



LUNCH



403 762 2633 403 - 76BANFF

11:30AM - 5PM



Banff Alberta

Tooloulou's

Lagniappes 'a little something extra'



Hushpuppies & Sweet Cornbread \$6.95
with house made green tomato jam

Grilled Garlic Cheese Flatbread \$8.95
served with balsamic dip

TOOLOULOU'S CRAB CAKES
One Crab Cake \$8.50 Two Crab Cakes \$15.95
served with fresh lime sauce

Alligator Bites 17.95
crispy fried served with Creole tartar sauce (seasonal)

Cajun Calamari 13.95
baby squid served with spicy Creole sauce

Deep Fried Oysters 12.95
with tangy cocktail sauce dip

Popcorn Shrimp 13.95
bourbon Cajun fried shrimp with cocktail sauce

Creamy Crab Dip 15.95
baked cheese, seasonings & crabmeat served with mardi gras chips

BIG Easy Chicken Tenders 12.95
crispy fried chicken breast tenders served with house bbq sauce

Catfish Bites 12.95
golden fried catfish served with Creole tartar sauce

Garlic Chili Shrimp 14.95
whole jumbo shrimp sautéed in garlic chili sauce served with crusty bread

Fried Green Tomatoes \$9.95
cornmeal dusted green tomatoes served with Creole remoulade sauce

Tabasco Wings \$13.95
ten wings tossed in Louisiana hot sauce served with ranch dressing

Southern Fried Pickle Spears \$9.95
served with ranch dressing

Bourbon Glazed Pork Belly 13.95
smoked crispy pork belly glazed with bourbon bbq sauce

Boudin Balls 10.95
traditional Louisiana blend of beef, pork, rice onions, peppers & seasonings

Louisiana Ditch Chicken 12.95
crispy fried frogs legs brushed with house bbq sauce & onion rings

Soft Shell Crab Toast 16.95
fried whole softshell crab on garlic toast brushed with Cajun lemon oil

Blackened Tenderloin Tips 13.95
beef tips served with bleu cheese dip

Bayou Bowls

SEAFOOD SAUSAGE GUMBO 18.75
seafood stew of shrimp, clams, scallops, andouille sausage with southern seasonings served over Cajun Dirty Rice

CREOLE JAMBALAYA 17.95
andouille sausage, chicken, Cajun Dirty Rice in spicy Creole sauce

SHRIMP LOBSTER ETOUFFEE 18.95
shrimp, lobster, onion, bell peppers, celery, tomatoes in a spicy cayenne butter sauce over Cajun Dirty Rice

TASTE OF N'AWLIN'S 21.95
Trinity of Creole Jambalaya, Shrimp Lobster Etouffee & Seafood Sausage Gumbo over Cajun Dirty Rice

THE BIG EASY 18.95
linguini with scallops, baby clams, rock crab & Creole sauce

SHRIMP & GRITS YAYA 19.25
fried green tomatoes & cheesy garlic grits topped with spicy garlic shrimp in our YaYa bbq sauce

MILE HIGH STIR FRY 16.95
fresh zucchini, broccoli, onion, bell peppers, mushrooms, seasonings served over white rice
add spicy shrimp or scallops \$6.99
add chicken \$5.99

RED BEANS & RICE 17.95
NOLA favourite simmered with smoked ham shanks
add andouille sausage \$3.95
add blackened chicken \$5.99

Soups & Salads

CRAB & CORN BISQUE 9.95

SWAMPBURGER SOUP 9.25
hearty blend of ground beef, vegetables & Cajun seasoning

TOOLOULOU EXPRESS 15.95
choice of soup with Zydeco or Lemon Garlic Caesar salad

MAGNOLIA SALAD 12.95
goat cheese, pecans, dried cranberries, mixed greens and honey mustard vinaigrette

LEMON GARLIC CAESAR 10.95
romaine lettuce, cornbread crumble & parmesan cheese tossed with lemon garlic Caesar dressing
add blackened chicken, shrimp or scallops \$7.00

SOFT SHELL CRAB SALAD 17.95
fried whole softshell crab on mixed greens, bell peppers, onion, cucumber, tomato & avocado & house

ZYDECO HOUSE SALAD 9.50
mixed greens, cucumbers, bell peppers, tomatoes & red onion with balsamic vinaigrette

LOULOU WEDGIE 17.95
crisp lettuce wedge, tomatoes, cucumbers, pecans, bleu cheese, Dijon vinaigrette. Choice of blackened shrimp or chopped lobster tail

SHRIMP REMOULADE SALAD 16..95
warm spicy shrimp tossed in Creole remoulade sauce over fresh spinach, mushrooms & red onions

BLACKENED JACK 17.95
blackened tenderloin tips, grilled bell peppers, black olives, artichoke hearts, mushrooms, home style greens & bleu cheese dressing



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

Sides

- HUSHPUPIES 6.95
- SWEET CORNBREAD 6.95
- SINGLE SLICE CORNBREAD 2.50
- CHEESY GARLIC GRITS 6.25
- ANDOUILLE MAC'N CHEESE 5.95
- SIDE SHRIMP LOBSTER ETOUFFEE 6.95



- FRESH CUT FRIES 7.95
- CAJUN FRIES 7.95
- SWEET POTATO FRIES 8.95
- ONION RINGS 8.95
- DIRTY RICE 5.25
- CUP SOUP 5.20

FAVOURITES OF THE HOUSE

- FISH & CHIPS 17.95**
battered catfish filet marinated in hot sauce with Creole tartar sauce
- BIG DADDY BBQ RIBS 19.95**
baby back pork ribs served with Cajun dirty rice or fresh cut fries
- BLACKENED SHRIMP QUESADILLA 16.95**
with Monterey jack & cheddar cheeses, Creole sauce & sour cream
- BBQ PORK QUESADILLA 16.95**
with Monterey jack cheddar cheeses topped with sour cream
- FISH TACO 16.95**
blackened catfish, tomatoes, cucumbers, lettuce & fresh lime sauce
add avocado \$3.25 add cheddar jack cheese \$1.99
- CHICKEN FRIED STEAK 17.95**
seasoned beef minute steak battered & fried with choice of peppercorn or biscuit gravy
- ANDOUILLE MAC'N CHEESE 16.95**
cheesy Cajun seasoned macaroni with andouille sausage
add blackened shrimp \$6.99
add blackened chicken \$5.99
- STEAK SANDWICH 17.95**
AAA 6oz sirloin steak with French fries
- MISSISSIPPI MUSSELS 19.95**
steamed in garlic & white wine served in our spicy Creole sauce



SANDWICHES

- CAJUN CLUB WRAP 15.95**
blackened chicken, bacon, tomato, avocado lettuce, cheddar jack cheese, ranch dressing
- CHICKEN CAESAR WRAP 15.25**
crisp fried chicken tenders, bacon, lettuce, asiago & mozzarella cheeses, house Caesar dressing
- BAYOU BLACK JACK WRAP 17.95**
blackened tenderloin tips, grilled bell peppers, black olives, artichoke hearts, mushrooms, home greens, bleu cheese dressing
- ACADIAN BLT 12.95**
Canadian bacon, lettuce, tomato slices, mayonnaise on whole grain toast
- GRILLED CHEESE & CANADIAN BACON 12.95**
cheddar cheese & CDN bacon on whole grain toast
- SMOKED SALMON BAGEL 14.95**
½ plain bagel, cream cheese, red onion & capers
- VEGGWICH WRAP 14.95**
tomato slices, avocado, cucumber, red onion lettuce, pepperjack cheese, creolaise



Po'Boys



All Po'boy's served on a grilled baguette with fresh lettuce & tomato

BURGERS

**choice of fresh cut fries, Cajun fries, sweet potato fries, Zydeco house or Lemon Garlic Caesar salad
** substitute a bowl of soup \$2.50
**add a bowl of soup \$5.20

- BIG DADDY 17.95**
½ pound beef burger, cheddar cheese, lettuce, tomato, onion, mustard, mayo, pickle
- CRAZY CAJUN 17.95**
½ pound beef burger, fried mushrooms, bacon, cheddar, creolaise, lettuce, tomato
- BLEU'S BURGER 17.95**
½ pound beef burger, bacon, bleu cheese, lettuce, tomato, creolaise
- CANADIAN BIG DADDY 18.95**
Big Daddy burger with ham & bacon
- BLAZIN' BOURBON BURGER 17.95**
½ pound bourbon rubbed beef burger, pepper jack cheese, grilled mushrooms, creolaise, lettuce, tomato
- PEPPER JACK RANCH 17.95**
grilled boneless chicken breast, bacon, pepper jack cheese, bbq sauce, lettuce, tomato
- CRAB SHACK 17.95**
crab cake, pepperjack cheese, cocktail sauce, lettuce, onion, tomato
- BLACK BEAN VEGGIE BURGER 16.95**
house made veggie burger, creolaise, lettuce, tomatoes, pickle



- BUBBA SHRIMP 17.95**
cajun fried shrimp and creolaise
- CATFISH 15.95**
blackened catfish & creole tartar sauce
- CRABILICIOUS 16.95**
crab cake & fresh lime sauce
- BBQ PORK 16.95**
slow cooked pulled pork in house bbq sauce
- BLACKENED CHICKEN 17.95**
blackened chicken breast with creolaise
- SOFT SHELL CRAB 19.95**
whole fried soft shell crab & creole tartar sauce
- BBQ DUCK 16.95**
bbq pulled duck in house bbq sauce
- BOUDIN BALL 16.95**
blend of beef, pork, rice, onions, peppers & creole mustard
- DEEP FRIED OYSTER 16.95**
deep fried oysters & tangy cocktail sauce
- BLACKENED TENDERLOIN TIPS 18.95**
beef tips with creole mustard
- ANDOUILLE SAUSAGE 16.95**
house andouille sausage with creole mustard
- FRIED GREEN TOMATO 15.95**
with creole remoulade sauce

SANDWICHES & Po'Boys come with choice of fresh cut fries, Cajun fries, sweet potato fries, Zydeco house or Lemon Garlic Caesar salad
** substitute a bowl of soup \$2.50
**add a bowl of soup \$5.20

