

	Calories	Cals From Fat	Fat (g)	Saturated Fat (g)	TransFat (g)	Chol (mg)	Sodium (mg)	Carbs (g)	Dietary Fiber(g)	Sugar (g)	Protein (g)	Allergens
Starters												
Waffle Cheese Fries - Large	2210	1360	151	57	0	275	4950	138	12	7	74	Contains Egg, Milk.
Waffle Cheese Fries - Small	1220	780	87	30	0	145	2570	71	6	4	37	Contains Egg, Milk.
Waffle Cheese Fries-BBQ Pulled Pork - Large	2370	1410	157	58	0	330	5850	146	13	13	92	Contains Egg, Milk.
Waffle Cheese Fries-BBQ Pulled Pork - Small	1300	810	90	31	0	175	3020	75	7	7	47	Contains Egg, Milk.
Hush Puppies	720	210	25	5	0	35	700	116	0	51	9	Contains Egg, Milk, Soy, Wheat.
Boom Boom Shrimp	680	430	47	7	0	140	1860	40	3	7	21	Contains Egg, Milk, Shellfish, Soy, Wheat.
Fried Pickle Chips	1370	860	99	14	0	20	3370	99	3	2	17	Contains Egg, Milk, Wheat.
Homemade Mozzarella Logs	1050	550	62	34	0	140	2540	71	3	6	51	Contains Milk, Wheat.
Jumbo Boneless Wings - Fried - Buffalo	1070	650	74	18	0	110	3550	29	2	4	71	Contains Egg, Milk, Soy, Wheat.
Jumbo Boneless Wings - Fried - Sweet Chili	1100	470	54	10	0	110	2930	79	2	46	71	Contains Egg, Milk, Soy, Wheat.
Jumbo Boneless Wings - Fried - Spicy BBQ	940	520	60	12	0	110	2150	28	2	4	71	Contains Egg, Milk, Soy, Wheat.
Jumbo Boneless Wings - Grilled - Buffalo - GF	880	480	53	16	0	305	2780	9	2	3	87	Contains Egg, Milk, Soy.
Jumbo Boneless Wings - Grilled - Sweet Chili - GF	910	300	33	7	0	305	2170	60	2	45	87	Contains Egg, Milk.
Jumbo Boneless Wings - Grilled - Spicy BBQ - GF	750	350	39	10	0	305	1390	9	2	3	87	Contains Egg, Milk, Soy.
Cheeseburger Sliders	760	350	39	16	1	115	1940	60	0	16	38	Contains Milk, Soy, Wheat.
Fried Onion Strings	2620	1650	183	25	0	15	6860	213	16	33	25	Contains Egg, Milk, Soy, Wheat.
Spinach & Artichoke Dip - GF	1470	880	98	60	0	190	1900	106	11	5	33	Contains Milk.
Boudin Balls	840	480	53	11	0	50	2600	58	2	4	23	Contains Egg, Milk, Soy, Wheat.
Devils on Horseback	850	130	14	14	0	265	2960	58	2	32	47	Contains Egg, Milk, Shellfish, Soy, Wheat.
Fried Louisiana Alligator	820	440	49	7	0	70	2140	41	3	5	43	Contains Egg, Fish, Milk, Soy, Wheat.
Tuna Tini®	410	170	19	3	0	40	1430	32	5	21	30	Contains Fish, Soy, Wheat.
Cajun Queseaux® - GF	1560	900	100	40	0	130	3260	124	8	11	42	Contains Milk.
Venison Chili Nachos	2650	1390	154	49	0	175	4860	254	20	19	61	Contains Milk.

Gumbos & Soups												
Duck & Andouille Gumbo - Bowl	340	130	15	6	0	60	1500	36	1	9	17	Contains Fish, Milk, Soy, Wheat.
Duck & Andouille Gumbo - Cup	140	60	7	2.5	0	30	730	13	0	2	8	Contains Fish, Milk, Soy, Wheat.
Shrimp & Corn Soup - Bowl	510	240	27	10	0	95	1690	56	3	13	14	Contains Fish, Milk, Shellfish, Soy, Wheat.
Shrimp & Corn Soup - Cup	220	110	13	4.5	0	45	830	23	1	4	7	Contains Fish, Milk, Shellfish, Soy, Wheat.
Venison Chili - Bowl	330	100	11	4	0	45	1560	43	6	15	14	Contains Milk, Soy, Wheat.
Venison Chili - Cup	150	50	6	2.5	0	25	780	17	3	5	8	Contains Milk, Wheat.

Signature Salads (Including Dressing)												
Chicken Berry Pecan Salad - GF	670	400	44	10	0	65	1080	33	7	24	37	Contains Milk, Soy, Tree Nuts.
Crawfish BLT Salad	970	470	53	13	0	130	1990	79	7	32	44	Contains Egg, Milk, Shellfish, Soy, Wheat.
Grilled Chicken Cobb Salad - GF	690	440	49	14	0	185	1460	16	7	6	45	Contains Egg, Milk, Soy.
Seared Ahi Tuna Salad	750	320	36	6	0	40	2060	71	12	31	38	Contains Fish, Soy, Wheat.
Zydeco Salad	1140	620	71	11	0	145	2800	102	9	40	27	Contains Egg, Milk, Shellfish, Soy, Tree Nuts, Wheat.
Blackened Chicken Caesar Salad	690	430	49	16	0	75	2700	27	6	6	39	Contains Egg, Fish, Milk, Soy, Wheat.
Blackened Shrimp Caesar Salad	670	500	56	15	0	85	2530	27	6	6	17	Contains Egg, Fish, Milk, Shellfish, Soy, Wheat.
Blackened Salmon Caesar Salad	790	460	52	18	0	140	2240	27	6	6	52	Contains Egg, Fish, Milk, Soy, Wheat.
Pepper Jelly Shrimp Salad - GF	1210	750	85	24	0	105	3380	87	9	62	24	Contains Milk, Shellfish, Soy, Tree Nuts.

Dressing Choices (2 fl oz)												
Blue Cheese - GF	200	150	16	10	0	40	770	2	2	0	12	Contains Egg, Milk.
Ranch - GF	250	220	24	4.5	0	20	180	4	0	1	1	Contains Egg, Milk.
Chipotle Ranch - GF	240	200	22	4.5	0	15	200	4	0	1	1	Contains Egg, Milk.
Caesar - GF	140	130	14	3	0	10	360	2	0	2	2	Contains Egg, Fish, Milk.
Thousand Island	260	220	25	4	0	20	510	11	0	9	0	Contains Egg.
Honey Mustard - GF	260	200	22	3.5	0	20	270	15	0	13	2	Contains Egg.
Italian - GF	240	230	26	4	0	0	740	4	0	4	0	
Italian Raspberry Vinaigrette - GF	250	200	23	4	0	0	170	9	0	9	0	Contains Tree Nuts.
Vinaigrette spiced with TABASCO® brand Pepper Jelly - GF	290	180	21	3	0	0	390	29	0	24	0	
Maple Cane Vinaigrette - GF	360	350	40	6	0	20	15	3	0	3	0	Contains Egg, Soy.
Balsamic Vinaigrette - GF	160	130	14	2.5	0	0	530	7	0	7	0	Contains Milk.
Asian Sesame Vinaigrette Dressing	240	190	21	4	0	0	480	11	0	9	0	Contains Soy, Wheat.

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Wraps (Fries Not Included)												
California Club Wrap	1170	600	66	18	0	155	2740	79	6	21	63	Contains Egg, Milk, Soy, Wheat.
Ahi Tuna Wrap	840	350	39	8	0	30	1980	87	11	13	36	Contains Fish, Soy, Wheat.
Grilled Shrimp Wrap	870	500	56	17	0	150	4400	67	7	7	26	Contains Egg, Milk, Shellfish, Soy, Wheat.
Grilled Buffalo Chicken Wrap	1110	640	71	27	0	135	3390	60	4	3	54	Contains Egg, Milk, Soy, Wheat.
Spin Chick Wrap	960	400	45	15	0	95	2470	83	4	25	51	Contains Milk, Soy, Wheat.
Cheeseburger Wrap	960	430	47	22	2	180	4250	84	2	24	54	Contains Milk, Soy, Wheat.
Bistreaux Specialties												
Cajundillas®	1080	510	57	26	0	205	3220	66	4	4	72	Contains Milk, Soy, Wheat.
Cajun Ribeye	1700	1090	123	48	0	295	3540	73	11	16	83	Contains Milk, Shellfish, Soy, Wheat.
Grilled Chicken Platter	940	380	43	21	0	170	3020	66	8	16	78	Contains Milk, Soy, Wheat.
Tuscan Chicken	1190	610	71	13	0	110	4650	77	9	19	68	Contains Milk, Soy, Wheat.
Uncle B's Chicken Tender	1400	660	73	10	0	95	2600	121	8	19	65	Contains Egg, Milk, Soy, Wheat.
Blackened Chicken Pasta Alfredeaux	1430	690	78	30	0	150	3050	133	7	15	57	Contains Egg, Milk, Soy, Wheat.
Blackened Shrimp Pasta Alfredeaux	1460	780	89	30	0.5	165	3560	136	8	14	36	Contains Egg, Milk, Shellfish, Soy, Wheat.
Seafood												
Voodoo Shrimp	1120	690	77	35	0	190	2920	84	2	37	24	Contains Milk, Shellfish, Soy, Wheat.
Bayou Pasta	1350	550	61	21	0	295	2470	154	7	16	51	Contains Egg, Milk, Shellfish, Soy, Wheat.
Crawfish Etou-Ways	750	310	35	14	0	145	2420	81	3	10	29	Contains Egg, Milk, Shellfish, Soy, Wheat.
Catfish Atchafalaya - Fried	1240	510	58	19	0	210	4090	118	6	13	62	Contains Egg, Fish, Milk, Shellfish, Soy, Wheat.
Catfish Atchafalaya - Blackened	1300	680	77	19	0	270	4010	86	5	10	66	Contains Egg, Fish, Milk, Shellfish, Soy, Wheat.
Sweet Chili Salmon	970	510	57	18	0	120	2240	68	7	41	48	Contains Fish, Milk, Soy, Wheat.
Mardi Gras Mahi	1370	760	86	34	0	405	3020	83	5	12	68	Contains Egg, Fish, Milk, Shellfish, Soy, Wheat.
Fried Jumbo Gulf Shrimp Platter	1660	680	78	11	0	235	4440	194	10	45	48	Contains Egg, Milk, Shellfish, Soy, Wheat.
Fried Catfish Platter	2080	860	98	15	0	120	5480	226	13	47	74	Contains Egg, Fish, Milk, Soy, Wheat.
Fried Oyster Platter	1710	700	79	11	0	80	4200	218	12	46	30	Contains Egg, Milk, Shellfish, Soy, Wheat.
Louisiana Combo Platter - Catfish and Oyster	2040	870	98	18	0	150	5470	233	13	48	57	Contains Egg, Fish, Milk, Shellfish, Soy, Wheat.
Louisiana Combo Platter - Shrimp and Catfish	2020	860	97	18	0	225	5590	221	13	47	66	Contains Egg, Fish, Milk, Shellfish, Soy, Wheat.
Louisiana Combo Platter - Shrimp and Oyster	1830	780	88	16	0	210	4960	217	12	46	44	Contains Egg, Milk, Shellfish, Soy, Wheat.
PoBoys (Fries Not Included)												
Boom Boom Shrimp Poboy	1560	960	107	24	0	150	2710	109	5	10	35	Contains Egg, Milk, Shellfish, Soy, Wheat.
Fried Catfish Poboy	1330	730	83	20	0	60	2280	100	6	8	45	Contains Egg, Fish, Milk, Soy, Wheat.
Fried Crawfish Poboy	1310	680	76	19	0	105	1640	110	6	7	44	Contains Egg, Milk, Shellfish, Soy, Wheat.
Fried Gator Poboy	1420	740	83	20	0	70	2300	107	6	7	56	Contains Egg, Fish, Milk, Soy, Wheat.
Fried Oyster Poboy	1300	720	82	20	0	60	2110	109	7	8	29	Contains Egg, Milk, Shellfish, Soy, Wheat.
Fried Shrimp Poboy	1250	700	79	20	0	135	2310	100	5	6	35	Contains Egg, Milk, Shellfish, Soy, Wheat.
Sandwiches (Fries Not Included)												
Warm Turkey & Swiss Sandwich	1210	530	59	21	0	165	3590	99	5	41	72	Contains Egg, Milk, Soy, Wheat.
Grilled Chicken Avocado	1000	390	44	14	0	100	1660	95	5	37	60	Contains Egg, Milk, Soy, Wheat.
Black Jack Chicken Sandwich	1370	680	78	28	0	135	4510	99	5	36	68	Contains Egg, Milk, Soy, Wheat.
Buffalo Chicken Sandwich	1510	820	94	27	0	110	3110	104	3	32	63	Contains Egg, Milk, Soy, Wheat.
Grown Up Grilled Cheese Sandwich	1220	640	71	32	0	105	2150	105	5	48	43	Contains Milk, Soy, Wheat.
Pulled Pork Sandwich	690	300	34	9	0	100	2540	69	7	27	35	Contains Egg, Milk, Soy, Wheat.
Blackened Mahi Mahi Sandwich	880	260	30	7	0	190	2440	95	5	32	55	Contains Egg, Fish, Milk, Soy, Wheat.
Ribeye Poboy	1750	1090	123	40	0	190	2680	81	5	8	78	Contains Egg, Milk, Soy, Wheat.
Burgers (Fries Not Included)												
Classic Burger	1020	470	53	16	2	135	2900	89	3	32	44	Contains Egg, Milk, Soy, Wheat.
Surf & Turf Burger	1080	610	69	28	2	300	5230	50	5	12	65	Contains Egg, Milk, Shellfish, Soy, Wheat.
Hickory Burger	1610	830	92	32	2	215	4520	125	5	49	66	Contains Egg, Milk, Soy, Wheat.
Stuffed Burger	1340	690	78	28	2	200	3310	92	3	34	62	Contains Egg, Milk, Soy, Wheat.
The Hangover Burger	1450	750	84	28	2	370	3740	105	4	35	64	Contains Egg, Milk, Soy, Wheat.
Bacon Double Cheese Burger	1380	850	94	36	2	270	5810	54	3	21	75	Contains Egg, Milk, Soy, Wheat.
Patty Melt	1660	950	106	39	2	225	5300	106	4	47	73	Contains Egg, Milk, Soy, Wheat.
Shroom and Swiss Burger	1240	620	70	25	2	165	3780	92	3	35	59	Contains Egg, Milk, Soy, Wheat.
Jalapeno Jack Burger	1540	860	97	32	2	185	4600	110	5	35	55	Contains Egg, Milk, Soy, Wheat.
Smoked Gouda Turkey Burger	1190	600	67	21	0	140	2700	91	3	34	52	Contains Egg, Milk, Soy, Wheat.
Veggie Burger	600	240	27	7	0	5	1100	71	13	14	25	Contains Egg, Milk, Soy, Wheat.

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Sides												
Sweet Corn Grits	330	200	22	14	0	80	360	30	1	2	3	Contains Milk, Soy, Wheat.
Waffle Fries	480	200	23	2.5	0	0	1160	64	6	3	5	
Sweet Potato Fries	1100	450	52	11	0	0	550	157	0	72	5	Contains Milk, Soy.
Stuffed Potato - GF	420	230	25	15	0	60	870	32	2	2	15	Contains Milk, Soy.
Crawfish Etouffee	180	100	11	5	0	50	690	16	1	2	6	Contains Milk, Shellfish, Soy, Wheat.
Side Salad (without dressing)	100	45	5	3	0	15	180	8	2	2	6	Contains Milk, Soy, Wheat.
Side Caesar Salad (with dressing)	190	140	16	7	0	10	430	8	2	3	4	Contains Egg, Fish, Milk, Soy, Wheat.
Red Beans	170	60	6	1.5	0	10	910	22	0	3	9	Contains Milk, Soy, Wheat.
Seasonal Fruit - GF	100	5	0	0	0	0	0	25	4	19	1	
Green Beans - GF	110	50	6	2.5	0	0	830	13	5	6	3	Contains Milk, Soy.
Broccoli - GF	120	70	8	5	0	0	95	10	3	2	3	Contains Milk, Soy.
Cajun Queseaux®	200	150	16	11	0	40	890	4	0	3	10	Contains Milk.
Desserts												
Krispy Kreme® Bread Pudding	990	400	45	21	0	130	370	133	3	88	16	Contains Egg, Milk, Soy, Wheat.
Warm Cookie Sundae - Macadamia Nut	1100	550	61	34	0	160	85	126	3	89	12	Contains Egg, Milk, Soy, Tree Nuts, Wheat.
Warm Cookie Sundae - Chocolate Chip	1120	520	58	34	0	115	680	147	3	96	10	Contains Egg, Milk, Soy, Wheat.
Butter Pecan Pie	740	300	33	12	1.5	100	490	104	2	76	9	Contains Egg, Milk, Soy, Tree Nuts, Wheat.
Dessert Additions												
Vanilla Ice Cream Scoop	270	160	18	12	0	100	85	23	0	22	3	Contains Egg, Milk.
Specialty Drinks												
Top Shelf Margarita	270	0	0	0	0	0	2880	37	0	34	0	
Red Dragon	180	0	0	0	0	0	10	16	1	9	0	
Blueberry Coconut Mojito	200	0	0	0	0	0	0	35	0	22	0	
Moonshine Swirl - Peach	330	0	0	0	0	0	35	75	0	69	0	
Moonshine Swirl - Strawberry	320	0	0	0	0	0	35	75	0	69	0	
Bench Warmer	210	0	0	0	0	0	40	22	0	21	0	
Walk-On's Bloody Mary	240	25	3	0	0	0	3690	20	0	12	1	
Death Valley	760	0	0	0	0	0	0	70	1	67	1	
Strapless Bikini	210	0	0	0	0	0	50	35	1	20	0	
Absolut Mule	190	0	0	0	0	0	0	13	0	12	0	
Wine List												
Clos Du Bois Chardonnay	160	0	0	0	0	0	0	8	0	5	0	
Kendall-Jackson Chardonnay	170	0	0	0	0	0	0	3	0	0	0	
Ruffino Pinot Grigio	140	0	0	0	0	0	0	6	0	7	0	
Blackstone Merlot	160	0	0	0	0	0	0	6	0	6	0	
La Crema Pinot Noir	160	0	0	0	0	0	0	4	0	6	0	
Mark West Pinot Noir	160	0	0	0	0	0	0	6	0	6	0	
Coppola Cabernet	160	0	0	0	0	0	0	6	0	1	0	
Robert Mondavi Cabernet	160	0	0	0	0	0	0	6	0	3	0	
Beverages												
Coca Cola with Ice	90	0	0	0	0	0	0	25	0	25	0	
Coke Zero with Ice	0	0	0	0	0	0	0	0	0	0	0	
Diet Coke with Ice	0	0	0	0	0	0	10	0	0	0	0	
Dr. Pepper with Ice	140	0	0	0	0	0	45	37	0	37	0	
Sprite with Ice	90	0	0	0	0	0	20	24	0	24	0	
Community Sweetened Tea with Ice	130	0	0	0	0	0	0	33	0	33	0	
Community Unsweetened Tea with Ice	0	0	0	0	0	0	0	0	0	0	0	
Red Bull Original	110	0	0	0	0	0	105	28	0	27	1	
Red Bull Sugar Free	5	0	0	0	0	0	105	3	0	0	1	
Red Bull Yellow	110	0	0	0	0	0	140	29	0	28	1	
Red Bull Orange	110	0	0	0	0	0	70	28	0	27	0	

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Kid's Menu												
Bite Size Shrimp	330	160	19	3	0	115	770	22	1	0	19	Contains Egg, Shellfish, Wheat.
Crispy Chicken Bites	150	70	8	1.5	0	20	20	6	0	0	15	Contains Egg, Wheat.
Grilled Cheese	740	360	40	15	0	25	840	85	3	33	13	Contains Milk, Soy, Wheat.
Cheeseburger	450	250	28	11	1	90	1300	18	0	4	27	Contains Milk, Soy, Wheat.
Crispy Catfish	440	200	23	4	0	50	1420	27	2	2	31	Contains Egg, Fish, Milk, Soy, Wheat.
Grilled Chicken - GF	150	35	3.5	1.5	0	55	590	0	0	0	29	Contains Soy.
Quesadilla	680	350	38	21	0	120	1360	47	2	0	36	Contains Milk, Wheat.
Pasta Alfredo	510	250	28	12	0	45	820	56	3	4	13	Contains Egg, Milk, Soy, Wheat.
Pasta Marinara	380	80	9	1	0	0	640	66	5	15	11	Contains Egg, Wheat.
Kid's Menu Sides												
Waffle Fries	240	100	11	1	0	0	580	32	3	1	2	
Apple Slices - GF	10	0	0	0	0	0	0	3	1	2	0	
Broccoli - GF	110	60	7	3	0	0	80	9	3	1	3	Contains Milk, Soy.
Garlic Bread	60	20	2	0.5	0	0	70	10	0	3	1	Contains Milk, Soy, Wheat.
Kid's Menu Desserts												
Strawberry and Cream - GF	80	40	4.5	4	0	0	0	12	2	9	1	Contains Milk.
Ice Cream Sundae - GF	380	200	23	16	0	100	85	42	1	39	4	Contains Egg, Milk.
Seasonal Fruit - GF	100	5	0	0	0	0	0	25	4	19	1	
Kid's Beverages												
Coca Cola with Ice	50	0	0	0	0	0	0	15	0	15	0	
Coke Zero with Ice	0	0	0	0	0	0	0	0	0	0	0	
Diet Coke with Ice	0	0	0	0	0	0	5	0	0	0	0	
Dr. Pepper with Ice	80	0	0	0	0	0	30	22	0	22	0	
Lemonade with Ice	80	0	0	0	0	0	35	21	0	21	0	
Pink Lemonade with Ice	80	0	0	0	0	0	35	22	0	20	0	
Root Beer with Ice	80	0	0	0	0	0	20	23	0	23	0	
Sprite with Ice	50	0	0	0	0	0	10	14	0	14	0	
Community Sweetened Tea with Ice	80	0	0	0	0	0	0	20	0	20	0	
Community Unsweetened Tea with Ice	0	0	0	0	0	0	0	0	0	0	0	

Please be aware that during normal kitchen operations involving shared cooking and preparation areas, including common fryer oil, the possibility exists for food items to come in contact with other food products. We recommend that our guests with food allergies or special dietary needs consult with a restaurant manager prior to placing an order.

GF - Gluten Free