



LUNCH

Lagniappes 'a little something extra'



403 762 2633 403 - 76BANFF

11:30AM - 5PM



Banff Alberta

Tooloulou's

Bayou Bowls



Hushpuppies & Sweet Cornbread \$10.95

with house made green tomato jam

TOULOULOU'S CRAB CAKES

One Crab Cake \$9.95 Two Crab Cakes \$18.95
served with fresh lime sauce



Alligator Bites 21.50

crispy fried served with Creole tartar sauce

Cajun Calamari 17.95

baby squid crispy fried served with spicy Creole sauce

Deep Fried Oysters 17.95

with tangy cocktail sauce dip and Cajun slaw

Popcorn Shrimp 16.95

bourbon Cajun fried shrimp & cocktail sauce

Creamy Crab Dip 19.95

baked cheese, seasonings & real crabmeat served with mardi gras chips

BIG Easy Chicken Tenders 15.95

crispy fried chicken breast tenders served with house bbq sauce

Catfish Bites 16.95

golden fried catfish served with Creole tartar sauce

Garlic Chili Shrimp 17.95

whole jumbo shrimp sautéed in garlic chili sauce served with crusty garlic bread

Fried Green Tomatoes \$14.95

cornmeal dusted green tomatoes served with pickled jalapenos & Creole remoulade sauce

Bourbon Glazed Pork Belly 16.95

smoked crispy pork belly glazed with bourbon bbq sauce

Boudin Balls 15.95

traditional Louisiana blend of beef, pork, rice onions, peppers & seasonings with Creole mustard dip

Louisiana Ditch Chicken 16.95

crispy fried frogs legs brushed with house bbq sauce topped with onion rings

Soft Shell Crab Toast 21.50

fried whole softshell crab brushed with YaYa bbq sauce on garlic toast

Blackened Tenderloin Tips 17.95

blackened beef tips in garlic butter sauce served with bleu cheese dip and garlic toast



SEAFOOD SAUSAGE GUMBO 19.95

gumbo made of thick old fashioned roux with shrimp, clams, baby scallops, andouille sausage & southern seasonings served over Cajun Dirty Rice

CREOLE JAMBALAYA 18.95

andouille sausage, chicken, Cajun Dirty Rice in piquant Creole tomato 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 Crawfish Etouffee & Seafood Sausage Gumbo over Cajun dirty rice

THE BIG EASY 19.95

linguini with baby scallops, baby clams, pork belly & Creole tomato sauce

SHRIMP & GRITS YAYA 22.95

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 18.95

NOLA favourite simmered with smoked ham shanks add andouille sausage \$3.95 add blackened chicken \$6.99

ALL BAYOU BOWLS SERVED WITH SWEET CORNBREAD

Soups & Salads

CRAB & CORN BISQUE 11.95

with sweet cornbread



COWBOY CAJUN SOUP 11.95

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

TOULOULOU EXPRESS 18.95

choice of soup with Zydeco or Lemon Garlic Caesar salad & sweet cornbread

MAGNOLIA SALAD 14.95

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

LEMON GARLIC CAESAR 14.95

romaine lettuce, cornbread crumble & parmesan cheese tossed with lemon garlic Caesar dressing add blackened chicken, shrimp or scallops \$6.99

SOFT SHELL CRAB SALAD 23.95

fried whole softshell crab brushed with YaYa bbq sauce on mixed greens, bell peppers, onion, cucumber, tomato & avocado & balsamic dressing

ZYDECO HOUSE SALAD 12.95

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

LOULOU WEDGIE 18.95

crisp lettuce wedge, tomatoes, cucumbers, pecans, bleu cheese, blackened shrimp & Dijon vinaigrette

SHRIMP REMOULADE SALAD 18.95

warm blackened shrimp tossed in Creole remoulade sauce over fresh spinach, mushrooms & red onions

BLACKENED JACK 19.95

blackened beef tenderloin tips, grilled bell peppers, artichoke hearts & mushrooms on home style greens with bleu cheese dressing - lunch for one - or plenty to share!

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



Po'Boys

All Po'boys served on a grilled baguette with fresh lettuce, tomato slices & slaw
Add avocado \$3.50



- BUBBA SHRIMP 19.95**
cajun fried shrimp and creolaise
- CATFISH 19.95**
blackened filet, cucumber & creole tartar sauce
- BBQ PORK 18.95**
slow cooked pulled pork cooked in tangy house bbq sauce topped with pickled jalapenos
- BLACKENED CHICKEN 19.95**
blackened chicken breast with creolaise
- SOFT SHELL CRAB 23.95**
whole fried soft shell crab brushed with YaYa bbq sauce, Cajun slaw & creole tartar sauce
- BBQ DUCK 19.95**
bbq pulled duck with pickled red onions
- BOUDIN BALL 19.95**
in house blend of beef, pork, rice, onions, peppers with Creole mustard
- DEEP FRIED OYSTERS 21.95**
breaded deep fried oysters with Cajun slaw pickled onions & tangy cocktail sauce
- BLACKENED TENDERLOIN TIPS 19.95**
blackened beef tips in garlic butter with Creole mustard
- ANDOUILLE SAUSAGE 19.95**
house andouille sausage with pickled onions & Creole mustard
- FRIED GREEN TOMATOES 18.95**
with pickled jalapenos & Creole remoulade sauce



BURGERS

- BIG DADDY 19.95**
house made beef burger, cheddar cheese, lettuce, tomato, onion, mustard, mayonnaise, pickle add bacon or ham \$2.50
- CRAZY CAJUN 19.95**
house made beef burger, fried mushrooms, bacon, cheddar, pickled onions, creolaise, lettuce, tomato, onion ring
- BLEU'S BURGER 19.95**
house made beef burger, bacon, bleu cheese, lettuce, tomato, creolaise, pickle
- BLAZIN' BOURBON BURGER 19.95**
house made bourbon rubbed beef burger, pepper jack cheese, grilled mushrooms, pickled jalapenos, creolaise, lettuce, tomato, pickle
- PEPPER JACK 19.95**
blackened boneless chicken breast, bacon, pepper jack cheese, bbq sauce, pickled jalapenos, lettuce, tomato
- THE 'WHO DAT' BURGER 24.95**
house beef burger, cheddar, crispy pork belly, pickled red onions, bacon jam, pickled jalapenos, lettuce, tomato, dill pickle, sunny side up egg
- 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 salad, Lemon Garlic Caesar or Southern Potato Salad
** substitute a cup of soup \$2.95
**add a cup of soup \$5.95

www.tooloulous.ca

please advise server of any allergies



Tooloulou's



SANDWICHES



- CAJUN CLUB WRAP 18.95**
blackened chicken, bacon, tomato, avocado lettuce, cheddar jack cheese, ranch dressing
- CHICKEN CAESAR WRAP 18.95**
crisp fried chicken tenders, bacon, lettuce, asiago & mozzarella cheeses, house Caesar dressing
- BAYOU BLACKJACK WRAP 19.95**
blackened beef tenderloin tips, grilled bell peppers, 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 \$2.50
- ACADIAN BLT 18.95**
crispy thick pork belly, bacon jam, fried green tomatoes, remoulade sauce, lettuce on grilled bun
- GRILLED CHEESE & CANADIAN BACON 15.95**
cheddar cheese & Canadian back bacon on multi grain toast Add fresh tomato slices \$3.50
- SMOKED SALMON BAGEL 16.95**
half a plain bagel toasted, cream cheese, pickled red onions, capers & dill
- VEGGWICH WRAP 17.95**
tomato slices, avocado, cucumber, red onion, lettuce, pepperjack cheese, creolaise



Sides

- HUSHPUPIES 9.95
- SWEET CORNBREAD 9.95
- ONE SLICE CORNBREAD 3.50
- CHEESY GARLIC GRITS 6.95
- ANDOUILLE MAC'N CHEESE 7.95
- SOUTHERN POTATO SALAD 6.95
- PEPPERCORN GRAVY 3.50
- FRESH CUT FRIES 8.95
- CAJUN FRIES 8.95
- SWEET POTATO FRIES 9.95
- ONION RINGS 9.95
- DIRTY RICE 6.95
- CUP SOUP 5.95

FAVOURITES OF THE HOUSE

- FISH & CHIPS 21.50**
house battered catfish filet marinated in hot sauce with Creole tartar sauce & Cajun slaw
- LOUISIANA BBQ RIBS 22.95**
baby back pork ribs brushed with tangy house bbq sauce served with slaw, Cajun dirty rice or fresh cut fries
- BLACKENED SHRIMP QUESADILLA 18.95**
with Monterey jack & cheddar cheeses, Creole sauce & sour cream served with Cajun slaw
- BBQ PULLED PORK QUESADILLA 18.95**
with Monterey jack cheddar cheeses topped with pickled jalapenos & sour cream served with Cajun slaw
- FISH TACO 18.95**
blackened catfish, tomatoes, cucumbers, lettuce & fresh lime sauce served with Cajun slaw add avocado \$3.50
- CHICKEN FRIED STEAK 21.95**
seasoned beef minute steak battered & fried, peppercorn gravy, cheesy garlic grits and Cajun slaw
- ANDOUILLE MAC'N CHEESE 18.95**
cheesy Cajun seasoned macaroni with andouille sausage served with Cajun slaw add blackened shrimp or chicken \$6.99
- STEAK SANDWICH 22.95**
AAA 5oz 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 tomato sauce with fresh cut fries & creolaise

