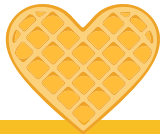



Gluten Friendly


Breakfast


until 2:00pm

From the Griddle




Gluten Free Pancakes  *includes table syrup* **20.95**
2 gluten free pancakes with choice of:
strip bacon, Canadian bacon, ham, pork sausage or
chocolate chip, blueberries, strawberries, cinnamon apple,
sliced banana, peach & candied pecans, caramel banana
pecan (with whipped cream)

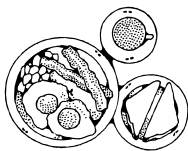
GF Belgian Waffle  **21.95**
with whipped cream and choice of:
apple cinnamon, chocolate chips, peach & candied pecans,
blueberries, vanilla yogurt & caramel or strawberries &
chocolate

GF French Toast  **Canadian Maple Syrup 3.50**
21.95
with whipped cream and choice of:
apple cinnamon, chocolate hazelnut, strawberries or
mascarpone & peaches
Add \$3.95 for sauteed bananas in butter rum sauce with
candied pecans & caramel

Eggs Benedict



Carolyn's Confection  **23.95**
2 poached eggs, fresh avocado & tomato slices
topped with piquant Creole tomato sauce
served with choice of skillet potatoes or
fresh tomato slices on gluten free toast




Ask Your Server About More Choices
hollandaise can contain trace amounts of flour


Sandwiches

Tooloulou BLT **19.95**
Canadian bacon, lettuce, fresh tomato slices &
mayonnaise on gluten free toast
add cheese 3.25 add 1/2 avocado 3.75

Grilled Cheese & Canadian Bacon **19.95**
Cheddar cheese & Canadian bacon
on grilled gluten free bread
add fresh tomato slices 4.25

Breggfast Sandwich **20.95**
2 fried eggs, Canadian bacon, grilled onions,
tomato & lettuce on gluten free toast
add cheese 3.25

Wrap It Up  **20.95**
scrambled eggs, pork sausage, tomatoes, bell
peppers & cheddar jack cheese in a gluten free
tortilla served with salsa
add 1/2 avocado 3.75

Avocado Toast  **19.95**
GF toast, green tomato jam, sliced avocado,
pickled red onion & jalapenos, greens, balsamic
vinaigrette, sunny side up or over easy egg

Smoked Salmon **20.95**
Wild smoked salmon, cream cheese, red onion,
capers, dill & green onion on gluten free toast

PLEASE LET YOUR SERVER
KNOW IF YOU ARE CELIAC



Tooloulou's

* deep fried items NOT
in a dedicated fryer

Omelettes


served with skillet potatoes or
fresh tomato slices & gluten free toast

The Big Cheesy  **21.95**
cheddar, monterey jack & parmesan cheeses
add ham 4.50


Crab & Asparagus **24.75**
real crabmeat, grilled asparagus & cheddar jack cheeses

Rajun Cajun **23.95**
spicy andouille sausage, mushrooms, onions, bell peppers, pepper
jack cheese & Creole mustard

Western **23.95**
ham, tomatoes, green onion & cheddar jack cheeses


Spinach  **23.95**
fresh grilled spinach & cheddar cheese

Green Eggs & Ham **23.95**
spinach, green peppers, green onions, ham & cheddar jack cheeses
with salsa verde

Veggie  **23.95**
mushrooms, bell peppers, onions, tomatoes & cheddar jack cheeses
add ham or bacon \$4.50

Jambalaya **23.95**
chicken, andouille sausage & cheddar jack cheeses topped with
Creole sauce


Rancheros Incredabalos  **23.95**
fresh avocado, salsa, cheddar jack cheeses

White Out  **23.95**
egg white omelette stuffed with fresh grilled spinach & feta cheese
add salsa verde 2.50 add bacon 4.50

Eggs Your Way

One Egg & Gluten Free Toast  **9.50**

Two Eggs & Gluten Free Toast  **11.50**

Three Eggs & Gluten Free Toast  **12.50**

Add: bacon, Canadian bacon, pork sausage, andouille sausage or ham 4.50

Add: fresh tomato slices or skillet potatoes 4.25

Add: half fresh avocado or grits 3.75

Add side fresh berries 7.95 Add large side gluten free pancake 8.95


Add: side Pacific smoked salmon 9.95

Favourites




Breakfast Skillet **26.95**
2 eggs any style, sausages,
Canadian bacon, grilled tomato,
skillet potato, GF pancake & GF toast

Cowboy Fricassee Hash **26.95**
skillet potatoes, bacon, onions &
scrambled eggs topped with cheddar
jack cheese, GF pancake & GF toast

Canadian Hash  **22.95**
skillet potatoes, onions, mushrooms,
bell peppers & tomatoes with GF
pancake & GF toast
add one egg 3.75
add two eggs 5.25 add cheese 3.25

Starvin' Marvin **30.95**
5oz sirloin steak, 3 eggs any style,
grilled tomato slice, skillet potatoes &
GF toast
add gluten free pancake 5.95

Red Neck Grits **23.95**
creamy cheesy garlic grits with ham
& scrambled eggs covered in red eye
gravy with gluten free toast

Granola Parfait  **14.95**
seasonal fresh berries, French vanilla
yogurt, granola (may contain trace
flour) & whipped cream

Gluten Friendly

Lunch

11:30am-5:00pm

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Tooloulou's

* deep fried items NOT
in a dedicated deep fryer

Soup & Salads



- Cajun Cowboy Soup

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

12.95
- Zydeco House Salad

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

14.95
- Lemon Garlic Caesar

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

16.95
- Shrimp Remoulade Salad

Warm spicy shrimp tossed in Creole remoulade sauce over fresh spinach, mushrooms & red onions

19.95
- Magnolia Salad

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

16.95
- LouLou Wedgie Salad

Crisp lettuce wedge, tomatoes, cucumbers & pecans topped with feta cheese, blackened shrimp & bleu cheese dressing

19.95
- Blackened Jack Salad

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

22.95
- Tooloulou Express

Cowboy Cajun soup with your choice of Lemon Garlic Caesar or Zydeco salad served with gluten free toast

20.95

Sandwiches



- Black Jack Wrap

Blackened tenderloin tips, grilled bell peppers, artichoke hearts, mushrooms, mixed greens & bleu cheese dressing in a GF wrap

22.95
- Cajun Club Wrap

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

20.95
- Veggwich Wrap

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

19.95
- Smoked Salmon

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

19.95
- Tooloulou's BLT

Canadian bacon, lettuce, fresh tomato slices & mayonnaise on gluten free toast

19.95
- Grilled Cheese & Canadian Bacon

Melted cheddar cheese & Canadian bacon grilled on gluten free bread. Add fresh tomato slices

19.95
- Fish Taco

Blackened catfish, tomatoes, cucumbers, lettuce & fresh lime sauce in GF tortilla served with Cajun slaw

20.95
- Steak Sandwich

AAA 5oz beef sirloin on GF toast with fries & Cajun slaw

25.95

Lagniappes

a little something extra!

- Chili Garlic Shrimp

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

19.95
- Blackened Tenderloin Tips

Beef tenderloin tips & bleu cheese dip with gluten free toast

19.95
- Boudin Balls*

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

18.95
- Bourbon Glazed Pork Belly*

Smoked crispy pork belly glazed with a bourbon bbq sauce

18.95
- Creamy Crab Dip

Baked cheese, seasonings & real crabmeat served with mardi gras corn chips

22.95

BBQ

BBQ RIB RACK \$24.95

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



Bayou Bowls

served with gluten free toast

- Seafood Sausage Gumbo

Gumbo made of thick old fashioned roux with shrimp, clams, scallops, andouille sausage over Cajun dirty rice

23.95
- Creole Jambalaya

Smokey sausage & chicken in spicy Creole sauce over Cajun dirty rice

20.95
- Shrimp Crawfish Etouffee'

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

23.95
- Taste N'Awlin's

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

24.95

- Mile High Stir Fry

Zucchini, broccoli, onion, bell peppers & mushrooms with Cajun house seasonings over white rice

18.95
- Red Beans & Rice

Slow simmered with smoked ham shanks served over Cajun dirty rice

19.95

- Mussels & Frites

Steamed in garlic & wine served over spicy Creole sauce with fresh cut fries* & creolaise

24.95

