

# toolouou's

gluten friendly

Please inform your server if you are celiac

## griddle

**Pancakes \$16.75**  
with choice of:  
strip bacon, Canadian bacon, ham,  
sausage, chocolate chip, blueberries,  
cinnamon apple or caramel banana nut

**Belgian Waffle \$16.95**  
with whipped cream and choice of:  
apple cinnamon, chocolate chips, peach &  
pecans, blueberries or strawberries &  
chocolate

**French Toast \$16.75**  
with whipped cream and choice of:  
apple cinnamon, chocolate hazelnut,  
caramel banana nut, strawberries or  
mascarpone peaches

## benedicts

served with skillet potatoes or tomato slices  
on gluten free toast

**Eggs Shannon \$18.40**  
2 poached eggs, andouille sausage, topped  
with spicy shrimp & lobster etouffee

**Carolyn's \$17.40**  
2 poached eggs, fresh avocado & tomato  
slices topped with piquant Creole sauce

Ask about more benedict choices  
Hollandaise contains trace of  
flour

## sandwiches

served with skillet potatoes

**Acadian BLT \$13.25**  
Canadian bacon, lettuce, fresh tomato  
slices & mayonnaise on gluten free toast

**Grilled Cheese \$12.99**  
Grilled cheddar cheese & Canadian bacon  
on gluten free toast

**Breggwich \$15.35**  
2 fried eggs, Canadian bacon, grilled  
onions, tomato & lettuce on gluten free  
toast

**Wrap It Up \$15.35**  
scrambled eggs, sausage, tomatoes, bell  
peppers & cheddar jack cheese in a gluten  
free tortilla served with salsa & skillet  
potatoes  
Add avocado for \$2.99

**Jamborito \$15.90**  
spiced sausage & chicken jambalaya with  
lettuce in a gluten free tortilla served with  
skillet potatoes, pepper jelly & sour cream

## omelets

served with skillet potatoes OR tomato  
slices & gluten free toast

**The BIG Cheesy \$15.30**  
cheddar, Monterey jack & parmesan

**Ham & Cheese \$16.35**  
ham & cheddar jack cheeses

**Crab Asparagus \$17.40**  
crabmeat, grilled asparagus & cheddar  
jack cheeses

**Rajun Cajun \$17.40**  
spicy andouille sausage, mushrooms,  
onions, bell peppers, pepper jack cheese &  
Creole mustard

**Western \$16.35**  
ham, tomatoes, green onion & cheddar  
jack cheeses

**Spinach \$16.35**  
fresh grilled spinach & cheddar cheese

**Green Eggs Ham \$16.35**  
spinach, green peppers, green onions, ham  
& cheddar jack cheeses with salsa verde

**Veggie \$16.35**  
mushrooms, bell peppers, onions, tomatoes  
& cheddar jack cheeses

**Jambalaya \$16.35**  
chicken, andouille sausage & cheddar jack  
cheeses topped with Creole sauce

**White Out \$17.50**  
egg white omelet stuffed with fresh grilled  
spinach & feta cheese

## grits

**Cheesy Garlic \$ 6.10**  
**Canadiana \$ 6.10**  
**Red Neck \$16.98**  
cheesy garlic grits with fricasee'd ham &  
eggs topped with bacon red eye gravy &  
gluten free toast

## hearty

served with gluten free toast

**NOLA Skillet \$18.45**  
2 eggs any style, bacon, Canadian bacon,  
grilled tomato, skillet potato & pancake

**Cowboy Hash \$18.45**  
skillet potatoes, bacon, onions & scrambled  
eggs topped with cheddar jack cheese &  
pancake

**Sufferin' Succotash \$18.45**  
2 eggs any style, corned beef hash, skillet  
potatoes & pancake

**Starvin' Marvin \$19.95**  
6oz sirloin steak, 3 eggs any style, grilled  
tomato slice & skillet potatoes

**Classic Canadian \$16.40**  
skillet potatoes, onions, mushrooms, bell  
peppers & tomatoes with pancake

**Smoked Salmon \$17.40**  
Pacific wild smoked salmon, cream cheese,  
red onion & capers on gluten free toast

**Oatmeal Brulee \$14.10**  
gluten free hot oatmeal topped with French  
vanilla yogurt and choice of fresh banana  
slices OR seasonal berries

**Granola Parfait \$12.30**  
seasonal fresh berries, French vanilla  
yogurt & granola (\*\*may contain)

**Continental \$16.35**  
seasonal fresh berries, French vanilla  
yogurt & gluten free toast

## eggs

any style with gluten free toast

**One Egg \$7.98**  
**Two Eggs \$9.45**  
**Three Eggs \$10.75**

Add: bacon, Canadian bacon, sausage or ham  
for \$2.15  
Add: andouille sausage, avocado or grits \$2.99  
Add: side Pacific smoked salmon \$7.99

breakfast available until 2pm daily

# tooloulou's

## gluten friendly

### salads

**Zydeco House \$ 8.75**

Mixed greens, cucumbers, bell peppers, tomatoes & red onion with balsamic vinaigrette

**Shrimp Remoulade \$16.20**

Fresh spinach, mushrooms & red onion topped with a crab claw & our warm Bacon dressing

**Lemon Garlic Caesar \$10.75**

Romain lettuce topped with gluten free toast & parmesan cheese tossed in lemon garlic Caesar dressing

**Tabasco Caesar \$17.20**

Lemon garlic Caesar topped with your choice of blackened chicken, shrimp or scallops

**Magnolia \$12.99**

Goat cheese, pecans & dried cranberries on mixed greens topped with honey mustard vinaigrette

**LouLou Wedgie \$16.20**

Crisp lettuce wedge, tomatoes, cucumbers & pecans topped with crumbled bleu cheese, Dijon vinaigrette and your choice of shrimp or chopped lobster tail

**Blackened Jack \$16.99**

Blackened tenderloin tips, grilled bell peppers, black olives, artichoke hearts & mushrooms on mixed greens with bleu cheese dressing

### soup

**Steve's Swampburger \$ 9.75**

Hearty blend of ground beef, medley of vegetables & secret seasonings served with gluten free toast

**Tooloulou Express \$15.35**

Steve's Swampburger soup with your choice of Lemon Garlic Caesar or Zydeco salad served with gluten free toast

### Sides

**Fresh Cut Fries \* \$ 7.25**

**Cajun Fries \* \$ 7.25**

**Cajun Slaw \$ 4.10**

### lagniappes

**Garlic & Chili Shrimp \$16.34**

Whole jumbo shrimp sauteed in garlic & chili with gluten free toast

**Blackened Tips \$13.35**

Beef tenderloin tips with bleu cheese dip

**Boudin Balls \* \$10.45**

Traditional blend of beef, pork, rice, onions, peppers & seasonings with Creole mustard

**Pork Belly Chunks \* \$12.99**

Smoked crispy pork belly glazed with a bourbon bbq sauce

### sandwiches

with your choice of fresh cut fries \*, Cajun fries \*, Caesar or Zydeco house salad

**Black Jack Wrap \$18.20**

Blackened tenderloin tips, grilled bell peppers, black olives, artichoke hearts, mushrooms, mixed greens & bleu cheese dressing in a gluten free wrap

**Cajun Club Wrap \$15.90**

Grilled blackened chicken, bacon, tomatoe, avocado, lettuce, cheddar jack cheeses & ranch dressing in a gluten free wrap

**VeggWich \$15.90**

Tomato slices, avocado, cucumber, red onion, lettuce, pepper jack cheese & Creole mayonnaise in a gluten free wrap

**Smoked Salmon Bagel \$14.65**

Pacific wild smoked salmon, cream cheese, red onion & capers on gluten free toast

**Acadian BLT \$13.25**

Canadian bacon, lettuce, fresh tomato slices & mayonnaise on gluten free toast  
Add cheddar cheese for \$1.95

**Grill Cheese & Bacon \$12.99**

Melted cheddar cheese & Canadian bacon grilled on gluten free bread

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### Bayou bowls

Served with gluten free toast

Substitute white rice for Cajun rice

**The Big Easy \$21.25**

Gluten free noodles with scallops, baby clams & rock crab in Creole sauce

**Pasta Creole \$20.25**

Gluten free noodles with smokey sausage & chicken in Creole sauce

**Mile High Stir Fry \$17.50**

Zucchini, broccoli, onion, bell peppers & mushrooms with piquant house seasonings over white rice  
Add spicy shrimp or scallops \$6.95  
Add blackened chicken \$5.95

**Creole Jambalaya \$17.99**

Smokey sausage & chicken in spicy Creole sauce over Cajun Dirty Rice

**ShrimpLob Etouffee \$18.75**

Shrimp & lobster with onion, bell peppers, celery & tomatoes in a cayenne Cajun butter sauce over Cajun rice

**Sea Sausage Gumbo \$19.25**

Rich seafood stew with shrimp, clams, scallops, andouille sausage over Cajun dirty rice

**Red Beans & Rice \$18.25**

Slow simmered with smoked ham shanks served over Cajun rice.  
Add andouille sausage \$2.95  
Add blackened chicken \$5.95

**Taste N'Awlin's \$21.95**

Trinity of Jambalaya, Shrimp Lobster Etouffee & Seafood Sausage Gumbo over Cajun Dirty Rice

### house spec

**BBQ Ribs \$18.80**

Baby back pork ribs in house BBQ sauce served with Cajun rice or fries \* & slaw

**Steak Sandwich \$18.95**

AAA Angus 6oz sirloin on gluten free toast with fries \* & slaw

**Fish Taco \$17.95**

Blackened catfish with fresh tomatoes, cucumbers, lettuce & lime sauce in a gluten free wrap with Cajun slaw  
Add avocado for \$2.99

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## salads

**Zydeco House \$8.75**

Mixed greens, cucumbers, bell peppers, tomatoes & red onion with balsamic vinaigrette

**Shrimp Remoulade \$12.50**

Fresh spinach, mushrooms & red onion topped with a crab claw & our warm Bacon dressing

**Lemon Garlic Caesar \$10.75**

Romaine lettuce topped with gluten free toast & parmesan cheese tossed in lemon garlic Caesar dressing

**Tabasco Caesar \$17.20**

Lemon garlic Caesar topped with your choice of blackened chicken, shrimp or scallops

**Magnolia \$12.99**

Goat cheese, pecans & dried cranberries on mixed greens topped with honey mustard vinaigrette

**LouLou Wedgie \$16.20**

Crisp lettuce wedge, tomatoes, cucumbers & pecans topped with crumbled bleu cheese, Dijon vinaigrette and your choice of shrimp or crawfish tails

**Blackened Jack \$16.99**

Blackened tenderloin tips, grilled bell peppers, black olives, artichoke hearts & mushrooms on mixed greens with bleu cheese dressing

## soup

**Steve's Swampburger \$ 9.75**

Hearty blend of ground beef, medley of vegetables & secret seasonings served with gluten free toast

## lagniappes

**Garlic & Chili Shrimp \$16.35**

Whole jumbo shrimp sauteed in garlic & chili with gluten free toast

**Blackened Tips \$13.35**

Beef tenderloin tips with bleu cheese dip

**Boudin Balls \* \$10.45**

Traditional blend of beef, pork, rice, onions, peppers & seasonings with Creole mustard

**Pork Belly Chunks \* \$12.99**

Smoked crispy pork belly glazed with a bourbon bbq sauce

## meat market

with your choice of fresh cut fries \*, Cajun fries\*, Cajun rice or white rice

**Top Sirloin \$27.95**

8oz AAA centre cut top sirloin  
Blackened add \$1.00

**Bourbon Rib Eye \$39.95**

12oz chili rubbed AAA rib steak

**Bayou Babyback Ribs**

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**Blackened Chicken \$24**

8oz blackened chicken breast. Ask for lemon herb seasoning if blackened is too spicy!

## Sides

**Fresh Cut Fries\* \$ 7.25**

**Cajun Fries\* \$ 7.25**

**Cajun Slaw \$ 4.10**

## Bayou bowls

Served with gluten free toast

Substitute white rice for Cajun rice

**The Big Easy \$29.75**

Gluten free noodles with scallops, baby clams & rock crab in Creole sauce

**Pasta Creole \$27.74**

Gluten free noodles with smokey sausage & chicken in Creole sauce

**Mile High Stir Fry \$20.75**

Zucchini, broccoli, onion, bell peppers & mushrooms with piquant house seasonings over white rice  
Add spicy shrimp or scallops \$6.95  
Add blackened chicken \$5.95

**Creole Jambalaya \$25.75**

Smokey sausage & chicken in spicy Creole sauce over Cajun Dirty Rice

**ShrimpLob Etouffee \$27.75**

Shrimp & lobster with onion, bell peppers, celery & tomatoes in a cayenne Cajun butter sauce over Cajun rice

**Sea Sausage Gumbo \$27.75**

Rich seafood stew with shrimp, clams, scallops, andouille sausage over Cajun dirty rice

**Red Beans & Rice \$20.75**

Slow simmered with smoked ham shanks served over Cajun dirty rice  
Add andouille sausage \$2.95  
Add blackened chicken \$5.95

**Taste N'Awlin's \$29.98**

Trinity of Jambalaya, Shrimp Lobster Etouffee & Seafood Sausage Gumbo over Cajun Dirty Rice

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A Little Louisiana .. A Little Acadiana .. A Little Canadiana

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## house spec

**Mississippi Mussels** \$19.50  
*Steamed in garlic white wine sauce served in Creole sauce with gluten free toast*

**Steamer Bucket** \$24.95  
*Scallops, clams, mussels steamed in garlic & white wine with gluten free toast*

**Crab Claws Bordelaise** \$36.99  
*Crab claws in seasoned white wine sauce served over Cajun rice with gluten free toast*

**Cajun Seafood Skillet** \$40.99  
*Jumbo shrimps, scallops, crawfish & mushrooms sauteed in lemon garlic butter with Cajun rice topped with bordelaise sauce & parmesan cheese with gluten free toast*

## Cajun boils

**Cajun Crab & Shrimp Boil** \$41.50 p/p  
*We bring a tray of snow crab legs, shrimp in the shell, spicy sausage, corn on the cob, taters and a boiled onion right to your table along with crab crackers & a roll of paper towels! Served with a bowl of Cajun dirty rice\*and gluten free toast. (minimum two people)*

**Big Daddy's Half Crawfish Bucket** \$43.50  
*1.5 pounds served with 1 corn cob, 1 potato & gluten free toast*

**Full Crawfish Bucket** \$81.99  
*3.0 pounds served with 2 corn cobs, 2 potatoes & gluten free toast*

**Snow Crabs Cajun Style**  
*Snow Crab clusters boiled in our signature BOIL served with Cajun dirty rice & lemon garlic butter & gluten free toast*

**One Cluster** \$26.74  
**Two Clusters** \$41.15  
**Three Clusters** \$54.98

## Combos

**Sea to Shore Combination Plate** \$43.50

**SHORE ~ Choose One**  
AAA Top Sirloin / BBQ Ribs / Blackened Chicken

**SEA ~ Choose One**  
Bourbon Sea Scallops / Snow Crab / Rajun Cajun Shrimp

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## seafood market

*with choice of Cajun Dirty Rice, White Rice, Fresh Cut Fries\* or Cajun Fries\**

**Planked Wild BC Salmon** \$29.90  
*Maple orange glazed & grilled on a cedar plank served with seasonal vegetable*

**Bayou Tooloulou's** \$28.85  
*Choice of Snapper, Catfish or Mahi Mahi seared & topped with Shrimp Crawfish Etouffee with seasonal vegetable*

**Rajun Cajun Shrimp** \$29.90  
*Crab claws in seasoned white wine sauce served over Cajun rice with gluten free toast*

**Black Fish** \$28.85  
*Your choice of blackened Snapper, Catfish or Mahi Mahi with fresh mango salsa & seasonal vegetable. Substitute lemon garlic butter if blackened is too spicy*

**Louisiana Catfish** \$24.75  
*Cornmeal crusted & served with our zesty fresh lime sauce & seasonal vegetable*

**Bourbon Sea Scallops** \$35.99  
*Large sea scallops coated with bourbon seasonings served with seasonal vegetables*

**Colossal BBQ Shrimp** \$29.90  
*Your choice of blackened Snapper, Catfish, Tilapia or Mahi Mahi with fresh mango salsa & seasonal vegetable. Substitute lemon garlic butter if blackened is too spicy*

A Little Louisiana .. A Little Acadiana .. A Little Canadiana