



# LUNCH



**403 762 2633   403 - 76BANFF**  
**11:30AM - 5PM**



## Lagniappes 'a little something extra'



**Hushpuppies & Sweet Cornbread \$8.95**  
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 \$17.95  
served with fresh lime sauce

**Alligator Bites 19.50**  
crispy fried served with Creole tartar sauce (seasonal)

**Cajun Calamari 15.95**  
baby squid crispy fried served with spicy Creole sauce

**Deep Fried Oysters 14.95**  
with tangy cocktail sauce dip and Cajun slaw

**Popcorn Shrimp 15.50**  
bourbon Cajun fried shrimp & cocktail sauce

**Creamy Crab Dip 17.95**  
baked cheese, seasonings & crabmeat served with mardi gras chips

**BIG Easy Chicken Tenders 14.50**  
crispy fried chicken breast tenders served with house bbq sauce

**Catfish Bites 14.95**  
golden fried catfish served with Creole tartar sauce

**Garlic Chili Shrimp 15.95**  
whole jumbo shrimp sautéed in garlic chili sauce served with crusty garlic bread

**Fried Green Tomatoes \$12.95**  
cornmeal dusted green tomatoes served with pickled jalapenos & Creole remoulade sauce

**Tabasco Wings \$15.95**  
ten wings tossed in Louisiana hot sauce served with ranch dressing

**Southern Fried Pickle Spears \$11.95**  
served with ranch dressing

**Bourbon Glazed Pork Belly 14.95**  
smoked crispy pork belly glazed with bourbon bbq sauce

**Boudin Balls 13.95**  
traditional Louisiana blend of beef, pork, rice onions, peppers & seasonings

**Louisiana Ditch Chicken 14.95**  
crispy fried frogs legs brushed with house bbq sauce & onion rings

**Soft Shell Crab Toast 18.50**  
fried whole softshell crab on garlic toast brushed with Cajun lemon oil

**Blackened Tenderloin Tips 15.95**  
blackened beef tips in garic butter sauce served with bleu cheese dip and garlic toast

## Bayou Bowls

**SEAFOOD SAUSAGE GUMBO 19.50**  
seafood stew of shrimp, clams, baby scallops, andouille sausage with southern seasonings served over Cajun Dirty Rice

**CREOLE JAMBALAYA 18.50**  
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 Lobster Etouffee & Seafood Sausage Gumbo over Cajun Dirty Rice

**THE BIG EASY 19.50**  
linguini with baby scallops, baby clams, pork belly & Creole sauce

**SHRIMP & GRITS YAYA 21.95**  
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 18.50**  
NOLA favourite simmered with smoked ham shanks add andouille sausage \$3.95 add blackened chicken \$6.99

## Soups & Salads

**CRAB & CORN BISQUE 10.95**  
with sweet cornbread



**COWBOY CAJUN SOUP 10.95**  
hearty blend of ground beef, vegetables & Cajun seasoning with a hint of southern heat - house favourite with sweet cornbread

**TOOLOULOU EXPRESS 17.50**  
choice of soup with Zydeco or Lemon Garlic Caesar salad

**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 19.95**  
fried whole softshell crab on mixed greens, bell peppers, onion, cucumber, tomato & avocado & house dressing

**ZYDECO HOUSE SALAD 11.95**  
mixed greens, cucumbers, bell peppers, tomatoes & red onion with balsamic vinaigrette

**LOULOU WEDGIE 17.95**  
crisp lettuce wedge, tomatoes, cucumbers, pecans, bleu cheese, blackened shrimp & Dijon vinaigrette



**SHRIMP REMOULADE SALAD 17.95**  
warm spicy shrimp tossed in Creole remoulade sauce over fresh spinach, mushrooms & red onions

**BLACKENED JACK 19.95**  
blackened tenderloin tips, grilled bell peppers, black olives, artichoke hearts, mushrooms, home style greens & bleu cheese dressing - lunch for one - or plenty to share .....

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

Sides



- HUSHPUPIES** 7.95

**SWEET CORNBREAD** 7.95

**SINGLE SLICE CORNBREAD** 2.95

**CHEESY GARLIC GRITS** 6.50

**ANDOUILLE MAC'N CHEESE** 6.95

**SOUTHERN POTATO SALAD** 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** 5.75

FAVOURITES OF THE HOUSE

- FISH & CHIPS 19.50**  
house battered catfish filet marinated in hot sauce with Creole tartar sauce & Cajun slaw

**BIG DADDY BBQ RIBS 21.95**  
baby back pork ribs brushed with tangy house bbq sauce served with Cajun dirty rice or fresh cut fries

**BLACKENED SHRIMP QUESADILLA 17.95**  
with Monterey jack & cheddar cheeses, Creole sauce & sour cream

**BBQ PULLED PORK QUESADILLA 17.95**  
with Monterey jack cheddar cheeses topped with pickled jalapenos & sour cream

**FISH TACO 17.95**  
blackened catfish, tomatoes, cucumbers, lettuce & fresh lime sauce served with Cajun slaw  
add avocado \$3.50 add cheddar jack cheese \$1.99

**CHICKEN FRIED STEAK 19.95**  
seasoned beef minute steak battered & fried, peppercorn gravy, cheesy garlic grits and Cajun slaw

**ANDOUILLE MAC'N CHEESE 16.95**  
cheesy Cajun seasoned macaroni with andouille sausage add blackened shrimp or chicken \$6.99

**STEAK SANDWICH 21.95**  
AAA 6oz 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
- 



SANDWICHES

- CAJUN CLUB WRAP 17.50**  
blackened chicken, bacon, tomato, avocado lettuce, cheddar jack cheese, ranch dressing
- CHICKEN CAESAR WRAP 17.50**  
crisp fried chicken tenders, bacon, lettuce, asiago & mozzarella cheeses, house Caesar dressing
- BAYOU BLACKJACK WRAP 18.95**  
blackened tenderloin tips, grilled 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 \$1.99
- ACADIAN BLT 17.95**  
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 tomatoes \$2.95
- SOUTHERN FRIED PORK 18.95**  
breaded & fried pork loin, grilled onions, pickled jalapenos, lettuce, tomato & creolaise on toasted bun
- SMOKED SALMON BAGEL 16.95**  
½ plain bagel toasted, cream cheese, pickled red onions, capers & dill
- VEGGWICH WRAP 16.50**  
tomato slices, avocado, cucumber, red onion, lettuce, pepperjack cheese, creolaise

BURGERS

- \*\*choice of fresh cut fries, Cajun fries, sweet potato fries, Zydeco house, Lemon Garlic Caesar or Southern Potato Salad**  
**\*\* substitute a cup of soup \$2.50**  
**\*\*add a cup of soup \$5.75**
- BIG DADDY 19.50**  
house made beef burger, cheddar cheese, lettuce, tomato, onion, mustard, mayonnaise, pickle
- CRAZY CAJUN 19.50**  
house made beef burger, fried mushrooms, bacon, cheddar, pickled onions, creolaise, lettuce, tomato, onion ring
- BLEU'S BURGER 19.50**  
house made beef burger, bacon, bleu cheese, lettuce, tomato, creolaise, pickle
- CANADIAN BIG DADDY 21.50**  
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 19.50**  
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, red onions, bacon jam, pickled jalapenos, lettuce, tomato, pickle, sunny side up
- 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 \$2.50**  
**\*\*add a cup of soup \$5.75**



Po'Boys

- All Po'boy's served on a grilled baguette with fresh lettuce & tomato  
Add avocado \$3.50
- BUBBA SHRIMP 19.50**  
cajun fried shrimp and creolaise
- CATFISH 18.95**  
blackened filet, cucumber & creole tartar sauce
- CRABILICIOUS 18.95**  
house made crab cake & fresh lime sauce
- BBQ PORK 18.95**  
slow cooked pulled pork cooked in tangy house bbq sauce topped with pickled jalapenos
- BLACKENED CHICKEN 19.50**  
blackened chicken breast with creolaise
- SOFT SHELL CRAB 19.95**  
whole fried soft shell crab, Cajun slaw & creole tartar sauce
- BBQ DUCK 18.95**  
bbq pulled duck with pickled red onions
- BOUDIN BALL 18.95**  
in house blend of beef, pork, rice, onions, peppers with Creole mustard
- DEEP FRIED OYSTERS 18.95**  
breaded deep fried oysters with Cajun slaw pickled onions & tangy cocktail sauce
- BLACKENED TENDERLOIN TIPS 18.95**  
blackened beef tips in garlic butter with bleu cheese dressing
- ANDOUILLE SAUSAGE 18.95**  
house andouille sausage with pickled onions & Creole mustard
- FRIED GREEN TOMATOES 17.95**  
with pickled jalapenos & Creole remoulade sauce

