

Gluten Friendly

PLEASE LET YOUR SERVER
KNOW IF YOU ARE CELIAC

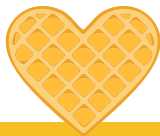


Tooloulou's

Breakfast

until 2:00pm

From the Griddle



* deep fried items NOT
in a dedicated fryer

Omelettes

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

Gluten Free Pancakes. includes table syrup **19.95**
2 gluten free pancakes with choice of:
strip bacon, Canadian bacon, ham, sausage or
chocolate chip, blueberries, strawberries, cinnamon apple,
sliced banana, peach & candied pecans, caramel banana
pecan (with whipped cream)

GF Belgian Waffle. **19.95**
with whipped cream and choice of:
apple cinnamon, chocolate chips, peach & candied pecans,
blueberries, vanilla yogurt & caramel or strawberries &
chocolate

GF French Toast. **19.95**
with whipped cream and choice of:
apple cinnamon, chocolate hazelnut, strawberries, caramel
banana candied pecans or mascarpone & peaches

Canadian Maple Syrup 3.15

Eggs Benedict



Carolyn's Confection. **21.95**
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. **17.95**
Canadian bacon, lettuce, fresh tomato slices &
mayonnaise on gluten free toast
add cheese 2.50 add 1/2 avocado 3.50

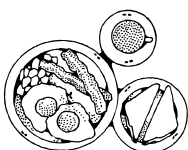
Grilled Cheese & Canadian Bacon. **17.95**
Cheddar cheese & Canadian bacon
on grilled gluten free bread
add fresh tomato slices 3.25

Breggfast Sandwich. **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 3.50

Avocado Toast. **18.95**
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



The Big Cheesy. **21.95**
cheddar, monterey jack & parmesan cheeses
add ham 2.50

Crab & Asparagus. **24.75**
real 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 Incredabalos. **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

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, sausage or ham 3.95

Add: fresh tomato slices, skillet potatoes, andouille sausage, avocado or grits 3.50

Add side fresh berries 6.95 Add side gluten free pancake 7.95

Add: side Pacific smoked salmon 9.95

Favourites



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

Cowboy Fricassee Hash. **24.95**
skillet potatoes, bacon, onions &
scrambled eggs topped with cheddar
jack cheese & GF pancake

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

Starvin' Marvin. **25.95**
5oz sirloin steak, 3 eggs any style,
grilled tomato slice & skillet potatoes
add gluten free pancake 4.95

Red Neck Grits. **20.95**
creamy cheesy garlic grits with ham
& scrambled eggs covered in red eye
gravy with gluten free toast

Granola Parfait. **13.95**
seasonal fresh berries, French vanilla
yogurt, granola (may contain trace
flour) & whipped cream

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Lunch

11:30am-5:00pm

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Soup & Salads



Cajun Cowboy Soup..... 12.95
Hearty blend of ground beef, medley of vegetables & Cajun seasonings served with gluten free toast

Zydeco House Salad..... (V) 12.95
Mixed greens, cucumbers, bell peppers, tomatoes & red onion with balsamic vinaigrette

Lemon Garlic Caesar..... 15.95
Romain lettuce with gluten free toast & parmesan cheese tossed in lemon garlic Caesar dressing
Add blackened chicken, shrimp or scallops 6.99

Shrimp Remoulade Salad..... 18.95
Warm spicy shrimp tossed in Creole remoulade sauce over fresh spinach, mushrooms & red onions

Magnolia Salad..... (V) 14.95
Goat cheese, pecans & dried cranberries on mixed greens topped with honey mustard vinaigrette

LouLou Wedgie Salad..... 18.95
Crisp lettuce wedge, tomatoes, cucumbers & pecans topped with crumbled bleu cheese, blackened shrimp & Dijon vinaigrette

Blackened Jack Salad..... 19.95
Blackened beef tenderloin tips, grilled bell peppers, artichoke hearts & mushrooms on mixed greens with bleu cheese dressing

Tooloulou Express..... 19.95
Cowboy Cajun soup with your choice of Lemon Garlic Caesar or Zydeco salad served with gluten free toast

Sandwiches



Black Jack Wrap..... 20.95
Blackened tenderloin tips, grilled bell peppers, artichoke hearts, mushrooms, mixed greens & bleu cheese dressing in a GF wrap

Cajun Club Wrap..... 19.95
Grilled blackened chicken, bacon, tomato, avocado, lettuce, cheddar jack cheeses & ranch dressing in a gluten free wrap

Vegwich Wrap..... (V) 18.95
Tomato slices, avocado, cucumber, red onion, lettuce, pepper jack cheese & Creole mayonnaise in a gluten free wrap

Smoked Salmon..... 17.95
Pacific wild smoked salmon, cream cheese, red onion, capers & dill on gluten free toast

Tooloulou's BLT..... 17.95
Canadian bacon, lettuce, fresh tomato slices & mayonnaise on gluten free toast
Add cheddar cheese 2.50

Grilled Cheese & Canadian Bacon..... 17.95
Melted cheddar cheese & Canadian bacon grilled on gluten free bread. Add fresh tomato slices 3.25

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

Fish Taco..... 19.95
Blackened catfish, tomatoes, cucumbers, lettuce & fresh lime sauce in GF tortilla served with Cajun slaw
Add 1/2 avocado 3.50

Steak Sandwich..... 23.95
AAA 5oz beef sirloin on GF toast with fries* & Cajun slaw

Lagniappes

a little something extra!

Chili Garlic Shrimp..... 18.95
WHOLE jumbo shrimp sauteed in garlic & chili with gluten free toast

Blackened Tenderloin Tips..... 18.95
Beef tenderloin tips & bleu cheese dip with gluten free toast

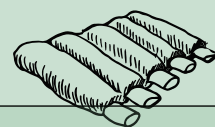
Boudin Balls*..... 15.95
Traditional blend of beef, pork, rice, onions, peppers & seasonings with Creole mustard

Bourbon Glazed Pork Belly*..... 16.95
Smoked crispy pork belly glazed with a bourbon bbq sauce

Creamy Crab Dip..... 19.95
Baked cheese, seasonings & real crabmeat served with mardi gras corn chips



BBQ



BBQ RIB RACK \$22.95

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..... 20.95
Gumbo made of thick old fashioned roux with shrimp, clams, scallops, andouille sausage over Cajun dirty rice

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

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

Taste N'Awlin's..... 24.50
Trinity of Jambalaya, Shrimp Crawfish Etouffee & Seafood Sausage Gumbo over Cajun Dirty Rice

The Big Easy..... 22.95
Gluten free noodles with scallops, baby clams & pork belly in piquant Creole tomato sauce

Mile High Stir Fry..... (V) 18.95
Zucchini, broccoli, onion, bell peppers & mushrooms with Cajun house seasonings over white rice
Add blackened chicken, shrimp or scallops 6.99

Red Beans & Rice..... 19.95
Slow simmered with smoked ham shanks served over Cajun dirty rice
Add andouille sausage 3.95 blackened chicken 6.99

Mussels & Frites..... 23.95
Steamed in garlic & wine served in spicy Creole sauce with home cut fries* & creolaise
not served with gluten free toast