



GLUTEN FRIENDLY BREAKFAST \* toolouous.ca \* 403-762-2633 \* 204 Caribou Street Banff AB T1L 1C3

# toololou's gluten friendly

## Pancakes \$19.95

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

## Belgian Waffle \$19.95

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  
Caramel banana nut \$20.95

## benedicts

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

## sandwiches

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 1/2 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

## Spinach \$21.95

fresh grilled spinach & cheddar cheese

## Green Eggs Ham \$21.95

spinach, green peppers, green onions, ham  
& 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



## grits

### Cheesy Garlic \$ 6.50

### Maple Syrup \$ 6.50

### Red Neck \$19.95

cheesy garlic grits with fricasee'd ham  
& eggs topped with bacon red eye  
gravy with gluten free toast

## Big & Hearty

served with gluten free toast

## 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

## basics

## 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

## eggs

any style with gluten free toast

### 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  
breakfast available until 2pm daily



# tooloulou's

## gluten friendly

LUNCH

### salads

**Zydeco House \$12.50**

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

**Shrimp Remoulade \$18.95**

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

**LouLou Wedgie \$18.95**

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 \$12.95**

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

**Tooloulou Express \$18.95**

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

### sides

**Fresh Cut Fries \* \$ 8.95**  
**Cajun Fries \* \$ 8.95**  
**Cajun Slaw \$ 4.50**  
**Cheesy Garlic Grits \$ 6.95**  
**Dirty Rice \$ 5.75**

### lagniappes

**Garlic & Chili Shrimp \$17.95**

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

**Blackened Tips \$17.95**

Beef tenderloin tips, gluten free toast & bleu cheese dip with gluten free toast

**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

### 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 \$18.95**

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



### Bayou Bowls

Served with gluten free toast  
Substitute white rice for Cajun rice

**The Big Easy \$22.95**

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

**Creole Jambalaya \$19.95**

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

### Sooo Good!

**BBQ Ribs \$22.95**

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

**Steak Sandwich \$23.95**

AAA Angus 6oz 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

**Mussels & Frites \$23.95**

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



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## salads

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

**Shrimp Remoulade \$18.95**

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

**LouLou Wedgie \$18.95**

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 \$12.95**

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



## lagniappes

**Garlic & Chili Shrimp \$17.95**

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

**Blackened Tips \$17.95**

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

## meat market

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

**Top Sirloin \$34.95**

7oz 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**

8oz 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

**The Big Easy \$34.95**

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

**Creole Jambalaya \$30.95**

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

### Mississippi Mussels & Frites \$25.95

*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 & 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 & 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 \$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

## sides

White Rice \$ 4.95  
Dirty Rice \$ 5.95  
Cheesy Garlic Grits \$ 6.95

## Combos

Sea to Shore Combination Plate \$ 49.95

SHORE ~ Choose One

AAA Top Sirloin / Blackened Chicken  
½ 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 \$35.95

*Maple orange glazed & grilled on a cedar plank served with seasonal vegetable*

### Bayou Tooloulou's \$34.95

*Choice of Snapper or Catfish seared & topped with Shrimp Crawfish Etoffee 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*

### Louisiana Catfish \$31.95

*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**

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A Little Canadiana