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Pancakes

\$19.95

gluten free with choice of: strip bacon, Canadian bacon, ham, sausage, chocolate chip, blueberries, cinnamon apple, sliced banana \$20.95 Caramel banana nut

\$19.95 Belgian Waffle

with whipped cream and choice of: apple cinnamon, chocolate chips, peach 🕉 candied pecans, blueberries or strawberries 🗢 chocolate

French Toast \$19.95

with whipped cream and choice of: apple cinnamon, chocolate hazelnut, strawberries or mascarpone & peaches \$20.95 Caramel banana nut



served with skillet potatoes or tomato slices on gluten free toast

Eggs Shannon \$21.95

2 poached eggs, andouille sausage, topped with spicy shrimp & crawfish etouffee

Carolyn's \$21.95 2 poached eggs, fresh avocado & tomato slices topped with piquant Creole sauce

Ask about more benedict choices Hollandaise contains trace flour



served with skillet potatoes

TLL BLT

\$17.95

Canadian bacon, lettuce, fresh tomato slices & mayonnaise on gluten free toast Add cheese \$2.50 Add 1/2 avocado \$3.50 Add egg \$3.75

Grilled Cheese \$17.95

Grilled cheddar cheese & Canadian bacon on gluten free toast Add fresh tomato slices \$3.25

Breggwich \$19.95

2 fried eggs, Canadian bacon, grilled onions, tomato & lettuce on gluten free toast. Add cheese \$2.50

Wrap It Up \$19.95

scrambled eggs, sausage, tomatoes, bell peppers & cheddar jack cheese in a gluten free tortilla served with salsa Add ½ avocado for \$3.50

omelets

served with skillet potatoes OR tomato slices & gluten free toast

The BIG Cheesy \$21.95 cheddar, Monterey jack & parmesan

Ham & Cheese \$21.95 ham 🔗 cheddar jack cheeses

Crab Asparagus \$24.75 crabmeat, grilled asparagus & cheddar jack cheeses

Rajun Cajun \$21.95

spicy andouille sausage, mushrooms, onions, bell peppers, pepper jack cheese & Creole mustard

Western \$21.95 ham, tomatoes, green onion & cheddar jack cheeses

\$21.95 Spinach fresh grilled spinach 🔗 cheddar cheese

Green Eggs Ham \$21.95 spinach, green peppers, green onions, ham \mathcal{C} cheddar jack cheeses with salsa verde

Veggie \$21.95 mushrooms, bell peppers, onions, tomatoes & cheddar jack cheeses

Jambalaya \$21.95 chicken, andouille sausage 🗇 cheddar jack cheeses topped with Creole sauce

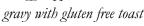
Rancheros \$21.95 fresh avocado, salsa, cheddar jack cheeses

White Out \$21.95

egg white omelet stuffed with fresh grilled spinach 🗢 feta cheese Add salsa verde \$2.50 Add bacon \$3.95



Cheesy Garlic \$ 6.50 Maple Syrup \$ 6.50 **Red Neck** \$19.95 cheesy garlic grits with fricassee'd ham 𝔅 eggs topped with bacon red eye



Big & Hearty

served with gluten free toast

S gluten friendly

Breakfast Skillet \$24.95 2 eggs any style, sausages, Canadian bacon, grilled tomato, skillet potato & GF pancake

Cowboy Hash \$24.95 skillet potatoes, bacon, onions & scrambled eggs topped with cheddar jack cheese 🔗 GF pancake

Starvin' Marvin \$26.95 6oz sirloin steak, 3 eggs any style, grilled tomato slice 🕉 skillet potatoes

Canadian Hash \$19.95 skillet potatoes, onions, mushrooms, bell peppers 🔗 tomatoes with GF pancake Add one egg \$3.75 Add two eggs \$5.25

Add cheese \$2.50

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Smoked Salmon \$20.95 Pacific wild smoked salmon, cream cheese, red onion & capers on gluten free toast

Granola Parfait \$13.95 seasonal fresh berries, French vanilla yogurt 🖉 granola (**may contain)

Avocado Toast \$18.95

gluten free toast, green tomato jam, sliced avocado, red onion, pickled jalapenos, greens, balsamic vinaigrette, sunny side up or over easy egg

any style with gluten free toast One Egg

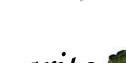
One Egg	\$ 9.50
Two Eggs	\$11.50
Three Eggs	\$12.50

Add: bacon, Canadian bacon, sausage or ham \$3.95 Add: fresh tomato slices, skillet potatoes \$3.50

Add: andouille sausage, avocado or grits \$3.50 Add side fresh berries \$6.95

Add: side Pacific smoked salmon \$9.95

Please inform your server if you are celiac



Zydeco House

\$12.50

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

\$18.95 Shrimp Remoulade

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

Lemon Garlic Caesar \$13.95

Romain lettuce with gluten free toast & parmesan cheese tossed in lemon garlic Caesar dressing Add blackened chicken, shrimp or scallops \$6.99

Magnolia

\$14.95 Goat cheese, pecans & dried cranberries on mixed greens topped with honey *mustard vinaigrette*

\$18.95 LouLou Wedgie

Crisp lettuce wedge, tomatoes, cucumbers & pecans topped with crumbled bleu cheese, blackened shrimp & Dijon vinaigrette

Blackened Jack \$19.95

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

SOUP

Cowboy Cajun

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

\$12.95

Tooloulou Express \$18.95

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



\$ 8.95
\$ 8.95
\$ 4.50
\$ 6.95
\$ 5.75

lagniappes

Garlic & Chili Shrimp \$17.95 Whole jumbo shrimp sauteed in garlic 🔗 chili with gluten free toast

\$17.95 **Blackened Tips** Beef tenderloin tips, gluten free toast & bleu cheese dip with gluten free toast

Boudin Balls * \$14.95 Traditional blend of beef, pork, rice, onions, beppers & seasonings with Creole mustard

Pork Belly Chunks * \$15.95

Smoked crispy pork belly glazed with a bourbon bbq sauce

sandwiches

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

Black Jack Wrap \$20.95

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

Cajun Club Wrap \$19.95

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

VeggWich

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

Smoked Salmon Bagel 17.95

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

Tooloulou's BLT \$17.95

Canadian bacon, lettuce, fresh tomato slices & mayonnaise on gluten free toast Add cheddar cheese for \$2.50

Grill Cheese & Bacon \$17.95 Melted cheddar cheese & Canadian bacon

grilled on gluten free bread Add fresh tomatoes \$3.25



\$18.95

\$22.95

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

Steak Sandwich \$23.95 AAA Angus 60z sirloin on gluten free toast with fries * & slaw

Fish Taco

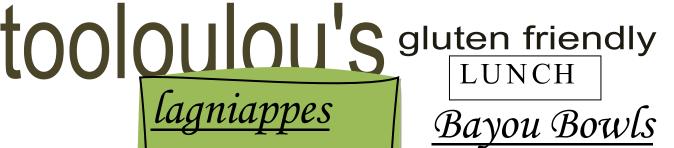
\$19.95

Blackened catfish with fresh tomatoes, cucumbers, lettuce & lime sauce in a gluten free wrap with Cajun slaw Add 1/2 avocado for \$3.50

\$23.95 Mussels & Frites Steamed in garlic & wine served in spicy Creole sauce with fries* & creolaise

Please inform your server if you are celiac

*Deep fried items not in a dedicated deep fryer



Served with gluten free toast Substitute white rice for Cajun rice

\$22.95 The Big Easy Gluten free noodles with scallops, baby clams & pork belly in Creole sauce

Mile High Stir Fry \$18.95

Zucchini, broccoli, onion, bell peppers 🕉 mushrooms with piquant house seasonings over white rice Add spicy shrimp, scallops or chicken

\$6.99

\$19.95 Creole Jambalaya Smokey sausage & chicken in spicy Creole sauce over Cajun dirty rice

Crawfish Etouffee \$20.95 Shrimp & crawfish with onion, bell peppers, celery & tomatoes in a cayenne Cajun butter sauce over Cajun dirty rice

Sea Sausage Gumbo \$20.95

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

Red Beans & Rice \$19.95

Slow simmered with smoked ham shanks served over Cajun rice. Add andouille sausage \$3.95 Add blackened chicken \$6.99

Taste N'Awlin's \$24.50

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

deep fried items not in a dedicated deep fryer tooloulou's gluten friendly

\$12.50 Zydeco House Mixed greens, cucumbers, bell peppers, tomatoes & red onion with balsamic vinaigrette

\$18.95 Shrimp Remoulade

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

Lemon Garlic Caesar \$13.95 Romaine lettuce topped with gluten free

toast & parmesan cheese tossed in lemon garlic Caesar dressing Add blackened chicken, shrimp or scallops \$6.99

Magnolia

\$14.95 Goat cheese, pecans & dried cranberries

on mixed greens topped with honey *mustard vinaigrette*

\$18.95 LouLou Wedgie Crisp lettuce wedge, tomatoes, cucumbers ℭ pecans topped with crumbled bleu cheese, blackened shrimp, Dijon vinaigrette

\$19.95 **Blackened** Jack Blackened tenderloin tips, grilled bell peppers, black olives, artichoke hearts & mushrooms on mixed greens with bleu cheese dressing

<u>soup</u>

\$12.95 **Cowboy Cajun**

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





Garlic & Chili Shrimp \$17.95 Whole jumbo shrimp sauteed in garlic & chili with gluten free toast

\$17.95 **Blackened Tips** Beef tenderloin tips with bleu cheese dip

Boudin Balls * \$14.95 Traditional blend of beef, pork, rice, onions, peppers & seasonings with Creole mustard

Pork Belly Chunks * \$15.95 Smoked crispy pork belly glazed with a bourbon bbq sauce

<u>meat m</u>arket

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

Top Sirloin \$34.95 70z AAA centre cut top sirloin with Cajun butter Blackened add \$1.00

Bayou Babyback Ribs

¹/₂ Rack for \$ 25.95 Full Rack \$ 39.95

Blackened Chicken \$28.95

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



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Bayou Bowls

Served with gluten free toast Substitute white rice for Cajun rice

\$34.95 The Big Easy Gluten free noodles with scallops, baby clams & pork belly in Creole sauce

Mile High Stir Fry \$25.95 Zucchini, broccoli, onion, bell peppers & mushrooms with piquant house seasonings over white rice Add spicy shrimp, scallops or chicken \$6.99

\$30.95 Creole Jambalaya andouille sausage, chicken & Cajun dirty rice in spicy Creole sauce

Crawfish Etouffee \$32.50 Shrimp & crawfish with onion, bell peppers, celery & tomatoes in a cayenne

Cajun butter sauce over Cajun dirty rice Sea Sausage Gumbo \$32.50

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

Red Beans & Rice \$25.95

Slow simmered with smoked ham shanks served over Cajun dirty rice Add andouille sausage \$3.95 Add blackened chicken \$6.99

Taste N'Awlin's \$35.95

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

sides

Fresh Cut Fries*	\$ 8.95
Cajun Fries*	\$ 8.95
Cajun Slaw	\$ 4.50
Cheesy Garlic Grits	\$ 6.95
Cajun Dirty Rice	\$ 5.95
Cup Cowboy Soup	\$ 5.95

A Little Louisiana .. A Little Acadiana

A Little Canadiana

tooloulou's gluten friendly

house favourites

\$25.95 Mississippi Mussels & Frites Steamed in garlic white wine sauce served in Creole sauce with fresh cut fries* & creolaise

Steamer Bucket \$32.95 Whole crawfish, clams, mussels steamed in garlic & white wine with gluten free toast

Cajun Seafood Skillet \$44.95 Jumbo shrimps, scallops, crawfish & mushrooms sauteed in lemon garlic butter with Cajun rice topped with bordelaise sauce ở parmesan cheese with gluten free toast

Cajun Boils

Cajun Crab & Shrimp Boil \$47.95 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 \mathcal{O} a roll of paper towels! Served with a bowl of Cajun dirty rice*and gluten free toast. <u>(minimum two people)</u>

Big Daddy's Half Crawfish Bucket \$45.95 1.5 pounds served with 1 corn cob, 1 potato & gluten free toast

Full Crawfish Bucket \$81.95 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 \$30.95 Two Clusters \$44.95 Three Clusters \$58.95

<u>sides</u>	
White Rice	\$ 4.95
Dirty Rice	\$ 5.95
Cheesy Garlic Grits	\$ 6.95

<u>Combos</u>

Sea to Shore Combination Plate

\$ 49.95

SHORE ~ Choose One AAA Top Sirloin / Blackened Chicken ¹/₂ Rack BBQ Ribs

SEA ~ Choose One Blackened Catfish / Snow Crab Cluster **Rajun Cajun Shrimp**

Served with choice of: Cajun dirty rice, white rice, fresh cut fries* or Cajun fries*

seafood market

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

Planked Wild BC Salmon Maple orange glazed & grilled on a cedar plank. served with seasonal vegetable

\$34.95

\$35.95

Bayou Tooloulou's Choice of Snapper or Catfish seared & topped with Shrimp Crawfish Etouffee with seasonal vegetable

Rajun Cajun Shrimp \$34.95

Jumbo shrimp sizzled in hot spicy Cajun butter bbq sauce & gluten free toast

Black Fish

\$31.95 Your choice of blackened Snapper or Catfish with fresh mango salsa & seasonal vegetable. Substitute lemon garlic butter if blackened is too spicy

\$31.95 Louisiana Catfish Cornmeal crusted & served with our zesty fresh lime sauce & seasonal vegetable

Bourbon Sea Scallops \$38.95

Large sea scallops coated with bourbon seasonings served with seasonal vegetables & gluten free toast

Colossal BBQ Shrimp \$36.50 Whole shrimp pan fried in spiced up southern bbq sauce & gluten free toast

*deep fried items not in a dedicated deep fryer

A Little Louisiana .. A Little Acadiana A Little Canadiana