



LUNCH

403 762 2633 403 - 76BANFF

11:30AM - 5PM



Banff Alberta

Tooloulou's

Lagniappes

'a little something extra'

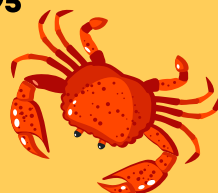
Hushpuppies & Sweet Cornbread \$12.95

with house made green tomato jam

TOOLOULOU'S CRAB CAKES

One Crab Cake \$13 Two Crab Cakes \$24

served with fresh lime sauce



Alligator Bites 23.95

crispy fried & served with Creole tartar sauce

Cajun Calamari 18.95

baby squid golden fried served with spicy Creole sauce

Deep Fried Oysters 19.95

with tangy cocktail sauce dip and Cajun slaw



Popcorn Shrimp 18.95

bourbon Cajun fried shrimp & cocktail sauce

Creamy Crab Dip 22.95

baked cheese, seasonings & real crabmeat served with mardi gras chips

BIG Easy Chicken Tenders 18.95

crispy fried chicken breast tenders served with house bbq sauce

Catfish Bites 18.95

golden fried catfish served with Creole tartar sauce

Garlic Chili Shrimp 18.95

whole jumbo shrimp sautéed in garlic chili sauce served with crusty garlic bread

Fried Green Tomatoes \$17.95

cornmeal dusted green tomatoes served with pickled jalapenos & Creole remoulade sauce

Bourbon Glazed Pork Belly 18.95

smoked crispy pork belly glazed with bourbon bbq sauce

Boudin Balls 18.95

traditional Louisiana 'meatballs' - blend of beef, pork, rice onions, peppers & seasonings with Creole mustard dip

Louisiana Ditch Chicken 18.95

crispy fried frogs legs brushed with house bbq sauce topped with onion rings

Soft Shell Crab Toast 22.50

fried whole softshell crab brushed with YaYa bbq sauce on garlic toast

Blackened Tenderloin Tips 18.95

blackened beef tips in garlic butter sauce served with bleu cheese dip and garlic toast



Bayou Bowls



SEAFOOD SAUSAGE GUMBO 22.95

gumbo made of thick old fashioned roux with shrimp, clams, baby scallops, andouille sausage & southern seasonings served over Cajun Dirty Rice

CREOLE JAMBALAYA 19.95

andouille sausage, chicken, Cajun Dirty Rice in piquant Creole tomato sauce

CRAWFISH SHRIMP ETOUFFEÉ 22.95

crawfish, shrimp, onion, bell peppers, celery, tomatoes in a spicy cayenne butter sauce over Cajun Dirty Rice

TASTE OF N'AWLIN'S 23.95

Trinity of Creole Jambalaya, Shrimp Crawfish Etouffé & Seafood Sausage Gumbo over Cajun dirty rice

SHRIMP & GRITS YAYA 22.95

fried green tomatoes & cheesy garlic grits topped with spicy garlic shrimp in our YaYa bbq sauce

MILE HIGH STIR FRY 17.95

fresh zucchini, broccoli, onion, bell peppers, mushrooms, seasonings served over white rice
Add spicy shrimp, scallops or blackened chicken \$7.50

RED BEANS & RICE 18.95

NOLA favourite simmered with smoked ham shanks

Add andouille sausage \$4.50

Add blackened chicken \$7.50

ALL BAYOU BOWLS SERVED WITH SWEET CORNBREAD

Soups & Salads

CRAB & CORN BISQUE 11.95

with sweet cornbread

COWBOY CAJUN SOUP 11.95

hearty blend of ground beef, vegetables & Cajun seasoning with a hint of southern heat - house favourite with sweet cornbread

TOOLOULOU EXPRESS 19.95

choice of soup with Zydeco or Lemon Garlic Caesar salad & sweet cornbread

MAGNOLIA SALAD 16.95

goat cheese, pecans, dried cranberries, mixed greens and honey mustard vinaigrette

LEMON GARLIC CAESAR 15.95

romaine lettuce, cornbread crumble & parmesan cheese tossed with lemon garlic Caesar dressing
add blackened chicken, shrimp or scallops \$7.50

SOFT SHELL CRAB SALAD 24.95

fried whole softshell crab brushed with YaYa bbq sauce on mixed greens, bell peppers, onion, cucumber, tomato, avocado & balsamic dressing

ZYDECO HOUSE SALAD 14.95

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

LOULOU WEDGIE 19.95

crisp lettuce wedge, tomatoes, cucumbers, pecans, feta cheese, blackened shrimp & bleu cheese dressing

SHRIMP REMOULADE SALAD 19.95

warm blackened shrimp tossed in Creole remoulade sauce over fresh spinach, mushrooms & red onions

BLACKENED JACK 22.95

blackened beef tenderloin tips, grilled bell peppers, artichoke hearts & mushrooms on home style greens with bleu cheese dressing - lunch for one - or plenty to share!



HUSHPUPIES 10.95

SWEET CORNBREAD 10.95

ONE SLICE CORNBREAD 3.95

CHEESY GARLIC GRITS 6.95

ANDOUILLE MAC'N CHEESE 9.95

SOUTHERN POTATO SALAD 6.95

PEPPERCORN GRAVY 3.50

Sides

FRESH CUT FRIES 8.95

CAJUN FRIES 8.95

SWEET POTATO FRIES 11.95

ONION RINGS 11.95

DIRTY RICE 6.95

CUP SOUP 6.50



SANDWICHES

CAJUN CLUB WRAP 19.95

blackened chicken, bacon, tomato, avocado, lettuce, cheddar jack cheese, ranch dressing

CHICKEN CAESAR WRAP 19.95

crisp fried chicken tenders, bacon, lettuce, asiago & mozzarella cheeses, house Caesar dressing

BAYOU BLACKJACK WRAP 21.95

blackened beef tenderloin tips, grilled bell peppers, artichoke hearts & mushrooms, home greens, bleu cheese dressing

TOOLOULOU'S BLT 17.95

Canadian back bacon, fresh tomato slices, crispy lettuce, mayonnaise on toasted multi grain. Sub toast for a bagel .95 Add avocado \$3.75 Add cheddar \$3.25

GRILLED CHEESE & CANADIAN BACON 17.95

cheddar cheese & Canadian back bacon on multi grain toast Add fresh tomato slices \$4.25

ACADIAN BLT 19.95

crispy thick pork belly, bacon jam, fried green tomatoes, remoulade sauce, lettuce on grilled bun

SMOKED SALMON BAGEL 18.95

half a plain bagel toasted, cream cheese, pickled red onions, capers & dill

VEGGWICH WRAP 18.95

tomato slices, avocado, cucumber, red onion, lettuce, pepperjack cheese, creolaise



BURGERS

*7oz house made**



BIG DADDY 23.95

beef burger,* cheddar cheese, lettuce, tomato, onion, mustard, mayonnaise, pickle add bacon or ham \$2.50

CRAZY CAJUN 24.95

beef burger*, fried mushrooms, bacon, cheddar, pickled onions, creolaise, lettuce, tomato & an onion ring

BLAZIN' BOURBON BURGER 24.95

bourbon rubbed beef burger*, pepper jack cheese, grilled mushrooms, pickled jalapenos, creolaise, lettuce, tomato, pickle

PEPPER JACK 25.95

blackened boneless chicken breast, bacon, pepper jack cheese, bbq sauce, mango salsa, pickled jalapenos, lettuce, tomato

THE 'WHO DAT' BURGER 26.95

house beef burger*, cheddar, crispy pork belly, pickled red onions, bacon jam, pickled jalapenos, lettuce, tomato, dill pickle, sunny side up egg

BLACK BEAN VEGGIE BURGER 22.95

house made veggie burger, creolaise, lettuce, pickled onions, tomatoes, pickle

SIDE CHOICE FOR SANDWICHES - BURGERS - PO'BOYS

fresh cut fries, Cajun fries, Zydeco house salad or southern potato salad

**** upgrade to: sweet potato fries, onion rings or Caesar salad for \$2.75**

**** substitute a cup of soup \$2.95**

****add a cup of soup \$6.50**

Po'Boys



All Po'boys served on a grilled baguette with fresh lettuce, tomato slices & slaw Add avocado \$3.75



BUBBA SHRIMP 22.95

cajun fried shrimp and creolaise

CATFISH 22.95

blackened filet, cucumber & creole tartar sauce

BBQ PORK 22.95

slow cooked pulled pork cooked in tangy house bbq sauce topped with pickled jalapenos

BLACKENED CHICKEN 22.95

blackened chicken breast with creolaise

SOFT SHELL CRAB 24.95

whole fried soft shell crab brushed with YaYa bbq sauce, Cajun slaw & creole tartar sauce

BOUDIN BALL 22.95

Cajun 'meatballs' - blend of beef, pork, rice, onions, peppers with Creole mustard

DEEP FRIED OYSTERS 23.95

breaded deep fried oysters with Cajun slaw pickled onions & tangy cocktail sauce

BLACKENED TENDERLOIN TIPS 23.95

blackened beef tips in garlic butter with Creole mustard

ANDOUILLE SAUSAGE 22.95

house andouille sausage with pickled onions & Creole mustard

FRIED GREEN TOMATOES 21.95

with pickled jalapenos & Creole remoulade sauce



FAVOURITES OF THE HOUSE

FISH & CHIPS 23.95

house battered catfish filet marinated in hot sauce with Creole tartar sauce & Cajun slaw

LOUISIANA BBQ RIBS 24.95

baby back pork ribs brushed with tangy house bbq sauce served with slaw, Cajun dirty rice or fries

BLACKENED SHRIMP QUESADILLA 19.95

with Monterey jack & cheddar cheeses, Creole sauce & sour cream served with Cajun slaw

BBQ PULLED PORK QUESADILLA 19.95

with Monterey jack cheddar cheeses topped with pickled jalapenos & sour cream served with Cajun slaw

FISH TACO 19.95

blackened catfish, tomatoes, cucumbers, lettuce & fresh lime sauce in a tortilla wrap served with Cajun slaw

Add avocado \$3.75

CHICKEN FRIED STEAK 22.95

seasoned beef minute steak breaded & fried, peppercorn gravy, cheesy garlic grits and Cajun slaw

ANDOUILLE MAC'N CHEESE 19.95

cheesy Cajun seasoned macaroni with andouille sausage served with Cajun slaw Add blackened shrimp or chicken \$7.50

STEAK SANDWICH 24.95

AAA 5oz sirloin steak on garlic toast with fresh cut fries & Cajun slaw



MISSISSIPPI MUSSELS & FRITES 24.95

steamed in garlic & white wine served over our spicy Creole tomato sauce with fresh cut fries & creolaise