

**We Offer Catering  
and Large Order Services**

*Unlimited Menu Options*

*Baby Showers  
Weddings  
Anniversary  
Office Parties  
Holiday Parties  
Birthday Parties  
Family Dinners  
Any Special Occasion*



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We Appreciate  
Your Business

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**Hours**

Thursday - 11:30am to 8:00pm  
Friday - 11:30am to 8:30pm  
Saturday - 11:30am to 8:30pm

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25 White Street  
Cohoes, NY 12047  
(518) 326-3984

**Website: [Soulinabowl.com](http://Soulinabowl.com)**

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# Soul In A Bowl



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## MENU

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## Lunch Meal Deals

From 11:30am — 3:00pm  
Smaller Portion Sizes

Includes Choice of:

1 Meat and 2 Sides ~ \$10.00

**OR**

1 Meat and 3 Sides ~ \$15.00

## Dinner Specials

Full Portion Sizes

Includes Choice of:

1 Meat and 2 Sides ~ \$15.00

**OR**

1 Meat and 3 Sides ~ \$20.00

### Meats

Fried Chicken Tenders  
Sweet Heat Wings  
Golden BBQ Wings  
Fried Haddock  
Baked Turkey Wings (Dinner Only)

### Sides

Macaroni & Cheese  
Yams  
Collard Greens  
Cabbage  
Salad of the Week

(Extra sides S: \$3.00 L: \$6.00)

## Soup by the Pint

Changes Weekly



**\$7.00**

All Fried Foods Cooked Fresh Per Order

We encourage you to call ahead to  
minimize wait times



6 Piece ~ \$7.50

12 Piece ~ \$15.00

~Naked or Breaded~

### FLAVORS

Fried  
Golden BBQ  
Sweet Heat

## Empanadas

Made with Ground Turkey

1 for \$2.50

6 for \$12.00

## Desserts

NOT ALL DESSERTS AVAILABLE DAILY

	<u>Slice</u>	<u>Whole</u>
Lemon Cake	\$3.99	\$25.00
Chocolate Cake	\$3.99	\$25.00
Dirt Cake	\$3.99	\$25.00
Cheesecake	\$5.50	\$50.00
Rum Cake	\$5.50	\$40.00
Sweet Potato Pie	\$3.00	\$15.00
Banana Pudding	S - \$5.00 L - \$8.50	Whole ~ \$35.00

(Whole Orders Require 48hr. Notice)



### Salads

Changes Weekly

Potato Salad  
Macaroni Tuna Salad  
Macaroni Shrimp Salad

### Beverages

Can Soda \$1.50  
Bottle Soda \$2.50  
Bottle Juice \$2.50  
Bottle Water \$1.50

