



# toolouou's gluten friendly

## griddle

**Pancakes \$17.50**  
with choice of:  
strip bacon, Canadian bacon, ham,  
sausage, chocolate chip, blueberries,  
cinnamon apple or caramel banana nut

**Belgian Waffle \$17.50**  
with whipped cream and choice of:  
apple cinnamon, chocolate chips, peach &  
pecans, blueberries or strawberries &  
chocolate

**French Toast \$17.50**  
with whipped cream and choice of:  
apple cinnamon, chocolate hazelnut,  
caramel banana nut, strawberries or  
mascarpone peaches

## benedicts

served with skillet potatoes or tomato slices  
on gluten free toast

**Eggs Shannon \$18.95**  
2 poached eggs, andouille sausage, topped  
with spicy shrimp & lobster etouffee

**Carolyn's \$17.95**  
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

**Acadian BLT \$14.95**  
Canadian bacon, lettuce, fresh tomato  
slices & mayonnaise on gluten free toast

**Grilled Cheese \$14.95**  
Grilled cheddar cheese & Canadian bacon  
on gluten free toast

**Breggwich \$16.95**  
2 fried eggs, Canadian bacon, grilled  
onions, tomato & lettuce on gluten free  
toast

**Wrap It Up \$16.95**  
scrambled eggs, sausage, tomatoes, bell  
peppers & cheddar jack cheese in a gluten  
free tortilla served with salsa & skillet  
potatoes  
Add avocado for \$2.99

## omelets

served with skillet potatoes OR tomato  
slices & gluten free toast

**The BIG Cheesy \$16.25**  
cheddar, Monterey jack & parmesan

**Ham & Cheese \$16.75**  
ham & cheddar jack cheeses

**Crab Asparagus \$18.25**  
crabmeat, grilled asparagus & cheddar  
jack cheeses

**Rajun Cajun \$17.95**  
spicy andouille sausage, mushrooms,  
onions, bell peppers, pepper jack cheese  
& Creole mustard

**Western \$16.95**  
ham, tomatoes, green onion & cheddar  
jack cheeses

**Spinach \$16.95**  
fresh grilled spinach & cheddar cheese

**Green Eggs Ham \$16.95**  
spinach, green peppers, green onions, ham  
& cheddar jack cheeses with salsa verde

**Veggie \$16.75**  
mushrooms, bell peppers, onions, tomatoes  
& cheddar jack cheeses

**Jambalaya \$16.95**  
chicken, andouille sausage & cheddar jack  
cheeses topped with Creole sauce

**Rancheros \$16.95**  
fresh avocado, salsa, cheddar jack cheeses

**White Out \$18.25**  
egg white omelet stuffed with fresh grilled  
spinach & feta cheese

## grits



**Cheesy Garlic \$ 6.25**  
**Maple Syrup \$ 6.25**  
**Red Neck \$17.95**  
cheesy garlic grits with fricassee'd ham  
& eggs topped with bacon red eye  
gravy with gluten free toast

## Big & Hearty

served with gluten free toast

**NOLA Skillet \$18.95**  
2 eggs any style, bacon, Canadian bacon,  
grilled tomato, skillet potato & pancake

**Cowboy Hash \$18.95**  
skillet potatoes, bacon, onions & scrambled  
eggs topped with cheddar jack cheese &  
pancake

**Starvin' Marvin \$21.95**  
6oz sirloin steak, 3 eggs any style, grilled  
tomato slice & skillet potatoes

**Classic Canadian \$16.95**  
skillet potatoes, onions, mushrooms, bell  
peppers & tomatoes with pancake

## basics

**Smoked Salmon \$17.95**  
Pacific wild smoked salmon, cream cheese,  
red onion & capers on gluten free toast

**Granola Parfait \$12.95**  
seasonal fresh berries, French vanilla  
yogurt & granola (\*\*may contain)

**Fresh Seasonal Berries \$8.25**

## eggs

any style with gluten free toast

**One Egg \$8.45**  
**Two Eggs \$10.35**  
**Three Eggs \$11.65**

Add: bacon, Canadian bacon, sausage or ham  
for \$2.50  
Add: andouille sausage, avocado or grits \$3.25  
Add: side Pacific smoked salmon \$7.99

Please inform your server if you are celiac  
breakfast available until 2pm daily



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## LUNCH

### salads

**Zydeco House \$ 9.50**

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

**Shrimp Remoulade \$16.95**

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

**Lemon Garlic Caesar \$11.95**

Romain lettuce topped with gluten free toast & parmesan cheese tossed in lemon garlic Caesar dressing

**Tabasco Caesar \$18.95**

Lemon garlic Caesar topped with your choice of blackened chicken, shrimp or scallops

**Magnolia \$12.95**

Goat cheese, pecans & dried cranberries on mixed greens topped with honey mustard vinaigrette

**LouLou Wedgie \$17.95**

Crisp lettuce wedge, tomatoes, cucumbers & pecans topped with crumbled bleu cheese, Dijon vinaigrette and your choice of shrimp or chopped lobster tail

**Blackened Jack \$17.95**

Blackened tenderloin tips, grilled bell peppers, black olives, artichoke hearts & mushrooms on mixed greens with bleu cheese dressing

### soup

**Steve's Swampburger \$10.25**

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

**Tooloulou Express \$16.95**

Steve's Swampburger soup with your choice of Lemon Garlic Caesar or Zydeco salad served with gluten free toast

### sides

- Fresh Cut Fries \* \$ 7.95
- Cajun Fries \* \$ 7.95
- Cajun Slaw \$ 4.10
- Cheesy Garlic Grits \$ 6.25
- Dirty Rice \$ 5.25

### lagniappes

**Garlic & Chili Shrimp \$16.95**

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

**Blackened Tips \$13.95**

Beef tenderloin tips with bleu cheese dip

**Boudin Balls \* \$10.95**

Traditional blend of beef, pork, rice, onions, peppers & seasonings with Creole mustard

**Pork Belly Chunks \* \$13.95**

Smoked crispy pork belly glazed with a bourbon bbq sauce

### sandwiches

with your choice of fresh cut fries \*, Cajun fries \*, Caesar or Zydeco house salad

**Black Jack Wrap \$19.95**

Blackened tenderloin tips, grilled bell peppers, black olives, artichoke hearts, mushrooms, mixed greens & bleu cheese dressing in a gluten free wrap

**Cajun Club Wrap \$17.95**

Grilled blackened chicken, bacon, tomato, avocado, lettuce, cheddar jack cheeses & ranch dressing in a gluten free wrap

**VeggWich \$16.95**

Tomato slices, avocado, cucumber, red onion, lettuce, pepper jack cheese & Creole mayonnaise in a gluten free wrap

**Smoked Salmon Bagel 15.95**

Pacific wild smoked salmon, cream cheese, red onion & capers on gluten free toast

**Acadian BLT \$14.95**

Canadian bacon, lettuce, fresh tomato slices & mayonnaise on gluten free toast  
Add cheddar cheese for \$1.95

**Grill Cheese & Bacon \$14.95**

Melted cheddar cheese & Canadian bacon grilled on gluten free bread



\*Deep fried items not in a dedicated deep fryer

### Bayou Bowls

Served with gluten free toast

Substitute white rice for Cajun rice

**The Big Easy \$21.95**

Gluten free noodles with scallops, baby clams & rock crab 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 or scallops \$6.99

Add blackened chicken \$5.99

**Creole Jambalaya \$18.95**

Smokey sausage & chicken in spicy Creole sauce over Cajun Dirty Rice

**ShrimpLob Etouffee \$19.95**

Shrimp & lobster with onion, bell peppers, celery & tomatoes in a cayenne Cajun butter sauce over Cajun rice

**Sea Sausage Gumbo \$19.75**

Rich seafood stew with shrimp, clams, scallops, andouille sausage over Cajun dirty rice

**Red Beans & Rice \$18.25**

Slow simmered with smoked ham shanks served over Cajun rice.

Add andouille sausage \$3.95

Add blackened chicken \$5.99

**Taste N'Awlin's \$22.95**

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

### Sooo Good!

**BBQ Ribs \$19.95**

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

**Steak Sandwich \$19.95**

AAA Angus 6oz sirloin on gluten free toast with fries \* & slaw

**Fish Taco \$18.95**

Blackened catfish with fresh tomatoes, cucumbers, lettuce & lime sauce in a gluten free wrap with Cajun slaw

Add avocado for \$3.25

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*deep fried items not in a dedicated deep fryer*



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Romaine lettuce topped with gluten free toast & parmesan cheese tossed in lemon garlic Caesar dressing

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Lemon garlic Caesar topped with your choice of blackened chicken, shrimp or scallops

**Magnolia \$12.95**

Goat cheese, pecans & dried cranberries on mixed greens topped with honey mustard vinaigrette

**LouLou Wedgie \$17.95**

Crisp lettuce wedge, tomatoes, cucumbers & pecans topped with crumbled bleu cheese, Dijon vinaigrette and your choice of shrimp or crawfish tails

**Blackened Jack \$17.95**

Blackened tenderloin tips, grilled bell peppers, black olives, artichoke hearts & mushrooms on mixed greens with bleu cheese dressing

## soup

**Steve's Swampburger \$10.25**

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



## lagniappes

**Garlic & Chili Shrimp \$16.95**

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

**Blackened Tips \$13.95**

Beef tenderloin tips with bleu cheese dip

**Boudin Balls \* \$10.95**

Traditional blend of beef, pork, rice, onions, peppers & seasonings with Creole mustard

**Pork Belly Chunks \* \$13.95**

Smoked crispy pork belly glazed with a bourbon bbq sauce

## meat market

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

**Top Sirloin \$28.95**

8oz AAA centre cut top sirloin  
Blackened add \$1.00

**Bayou Babyback Ribs**

1/2 Rack for \$ 21.95  
Full Rack \$ 35.95

**Blackened Chicken \$25.95**

8oz blackened chicken breast. Ask for lemon herb seasoning if blackened is too spicy!



## Bayou Bowls

Served with gluten free toast  
Substitute white rice for Cajun rice

**The Big Easy \$30.95**

Gluten free noodles with scallops, baby clams & rock crab in Creole sauce

**Mile High Stir Fry \$21.95**

Zucchini, broccoli, onion, bell peppers & mushrooms with piquant house seasonings over white rice  
Add spicy shrimp or scallops \$6.99  
Add blackened chicken \$5.99

**Creole Jambalaya \$26.95**

andouille sausage, chicken & Cajun dirty rice in spicy Creole sauce

**Shrimp Lob Etouffee \$28.95**

Shrimp & lobster with onion, bell peppers, celery & tomatoes in a cayenne Cajun butter sauce over Cajun dirty rice

**Sea Sausage Gumbo \$28.95**

Rich seafood stew with shrimp, clams, scallops, andouille sausage over Cajun dirty rice

**Red Beans & Rice \$23.95**

Slow simmered with smoked ham shanks served over Cajun dirty rice  
Add andouille sausage \$3.95  
Add blackened chicken \$5.99

**Taste N'Awlin's \$30.50**

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

## sides

**Fresh Cut Fries\* \$ 7.95**

**Cajun Fries\* \$ 7.95**

**Cajun Slaw \$ 4.10**

Please inform your server if you are celiac

A Little Louisiana .. A Little Acadiana  
A Little Canadiana



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## house favourites

**Mississippi Mussels** \$22.95

*Steamed in garlic white wine sauce served in Creole sauce with gluten free toast*

**Steamer Bucket** \$28.95

*Whole crawfish, clams, mussels steamed in garlic & white wine with gluten free toast*

**Cajun Seafood Skillet** \$41.99

*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** \$43.95 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** \$43.50

*1.5 pounds served with 1 corn cob, 1 potato & gluten free toast*

**Full Crawfish Bucket** \$81.99

*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 \$27.95  
Two Clusters \$41.50  
Three Clusters \$54.99

## sides

White Rice \$ 4.25  
Dirty Rice \$ 5.25  
Cheesy Garlic Grits \$ 6.25

## Combos

**Sea to Shore Combination Plate** \$ 44.95

**SHORE ~ Choose One**  
AAA Top Sirloin / BBQ Ribs  
Blackened Chicken

**SEA ~ Choose One**  
Bourbon Sea Scallops / Snow Crab  
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** \$31.50

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

**Bayou Toolouou's** \$29.50

*Choice of Snapper, Catfish or Tilapia seared & topped with Shrimp Lobster Etouffee with seasonal vegetable*

**Rajun Cajun Shrimp** \$29.95

*Jumbo shrimp sizzled in hot spicy Cajun butter bbq sauce*

**Black Fish** \$29.50

*Your choice of blackened Snapper, Catfish or Tilapia with fresh mango salsa & seasonal vegetable. Substitute lemon garlic butter if blackened is too spicy*

**Louisiana Catfish** \$26.95

*Cornmeal crusted & served with our zesty fresh lime sauce & seasonal vegetable*

**Bourbon Sea Scallops** \$36.50

*Large sea scallops coated with bourbon seasonings served with seasonal vegetables*

**Colossal BBQ Shrimp** \$31.50

*Whole shrimp pan fried in spiced up southern bbq sauce*

**deep fried items not in a dedicated deep fryer**

A Little Louisiana .. A Little Acadiana  
A Little Canadiana