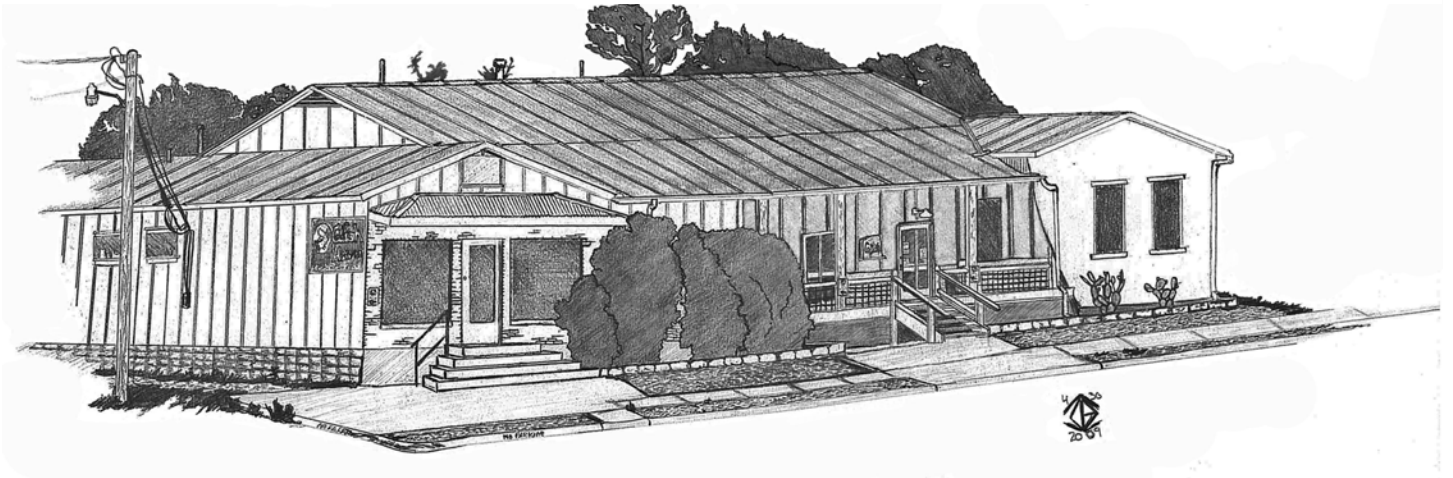


Catfish Haven



The Hill Countries Choice for Steak and Seafood

Fredericksburg, Texas 78624
(830) 997-9009

www.catfishhaventx.com

Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of food borne illness, especially if you have certain medical conditions. Fish may contain bones.



ME-N-U ADVERTISING

(A DIVISION OF ABC ENTERPRISES)

(325) 863-2371

thesmilingmanuman@yahoo.com

Appetizers

Onion Rings (12-15 rings).....	6.99
Fried Pickles.....	6.99
Fried Mushrooms.....	6.99
Fried Jalapeños.....	6.99
Sampler Appetizer.....	13.99
<i>Onion Rings, Jalapeños, Mushrooms and Pickles</i>	

Salads

Chef Salad.....	7.99
Grilled Chicken Salad.....	8.99
Grilled Chicken Caesar Salad.....	8.99
Grilled Fish Salad.....	8.99
Fried Shrimp Salad.....	9.99
Salad/Veggie Bar.....	6.99

Sandwiches, Burgers & Po' Boys

*Served with Choice of French Fries or Tater Tots
Add Our Unique Salad/Veggie Bar for 2.99*

1/2 Pound Burger.....	7.29
with Cheese.....	7.99
<i>Burgers Served with Lettuce, Tomatoes, Pickle, Onions & Mustard</i>	
Patty Melt.....	7.99
Blackened Chicken Sandwich.....	7.99
<i>Served with Lettuce, Tomato & Mayo on a Whole Wheat Bun</i>	

Shrimp Po' Boy.....	7.99
<i>Served with Lettuce, Tomato & Tartar Sauce</i>	
Oyster Po' Boy.....	8.99
<i>Served with Lettuce, Tomato & Tartar Sauce</i>	
Shrimp & Oyster Combo Po' Boy.....	8.99
<i>Served with Lettuce, Tomato & Tartar Sauce</i>	
Catfish Po' Boy.....	7.99
<i>Served with Lettuce, Tomato & Tartar Sauce</i>	

Daily Specials

*All Entrees I nclude Choice of
Baked Potato, French Fries or Tater Tots
& Our Unique Salad/Veggie Bar*

Tuesday (Senior Discount Day)	
All Small Appetite Plates.....	7.99

Wednesday

Texas-Sized Chicken Fried Steak.....	9.99
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Thursday, Friday & Saturday

All-U-Can Eat Shrimp & Fish.....	14.99
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Small Appetites

*All Entrees I nclude Choice of
Baked Potato, French Fries or Tater Tots
& Our Unique Salad/Veggie Bar*

Small Grilled Chicken Breast.....	8.99
Small Chicken Fried Steak.....	8.99
Small Chicken Fingers.....	8.99
Small Chicken Strips.....	8.99
Small Hamburger Steak.....	8.99

Everything I s Freshly Made, So Please Be Patient (No MSG).

18% Gratuity Added to Parties of 8 or More.

Catfish, Catfish & More Catfish!

*All Entrees I nclude Choice of
Baked Potato, French Fries or Tater Tots
& Our Unique Salad/Veggie Bar*

Catfish Plates	
2 Piece	6.99
3 Piece	8.49
4 Piece	9.49
5 Piece	10.49
All-U-Can Eat	
Catfish	11.99
Pollock	9.99
Whole Catfish	
(1)	10.99
(2)	14.99

By the Pound

1/2 Pound	11.99
One Pound	16.99

From the Grill

*Served Blackened or Lemon-Peppered
Over Rice*

Catfish	
Small	9.49
Large	13.99
Mahi-Mahi	11.99
Sockeye Salmon	11.99
Rainbow Trout	13.99
Flounder	13.99
Tilapia	9.99
Crab Cakes	10.99

Catfish Haven Would Like to
Thank You for Your
Continued Patronage.

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of 8 or More.

Texas-Sized Favorites

*All Entrees I nclude Choice of
Baked Potato, French Fries or Tater Tots
& Our Unique Salad/Veggie Bar*

Large Chicken Fried Steak	10.99
Steak Fingers	10.99
Chicken Strips	10.99
Chicken Fried Chicken	9.99
Grilled Chicken Breast	10.99
One Pound Hamburger Steak	10.99

Charbroiled Steaks

*Serving Black Angus Hand-Cut Steaks
with Grilled Onions & Mushrooms*

8 oz. Sirloin	13.99
8 oz. Sirloin & (4) Jumbo Shrimp	20.99
Sirloin for 1 (1 pound)	20.99
Sirloin for 2 (2 pounds)	29.99
14 oz. Rib Eye	20.99
14 oz. Rib Eye & (4) Jumbo Shrimp	25.99

For the Kids

(Kids 10 & Under)

Served with French Fries or Tater Tots

Grilled Cheese	4.79
Corn Dog	4.79
1 Piece Fried Fish	4.79
6 Piece Small Shrimp	4.79
1 Piece Chicken Strip	4.79

Served with Texas Toast & Gravy

Beverages

I ced Tea	1.79
Coffee	1.79
Soft Drinks	1.99

Seafood Specialties

All Entrees I nclude Choice of Baked Potato, French Fries or Tater Tots & Our Unique Salad/Veggie Bar

Fish & Oyster Plate <i>(4) Fish Fillets & (6) Oysters</i> 14.99	Small Combo Plate <i>(2) Fish Fillets & (2) Jumbo Shrimp</i> 11.99	Large Combo Plate <i>(4) Fish Fillets & (4) Jumbo Shrimp</i> 14.99
Fish & Stuffed Crabs <i>(2) Fish Fillets & (2) Crabs</i> 11.99	Stuffed Crabs & Shrimp <i>(2) Crabs & (4) Jumbo Shrimp</i> 14.99	Stuffed Crabs & Oysters <i>(2) Crabs & (6) Oysters</i> 14.99
Stuffed Crabs <i>(3) Stuffed Crabs</i> 10.99	Seafood Platter <i>(3) Fish Fillets, (1) Stuffed Crab & (5) Medium Shrimp</i> 14.99	Fried Shrimp <i>(15) Medium Shrimp</i> 11.99
Small Oyster Plate <i>(6) Fried Oysters</i> 9.99	Sampler Plate <i>(2) Fish, (2) Frog Legs, (2) Jumbo Shrimp, (1) Stuffed Crab, (2) Oysters & (2) Medium Shrimp</i> 19.99	Oysters & Shrimp Plate <i>(6) Fried Oysters & (4) Shrimp</i> 14.99
Large Oyster Plate <i>(12) Oysters</i> 15.99	Jumbo Shrimp (5) 11.99 (8) 14.99 (10) 16.99	Oysters & Frog Legs <i>(6) Oysters & (4) Frog Legs</i> 14.99
Plate of Frog Legs <i>(12) Fried Frog Legs</i> 19.99	Jumbo Coconut Shrimp (5) 12.99 (8) 15.99	1/2 Order Frog Legs <i>(6) Fried Frog Legs</i> 13.99
Fish & Frog Legs <i>(4) Fish Fillets & (4) Frog Legs</i> 14.99		Shrimp & Frog Legs <i>(4) Jumbo Shrimp & (4) Frog Legs</i> 14.99

Lunch Specials - 8.29

All Lunch Specials I nclude Our Unique Salad/Veggie Bar & I ced Tea

Tuesday

*Liver & Onions
& Mashed Potatoes*

Thursday

*Steak Bites with Grilled Onions & Mushrooms
& Mashed Potatoes*

Wednesday

Pot Roast & Potatoes

Friday

*3 Piece Catfish Plate
& Choice of Baked Potato or French Fries*

NUTRI TI ONAL I NFORMATI ON

With farm-raised catfish maintaining a shelf-life like that of chicken, it is easier to convince the consumer that catfish can supply an excellent source of white meat protein for a year 'round balanced diet.

Most health experts recommend eating fish at least twice a week.

The American Health Association was quoted as saying seafood is ideal for a "heart healthy" diet.

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