



GLUTEN FRIENDLY BREAKFAST * toolouous.ca * 403-762-2633 * 204 Caribou Street Banff AB T1L 1C3

toolouou's gluten friendly

Pancakes \$17.95

with choice of:
strip bacon, Canadian bacon, ham,
sausage, chocolate chip, blueberries,
cinnamon apple or caramel banana nut

Belgian Waffle \$17.95

with whipped cream and choice of:
apple cinnamon, chocolate chips, peach &
pecans, blueberries or strawberries &
chocolate

French Toast \$17.95

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 \$19.95

2 poached eggs, andouille sausage, topped
with spicy shrimp & lobster etouffee

Carolyn's \$18.95

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 \$16.25

Canadian bacon, lettuce, fresh tomato
slices & mayonnaise on gluten free toast

Grilled Cheese \$16.25

Grilled cheddar cheese & Canadian bacon
on gluten free toast

Breggwich \$17.95

2 fried eggs, Canadian bacon, grilled
onions, tomato & lettuce on gluten free
toast

Wrap It Up \$17.95

scrambled eggs, sausage, tomatoes, bell
peppers & cheddar jack cheese in a gluten
free tortilla served with salsa & skillet
potatoes

Add 1/2 avocado for \$3.50

omelets

served with skillet potatoes OR tomato
slices & gluten free toast

The BIG Cheesy \$17.25

cheddar, Monterey jack & parmesan

Ham & Cheese \$17.75

ham & cheddar jack cheeses

Crab Asparagus \$19.95

crabmeat, grilled asparagus & cheddar
jack cheeses

Rajun Cajun \$18.95

spicy andouille sausage, mushrooms,
onions, bell peppers, pepper jack cheese
& Creole mustard

Western \$17.95

ham, tomatoes, green onion & cheddar
jack cheeses

Spinach \$17.95

fresh grilled spinach & cheddar cheese

Green Eggs Ham \$18.95

spinach, green peppers, green onions, ham
& cheddar jack cheeses with salsa verde

Veggie \$17.75

mushrooms, bell peppers, onions, tomatoes
& cheddar jack cheeses

Jambalaya \$17.95

chicken, andouille sausage & cheddar jack
cheeses topped with Creole sauce

Rancheros \$17.95

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 fricasseed ham
& eggs topped with bacon red eye
gravy with gluten free toast

Big & Hearty

served with gluten free toast

NOLA Skillet \$19.95

2 eggs any style, bacon, Canadian bacon,
grilled tomato, skillet potato & pancake

Cowboy Hash \$19.95

skillet potatoes, bacon, onions & scrambled
eggs topped with cheddar jack cheese &
pancake

Starvin' Marvin \$24.95

6oz sirloin steak, 3 eggs any style, grilled
tomato slice & skillet potatoes

Classic Canadian \$17.95

skillet potatoes, onions, mushrooms, bell
peppers & tomatoes with pancake

basics

Smoked Salmon \$18.95

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 \$ 8.95

Two Eggs \$10.95

Three Eggs \$11.95

Add: bacon, Canadian bacon, sausage or ham
for \$2.95

Add: andouille sausage, avocado or grits \$3.50

Add side fresh berries \$4.50

Add: side Pacific smoked salmon \$8.50

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



tooloulou's

gluten friendly

LUNCH

salads

- Zydeco House** \$ 9.95
Mixed greens, cucumbers, bell peppers, tomatoes & red onion with balsamic vinaigrette
- Shrimp Remoulade** \$17.95
Warm spicy shrimp tossed in Creole remoulade sauce over fresh spinach, mushrooms & red onions
- Lemon Garlic Caesar** \$12.95
Romain lettuce topped with gluten free toast & parmesan cheese tossed in lemon garlic Caesar dressing
Add blackened chicken, shrimp or scallops \$6.99

- Magnolia** \$14.95
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, blackened shrimp & Dijon vinaigrette

- Blackened Jack** \$18.95
Blackened tenderloin tips, grilled bell peppers, black olives, artichoke hearts & mushrooms on mixed greens with bleu cheese dressing

soup

- Cowboy Cajun** \$10.50
Hearty blend of ground beef, medley of vegetables & secret seasonings served with gluten free toast
- Tooloulou Express** \$17.95
Cowboy Cajun soup with your choice of Lemon Garlic Caesar or Zydeco salad served with gluten free toast

lagniappes

- Garlic & Chili Shrimp** \$17.95
Whole jumbo shrimp sauteed in garlic & chili with gluten free toast
- Blackened Tips** \$14.50
Beef tenderloin tips with bleu cheese dip
- Boudin Balls *** \$12.95
Traditional blend of beef, pork, rice, onions, peppers & seasonings with Creole mustard
- Pork Belly Chunks *** \$14.50
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** \$18.95
Grilled blackened chicken, bacon, tomato, avocado, lettuce, cheddar jack cheeses & ranch dressing in a gluten free wrap
- VeggWich** \$17.95
Tomato slices, avocado, cucumber, red onion, lettuce, pepper jack cheese & Creole mayonnaise in a gluten free wrap
- Smoked Salmon Bagel** 16.50
Pacific wild smoked salmon, cream cheese, red onion & capers on gluten free toast

- Acadian BLT** \$16.25
Canadian bacon, lettuce, fresh tomato slices & mayonnaise on gluten free toast
Add cheddar cheese for \$1.95

- Grill Cheese & Bacon** \$16.25
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 & pork belly 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, scallops or chicken \$6.99

- 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** \$19.95
Rich seafood stew with shrimp, clams, scallops, andouille sausage over Cajun dirty rice

- Red Beans & Rice** \$18.95
Slow simmered with smoked ham shanks served over Cajun rice.
Add andouille sausage \$3.95
Add blackened chicken \$6.99

- Taste N'Awlin's** \$23.95
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** \$20.95
*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 1/2 avocado for \$3.50

sides

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

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*Deep fried items not in a dedicated deep fryer

deep fried items not in a dedicated deep fryer



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salads

Zydeco House **\$9.95**
 Mixed greens, cucumbers, bell peppers, tomatoes & red onion with balsamic vinaigrette

Shrimp Remoulade **\$17.95**
 Warm spicy shrimp tossed in Creole remoulade sauce over fresh spinach, mushrooms & red onions

Lemon Garlic Caesar **\$12.95**
 Romaine lettuce topped with gluten free toast & parmesan cheese tossed in lemon garlic Caesar dressing
 Add blackened chicken, shrimp or scallops \$6.99

Magnolia **\$14.95**
 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, blackened shrimp, Dijon vinaigrette

Blackened Jack **\$18.95**
 Blackened tenderloin tips, grilled bell peppers, black olives, artichoke hearts & mushrooms on mixed greens with bleu cheese dressing

soup

Cowboy Cajun **\$10.50**
 Hearty blend of ground beef, medley of vegetables & Cajun seasonings served with gluten free toast



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lagniappes

Garlic & Chili Shrimp **\$17.95**
 Whole jumbo shrimp sauteed in garlic & chili with gluten free toast

Blackened Tips **\$14.50**
 Beef tenderloin tips with bleu cheese dip

Boudin Balls * **\$12.95**
 Traditional blend of beef, pork, rice, onions, peppers & seasonings with Creole mustard

Pork Belly Chunks * **\$14.95**
 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 **\$29.95**
 8oz AAA centre cut top sirloin
 Blackened add \$1.00

Bayou Babyback Ribs
 ½ Rack for \$ 22.95
 Full Rack \$ 37.95

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 & pork belly in Creole sauce

Mile High Stir Fry **\$22.95**
 Zucchini, broccoli, onion, bell peppers & mushrooms with piquant house seasonings over white rice
 Add spicy shrimp, scallops or chicken \$6.99

Creole Jambalaya **\$27.95**
 andouille sausage, chicken & Cajun dirty rice in spicy Creole sauce

ShrimpLob Etouffee **\$29.95**
 Shrimp & lobster with onion, bell peppers, celery & tomatoes in a cayenne Cajun butter sauce over Cajun dirty rice

Sea Sausage Gumbo **\$29.95**
 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 \$6.99

Taste N'Awlin's **\$32.50**
 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 \$29.95

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

Cajun Seafood Skillet \$41.95

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 \$44.95 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 \$81.95

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 \$28.95
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 \$ 46.95

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

SEA ~ Choose One
Blackened Catfish / Mississippi Mussels
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 \$29.95

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

Rajun Cajun Shrimp \$28.95

Jumbo shrimp sizzled in hot spicy Cajun butter bbq sauce

Black Fish \$29.50

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

Louisiana Catfish \$28.95

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