



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 fricasse'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



tooloulou's

gluten friendly

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



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

Shrimp Lob 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

*Deep fried items not in a dedicated deep fryer

Please inform your server if you are celiac

deep fried items not in a dedicated deep fryer



toolou's

gluten friendly

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
- Romaine 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 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!*



Please inform your server if you are celiac

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*
- ShrimpLob 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

A Little Louisiana .. A Little Acadiana
 A Little Canadiana



tooloulou's gluten friendly

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

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 Tooloulou's \$29.50

Choice of Snapper, Catfish or Tilapia seared & topped with Shrimp Lobster Etouffée 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

sides

White Rice \$ 4.25

Dirty Rice \$ 5.25

Cheesy Garlic Grits \$ 6.25

deep fried items not in a dedicated deep fryer

A Little Louisiana .. A Little Acadiana
A Little Canadiana