



LUNCH

Lagniappes 'a little something extra'



Hushpuppies & Sweet Cornbread \$9.95

with house made green tomato jam

Grilled Garlic Cheese Flatbread \$9.95

served with balsamic dip

TOOLOULOU'S CRAB CAKES

One Crab Cake \$9.95 Two Crab Cakes \$18.95

served with fresh lime sauce

Alligator Bites 21.50

crispy fried served with Creole tartar sauce (seasonal)

Cajun Calamari 16.95

baby squid crispy fried served with spicy Creole sauce

Deep Fried Oysters 15.95

with tangy cocktail sauce dip and Cajun slaw

Popcorn Shrimp 15.95

bourbon Cajun fried shrimp & cocktail sauce

Creamy Crab Dip 19.95

baked cheese, seasonings & crabmeat served with mardi gras chips

BIG Easy Chicken Tenders 14.95

crispy fried chicken breast tenders served with house bbq sauce

Catfish Bites 15.95

golden fried catfish served with Creole tartar sauce

Garlic Chili Shrimp 16.95

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

Southern Fried Pickle Spears 12.95

served with ranch dip

Fried Green Tomatoes \$12.95

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

Tabasco Wings \$16.95

ten wings tossed in Louisiana hot sauce served with ranch dressing

Bourbon Glazed Pork Belly 15.95

smoked crispy pork belly glazed with bourbon bbq sauce

Boudin Balls 14.95

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

Louisiana Ditch Chicken 15.95

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

Soft Shell Crab Toast 19.95

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

Blackened Tenderloin Tips 16.95

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

A Little Louisiana .. A Little Acadiana .. A Little Canadiana

403 762 2633 403 - 76BANFF

11:30AM - 5PM



Bayou Bowls

SEAFOOD SAUSAGE GUMBO 19.95

seafood stew of shrimp, clams, baby scallops, andouille sausage with southern seasonings served over Cajun Dirty Rice

CREOLE JAMBALAYA 18.95

andouille sausage, chicken, Cajun Dirty Rice in spicy Creole sauce

CRAWFISH SHRIMP ETOUFFEE' 19.95

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

TASTE OF N'AWLIN'S 23.50

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

THE BIG EASY 19.95

linguini with baby scallops, baby clams, pork belly & Creole sauce

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 \$6.99

RED BEANS & RICE 18.95

NOLA favourite simmered with smoked ham shanks add andouille sausage \$3.95 add blackened chicken \$6.99

ALL BAYOU BOWLS SERVED WITH SWEET CORNBREAD



Banff Alberta

Tooloulou's

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 17.95

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

MAGNOLIA SALAD 14.95

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

LEMON GARLIC CAESAR 12.95

romaine lettuce, cornbread crumble & parmesan cheese tossed with lemon garlic Caesar dressing add blackened chicken, shrimp or scallops \$6.99

SOFT SHELL CRAB SALAD 21.95

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

ZYDECO HOUSE SALAD 12.50

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

LOULOU WEDGIE 18.95

crisp lettuce wedge, tomatoes, cucumbers, pecans, bleu cheese, blackened shrimp & Dijon vinaigrette

SHRIMP REMOULADE SALAD 18.95

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

BLACKENED JACK 19.95

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



HUSHPUPPIES 8.95

SWEET CORNBREAD 8.95

ONE SLICE CORNBREAD 2.95

CHEESY GARLIC GRITS 6.95

**ANDOUILLE MAC'N CHEESE
7.50**

**SOUTHERN POTATO SALAD
6.95**

Sides

FRESH CUT FRIES 8.95

CAJUN FRIES 8.95

SWEET POTATO FRIES 9.95

ONION RINGS 9.95

DIRTY RICE 5.75

CUP SOUP 5.95



SANDWICHES



FISH & CHIPS 21.50

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

LOUISIANA BBQ RIBS 22.95

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

BLACKENED SHRIMP QUESADILLA 18.95

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

BBQ PULLED PORK QUESADILLA 18.95

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

FISH TACO 18.95

blackened catfish, tomatoes, cucumbers, lettuce & fresh lime sauce served with Cajun slaw
add avocado \$3.50

CHICKEN FRIED STEAK 21.95

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

ANDOUILLE MAC'N CHEESE 17.95

cheesy Cajun seasoned macaroni with andouille sausage served with Cajun slaw
add blackened shrimp or chicken \$6.99

STEAK SANDWICH 22.95

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

MISSISSIPPI MUSSELS & FRITES 23.95

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



CAJUN CLUB WRAP 18.95

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

CHICKEN CAESAR WRAP 18.95

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

BAYOU BLACKJACK WRAP 19.95

blackened beef tenderloin tips, bell peppers, black olives, artichoke hearts, mushrooms, home greens, bleu cheese dressing

TOOLOULOU'S BLT 15.95

Canadian back bacon, fresh tomato slices, crispy lettuce, mayonnaise on toasted multi grain. Sub toast for a bagel .75
Add avocado \$3.50 Add cheddar \$2.50

ACADIAN BLT 18.95

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

GRILLED CHEESE & CANADIAN BACON 15.95

cheddar cheese & CDN back bacon on multi grain toast
Add fresh tomato slices \$3.50

SMOKED SALMON BAGEL 16.95

½ plain bagel toasted, cream cheese, pickled red onions, capers & dill

VEGGWICH WRAP 17.95

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



BURGERS



BIG DADDY 19.95

house made beef burger, cheddar cheese, lettuce, tomato, onion, mustard, mayonnaise, pickle

CRAZY CAJUN 19.95

house made beef burger, fried mushrooms, bacon, cheddar, pickled onions, creolaise, lettuce, tomato, onion ring

BLEU'S BURGER 19.95

house made beef burger, bacon, bleu cheese, lettuce, tomato, creolaise, pickle

CANADIAN BIG DADDY 22.95

Big Daddy beef burger with ham & bacon

BLAZIN' BOURBON BURGER 19.95

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

PEPPER JACK 19.95

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

THE 'WHO DAT MADE THAT' BURGER 24.95

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 18.95

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

SANDWICHES - BURGERS - PO'BOYS

choice of fresh cut fries, Cajun fries, sweet potato fries, Zydeco house, Lemon Garlic Caesar or Southern Potato Salad

** substitute a cup of soup \$2.95

**add a cup of soup \$5.95

Po'Boys



All Po'boys served on a grilled baguette with fresh lettuce, tomato slices & slaw
Add avocado \$3.50



BUBBA SHRIMP 19.95

cajun fried shrimp and creolaise

CATFISH 19.95

blackened filet, cucumber & creole tartar sauce

BBQ PORK 18.95

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

BLACKENED CHICKEN 19.95

blackened chicken breast with creolaise

SOFT SHELL CRAB 21.95

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

BBQ DUCK 19.95

bbq pulled duck with pickled red onions

BOUDIN BALL 19.95

in house blend of beef, pork, rice, onions, peppers with Creole mustard

DEEP FRIED OYSTERS 20.95

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

BLACKENED TENDERLOIN TIPS 19.95

blackened beef tips in garlic butter with Creole mustard

ANDOUILLE SAUSAGE 19.95

house andouille sausage with pickled onions & Creole mustard

FRIED GREEN TOMATOES 18.95

with pickled jalapenos & Creole remoulade sauce



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please advise server of any allergies