



197 BEALE STREET
MEMPHIS, TN
901.525.3711
AlfredsOnBeale.com

MR. BENNIE'S PLATE LUNCHES

Available Monday thru Friday

Always ask server for availability 11:00 a.m. to 2:00 p.m.

Lunches served with your choice of honey butter rolls or sweet cornbread muffin.

Meat & Two Vegetables 8.99
Meat & Three Vegetables 9.99

Vegetable Plate
Choose Three 7.99
Choose Four 8.99

Daily Meat Choices:

Southern Fried Catfish Strips
Hand-battered Chicken Tenders
Country Fried Steak
Marinated Grilled Chicken Breast

Monday's Special

Meatloaf

Tuesday's Special

Chicken Pot Pie

Wednesday's Special

Thanksgiving style Turkey & Dressing

Thursday's Special

Swiss Steak with Mushroom Gravy

Friday's Special

Baked Chicken with White Gravy

Vegetable Choices

Alfred's Famous Fried
Green Tomatoes
Coleslaw
Mac & Cheese
Turnip Greens
White Rice
Fresh-Sliced Tomatoes
Squash & Onions
Roasted Garlic Pepper Green Beans
French Fries
Garlic Mashed Potatoes
Fried Okra
Corn Pudding
Black eyed Peas
BBQ Beans
Side Salad
Sweet Potato Casserole

***Consuming raw or under-cooked meat, poultry, seafood, shellfish or eggs may increase risk of food borne illness.*

**"All of MR. BENNIE'S recipes are
from scratch and are made fresh daily"**



Spuds:

Baked Potatoes smothered with a variety of toppings from the List Below.

Beale Street BBQ Spud

Succulent slow smoked pork pulled off the bone topped with BBQ Sauce and Alfred's Famous BBQ seasoning 8.99

Philly Cheese Steak Spud

Sliced Ribeye with Peppers, onions, mushrooms, and Swiss cheese 9.99

Veggie Spud

A variety of fresh seasonal steamed veggies with garlic butter 7.99

BBQ Shrimp Spud

New Orleans style Jumbo Shrimp sautéed in a unique blend of seasonings and butter 10.99

Loaded Spud

Traditional loaded spud, butter, shredded cheddar, sour cream, and bacon 8.99

Pot Roast Spud

Slow cooked pot roast with all the fixings' 8.99

Smoked Pulled Chicken and Cheese Spud

Slow smoked chicken breast smothered with shredded cheddar cheese 8.99