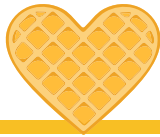


Gluten Friendly

Breakfast

until 2:00pm

From the Griddle



PLEASE LET YOUR SERVER
KNOW IF YOU ARE CELIAC



Tooloulou's

* deep fried items NOT
in a dedicated fryer

Omelettes

served with skillet potatoes or
fresh tomato slices & gluten free toast

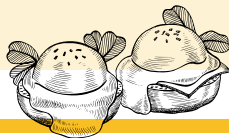
Gluten Free Pancakes *includes table syrup* **23.95**
2 gluten free pancakes with choice of:
strip bacon, Canadian bacon, ham, pork sausage or
chocolate chips, blueberries, strawberries, cinnamon apple,
sliced banana, peach & candied pecans, caramel banana
pecan (served with whipped cream & sugar dust)

GF Belgian Waffle **22.95**
with whipped cream, sugar dust and choice of:
apple cinnamon, chocolate chips, peach & candied pecans,
blueberries, vanilla yogurt & caramel or strawberries &
chocolate

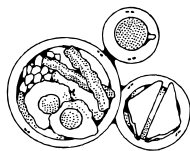
Canadian Maple Syrup 3.95

GF French Toast **23.95**
with whipped cream, sugar dust and choice of:
apple cinnamon, chocolate hazelnut, strawberries or
mascarpone & peaches
Add \$3.95 for sauteed bananas in butter rum sauce with
candied pecans & caramel

Eggs Benedict



Carolyn's Confection **23.95**
2 poached eggs, fresh avocado & tomato slices
topped with piquant Creole tomato sauce
served with choice of skillet potatoes or
fresh tomato slices on gluten free toast



Ask Your Server About More Choices
hollandaise can contain trace amounts of flour

Sandwiches

Tooloulou BLT **19.95**
Canadian bacon, lettuce, fresh tomato slices &
mayonnaise on gluten free toast
add cheese 3.25 add 1/2 avocado 3.75

Grilled Cheese & Canadian Bacon **18.95**
Cheddar cheese & Canadian bacon
on grilled gluten free bread
add fresh tomato slices 4.25

Breggfast Sandwich **20.95**
2 fried eggs, Canadian bacon, grilled onions,
tomato & lettuce on gluten free toast
add cheese 3.25

Wrap It Up **20.95**
scrambled eggs, pork sausage, tomatoes, bell
peppers & cheddar jack cheese in a gluten free
tortilla served with salsa
add 1/2 avocado 3.75

Avocado Toast **20.95**
GF toast, green tomato jam, sliced avocado,
pickled red onion & jalapenos, greens, balsamic
vinaigrette, sunny side up or over easy egg

Smoked Salmon **20.95**
Wild smoked salmon, cream cheese, red onion,
capers, dill & green onion on gluten free toast

The Big Cheesy **22.95**
cheddar, monterey jack & parmesan cheeses
add ham 4.95

Crab & Asparagus **24.75**
real crabmeat, grilled asparagus & cheddar jack cheeses

Rajun Cajun **23.95**
spicy andouille sausage, mushrooms, onions, bell peppers, pepper
jack cheese & Creole mustard

Western **23.95**
ham, tomatoes, green onion & cheddar jack cheeses

Spinach **22.95**
fresh grilled spinach & cheddar cheese

Green Eggs & Ham **23.95**
spinach, green peppers, green onions, ham & cheddar jack cheeses
with salsa verde

Veggie **23.95**
mushrooms, bell peppers, onions, tomatoes & cheddar jack cheeses
add ham or bacon \$4.95

Jambalaya **23.95**
chicken, andouille sausage & cheddar jack cheeses topped with
Creole sauce

Rancheros Incredabalos **23.95**
fresh avocado, salsa, cheddar jack cheeses

White Out **24.95**
egg white omelette stuffed with fresh grilled spinach & feta cheese
add salsa verde 2.95 add bacon 4.95

Eggs Your Way

One Egg & Gluten Free Toast **8.50**

Two Eggs & Gluten Free Toast **10.50**

Three Eggs & Gluten Free Toast **11.50**

Add: bacon, Canadian bacon, pork sausage, andouille sausage or ham 4.95
Add: fresh tomato slices or skillet potatoes 4.75
Add: half fresh avocado or grits 3.75
Add side fresh berries 8.95 Add large side gluten free pancake 9.95
Add: side Pacific smoked salmon 9.95

Favourites

Breakfast Skillet **25.95** **Starvin' Marvin** **29.95**

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

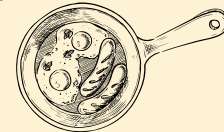
5oz sirloin steak, 3 eggs any style,
grilled tomato slice, skillet potatoes &
GF toast
add gluten free pancake 5.95

Cowboy Fricassee Hash **25.95**
skillet potatoes, bacon, onions &
scrambled eggs topped with cheddar
jack cheese, GF pancake & GF toast

Red Neck Grits **22.95**
creamy cheesy garlic grits with ham &
scrambled eggs covered in red eye
gravy with gluten free toast

Canadian Hash **21.95**
skillet potatoes, onions, mushrooms,
bell peppers & tomatoes with GF
pancake & GF toast
add one egg 3.75
add two eggs 5.25 add cheese 3.25

Good Morning Parfait **16.95**
seasonal fresh berries, French vanilla
yogurt, granola (may contain trace
flour) & whipped cream topped with
chocolate chips



Gluten Friendly

Lunch

11:30am-5:00pm

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Tooloulou's

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Soup & Salads



- Cajun Cowboy Soup.** 12.95
Hearty blend of ground beef, medley of vegetables & Cajun seasonings served with gluten free toast
- Taste of Seafood Sausage Gumbo.** 12.95
- Lemon Garlic Caesar.** 16.95
Romain lettuce with gluten free toast & parmesan cheese tossed in lemon garlic Caesar dressing
Add blackened chicken, shrimp or scallops 8.95
- Shrimp Remoulade Salad.** 22.95
Warm spicy shrimp tossed in Creole remoulade sauce over fresh spinach, mushrooms & red onions
- Magnolia Salad** V 16.95
Goat cheese, pecans & dried cranberries on mixed greens topped with honey mustard vinaigrette
- Blackened Jack Salad.** 24.95
Blackened beef tenderloin tips, grilled bell peppers & mushrooms on mixed greens with bleu cheese dressing
- Tooloulou Express.** 20.95
Cowboy Cajun soup with Lemon Garlic Caesar served with gluten free toast



Sandwiches

- Black Jack Wrap.** 25.95
Blackened tenderloin tips, grilled bell peppers, mushrooms, mixed greens & bleu cheese dressing in a GF wrap
- Cajun Club Wrap.** 22.95
Grilled blackened chicken, bacon, tomato, avocado, lettuce, cheddar jack cheeses & ranch dressing in a gluten free wrap
- Veggwich Wrap** V 20.95
Tomato slices, avocado, cucumber, red onion, lettuce, pepper jack cheese & Creole mayonnaise in a gluten free wrap
- Smoked Salmon.** 20.95
Pacific wild smoked salmon, cream cheese, red onion, capers & dill on gluten free toast
- Tooloulou's BLT.** 19.95
Canadian bacon, lettuce, fresh tomato slices & mayonnaise on gluten free toast
Add cheddar cheese 3.75
- Grilled Cheese & Canadian Bacon.** 18.95
Melted cheddar cheese & Canadian bacon grilled on gluten free bread. Add fresh tomato slices 4.75

above sandwiches come with your choice of fresh cut fries *,
Cajun fries * or Caesar Salad

SUB: sweet potato fries, onion rings or Cowboy Cajun soup 2.95

- Fish Taco.** 23.95
Blackened catfish, tomatoes, cucumbers, lettuce & fresh lime sauce in GF tortilla served with Cajun slaw
Add 1/2 avocado 3.75
- Steak Sandwich.** 29.95
AAA 5oz beef sirloin on GF toast with fries & Cajun slaw*

Lagniappes

a little something extra!

- Chili Garlic Shrimp.** 22.95
head off jumbo shrimp in shell sauteed in garlic & chili with gluten free toast
- Blackened Tenderloin Tips.** 22.95
Beef tenderloin tips & bleu cheese dip with gluten free toast
- Bourbon Glazed Pork Belly*** 21.95
Smoked crispy pork belly glazed with a bourbon bbq sauce
- Creamy Crab Dip.** 24.95
Baked cheese, seasonings & real crabmeat served with mardi gras corn chips



BBQ

BBQ RIB RACK \$26.95

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



Bayou Bowls

served with gluten free toast

- Seafood Sausage Gumbo.** 25.95
Gumbo made of thick old fashioned roux with shrimp, clams, scallops, andouille sausage over white rice with GF toast
- Creole Jambalaya.** 23.95
Smokey sausage & chicken in spicy Creole sauce in Cajun dirty rice with GF toast
- Shrimp Crab Étouffée.** 25.95
Shrimp & real shredded crabmeat with Cajun holy trinity of onion, bell peppers & celery smothered in a roux based spicy Creole tomato sauce with GF toast
- Taste N'Awlin's.** 27.95
Trinity of Jambalaya in Cajun dirty rice, Shrimp Crab Étouffée & Seafood Sausage Gumbo with white rice & GF toast

- Mile High Stir Fry** V 20.95
Broccoli, onion, bell peppers, mushrooms, baby corn & snap peas with Cajun house seasonings over white rice
Add blackened chicken, shrimp or scallops 8.95

- Mississippi Mussels.** 25.95
Steamed in garlic & wine served over spicy Creole sauce with GF garlic toast

