served with Mexican rice, black beans, broccoli, pico de gallo, and choice of guacamole or sour cream. GRILLED CHICKEN 13.49
GRILLED STEAK 15.99
GRILLED SHRIMP 15.99
CARNITAS 14.99
VEGGIES 12.99

CHICKEN DIABLO
Grilled chicken cooked with our spicy cheese sauce. 15.99

POLLO CACTUS MELT
Chicken breast smothered in bell peppers, onions and our cheese sauce. 14.99

ARROZ CON POLLO
Grilled chicken served on a bed of rice topped with cheese dip. 11.99 (no sides)

ENCHILADA SUPREME
One shredded chicken, one beef and one cheese enchilada topped with lettuce, tomato and sour cream. 14.99

CARNITAS
Slow-simmered pork tips cooked with sautéed onions. Served with fresh tortillas, lettuce, guacamole, pico de gallo and sour cream. 15.99

CARNE ASADA
A grilled 9-oz skirt steak served on a sizzling bed of onions and bell peppers 16.99

TACITOS
Three corn tortillas fried with your choice of shredded chicken, carnitas, or ground beef. Served with pico de gallo, lettuce, sour cream and cheese dip. 14.49

CHIMICHANGA PLATE
A large flour tortilla stuffed with beef or shredded chicken, then lightly fried and topped with cheese dip. 13.99
Add steak* or grilled chicken +1.99

COMBOS
All combos are served with your choice of two sides: Mexican rice, black or refried beans or Cactus grits. Additional charges for steak*, grilled chicken or shrimp.
BURRITO - CHILE RELLENO ENCHILADA - TAMALE TACO - CHALUPA - TOSTADA
ANY ONE 10.99
ANY TWO 12.99
ANY THREE 14.99

KIDS' MENU

For children 12 years and younger. Includes soft drink or tea (dine-in only). add 2.00 for adults.

MINI NACHOS
Choice of ground beef, shredded chicken or plain with cheese dip. 6.99

MINI QUESADILLAS
Kid sized quesadillas stuffed with cheese and chicken or ground beef and served with your choice of two (2): Mexican rice, beans, Cactus grits or fries. 6.99

CACTUS MINI BURRITO
Beef or shredded chicken burrito served with your choice of two (2): Mexican rice, beans, Cactus grits or fries. 6.99 Substitute steak* or grilled chicken + 1.50

ENCHILADA MEAL
Cheese, chicken or beef enchilada served with your choice of two (2): Mexican rice, beans, Cactus grits or fries. 6.99

CACTUS FINGERS
Chicken fingers with fries. 6.99

Disclaimer - price subject to change.

*THESE ITEMS ARE COOKED TO ORDER: Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of foodborne illness, especially if you have a medical condition.

\$12.95

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Alcohol Excluded
Ends Feb. 29 2024
Gulf Shores Only



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Add a salad bar for 3.99

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Coconut Shrimp with Piña Colada Sauce. Choice of two sides.

Tuesday 12.95

Blackened Fish or Shrimp Tacos with mango salsa, served with fries and slaw.

Wednesday 10.95

Beer Batter White Fish Finger Basket Served with fries and slaw.

Thursday 10.95

Asian BBQ Popcorn Shrimp, served over Asian Slaw and rice pilaf, finished with a Remoulade drizzle. Served with 1 side.

Friday 11.95

Flounder Pontchartrain blackened topped with Alfredo Sauce, crabmeat, onions, mushrooms and peppers served w/one side.



AVAILABLE LUNCH & DINNER

Soup of the Day 6.95 cup | 9.95 bowl
6 Boudin Balls 11.95

Fire-Grilled Oysters market price
Bread Pudding 5.95

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Visit www.originaloysterhouse.com/specials for the full menu!