

MANDEVILLE LOCATION
500 Girod St. / Mandeville, LA

COVINGTON LOCATION
482 Myrtle Dr. / Covington, LA

APPETIZERS

CRAB CAKES
(2) homemade lump crab cakes, golden-fried, and served with our Remoulade on the side. 13.99

CHEESE FRIES
Fries topped with crisp bacon, melted cheddar, and a side of Ranch. 9.99

BUFFALO SHRIMP
Golden-fried Gulf shrimp tossed in our authentic, homemade Buffalo sauce, served with a side of Ranch dressing. 12.99

FRIED CHEESE
Battered Provolone sticks, with a side of marinara and Ranch. 9.99

FRIED GREEN TOMATO
with Remoulade sauce. 9.99

BOWL OF SEAFOOD GUMBO 8.99

FRIED PICKLES
served with Ranch. 8.99

FRIED MUSHROOMS
served with Ranch. 9.99

FRIED JALAPENOS
served with Ranch. 8.99

FRIED EGGPLANT SPEARS
served with marinara & Ranch. 9.99


FRIED ONION RINGS or STRINGS
served with Pelican sauce. 9.99

FRIED ARTICHOKE HEARTS
served with Ranch. 11.99

FRESH SALADS


Salads made with fresh Romaine, grape tomatoes, red onion, shredded cheddar, and croutons.

ADD-ONS FOR YOUR SALAD:
CHICKEN (grilled, blackened or fried) 5.99
SHRIMP (fried) 5.99 (grilled) 6.99
GRILLED HAMBURGER PATTY 5.99

OUR DRESSINGS:
Homemade Ranch | Vinaigrette  | Caesar
Honey Mustard | Fat-Free Tomato Vinaigrette
Jalapeno Ranch | Remoulade | Bleu Cheese

CHEF SALAD
Our House salad topped with ham, turkey & boiled egg. 15.99

BUFFALO
Topped with fried chicken tenders tossed in our authentic, homemade Buffalo sauce. 14.99
Sub shrimp for 2.29 more

MAHI MAHI 
Topped with grilled, blackened, or fried Mahi Mahi. 15.99 (Eat Fit served grilled, no croutons.)

GRILLED SHRIMP & AVOCADO 
Topped with fresh grilled Gulf shrimp and slices of ripe avocado. 14.99

A LA CARTE

SWEET POTATO FRIES 6.99
POTATO SALAD 4.59

CRAB CAKE
Add a Crab Cake to anything!! Served with a side of Remoulade. 7.99
SIDE SALAD 4.59
FRENCH FRIES 4.59

GUMBO

GUMBO & HALF POBOY
Bowl of seafood gumbo & choice of half poboys:
• Shrimp | Catfish | Hot Sausage
Ham & Swiss | Roast Beef 13.99
• Holland Special | Old Mandy Dandy | Oyster 15.99

SEAFOOD GUMBO 8.99
Add a side of Potato Salad for 2.99 extra.

BASKETS

All baskets served with French Fries.
Substitute Sweet Potato fries or Potato Salad for 1.19 extra.

FRIED FISH
Golden fried fish fillets, served with a side of tartar sauce 13.49

SHRIMP
Fried Louisiana Gulf shrimp served with a side of Remoulade & cocktail sauce. 14.99

CRAB CAKE
Two of our handmade all lump crab cakes with Remoulade Sauce. 16.99

OYSTER
Fried Louisiana Gulf oysters Served with cocktail sauce. 19.99

SURF AND CHIRP
Fried chicken tenders and Gulf shrimp, served with a side of our Pelican and Remoulade sauces. 13.99

SOFT-SHELL CRAB
Fried soft-shell crab, serve with Remoulade sauce. 19.99

MONROE STREET MEDLEY
Tasty combo of golden fried fish and Gulf shrimp, seerved with a side of tartar & cocktail sauce. 13.99

SEAFOOD PLATTER
Our best combination of local seafood favorites, including fried shrimp, fish, oysters, crawfish & a homemade crab cake. 27.99
add a soft-shell crab. 8.99

YARD BIRD
More cluck for your buck! Golden fried chicken tenders, served with a side of our Pelican sauce. 11.99

LAKESHORE TOUR
One homemade, fried lump crab cake & golden fried Gulf shrimp, served with a side of Remoulade sauce. 15.99

BEVERAGES

FOUNTAIN DRINKS 2.99

ICED TEA (sweet or unsweet) 2.99

BOTTLED ROOT BEER (Abita or Barq's) 2.99

BOTTLED WATER 2.99

COLD BEER Draft and Bottled beer available!

WINE Available by the glass or bottle.

BURGERS

Our 1/2 lb burgers are hand-pattied from fresh ground chuck, cooked to your specifications, placed on a bun with lettuce, tomato, and mayo, and served with French fries. To customize your order, see our **ADD-ONS**.

PELICAN BURGER

Our signature burger comes dressed, but it's ready to be customized any way you like! 11.99

SHROOM & SWISS BURGER

Our signature burger topped with sauteed mushrooms & melted Swiss. 13.99

BACON CHEDDAR BURGER

American classic topped with crispy bacon and melted Cheddar. 13.99

THE SHACK BURGER

Zesty BBQ sauce is paired with crisp bacon and melted Cheddar. 13.99

5TH BEACH BURGER

BBQ sauce topped with crisp bacon, melted Pepper Jack, and grilled onions. 13.99

GIROD STREET BURGER

BBQ sauce, melted Pepper Jack, and two crispy onion rings. 13.99

PONTCHARTRAIN PICKLE BURGER

Melted Cheddar topped with fried pickles, and a side of Ranch dressing. 13.99

HOTSY TOTSY BURGER

BBQ sauce topped with melted Pepper Jack, and fried jalapeno slices. 13.99

HIJACKED BURGER

Crisp bacon paired with Cheddar, Pepper Jack, fried Pepper Jack, and all tied together with Chipotle mayo. 14.99

TURKEY BURGER

Our fresh ground turkey patty comes dressed, but can be customized any way you like! 13.99

SOUTHERN COMFORT BURGER

Topped with Pimento cheese & fried green tomato. 14.99

DEBRIS BURGER

Signature burger topped with fresh roast beef debris & melted Swiss. 14.99

SPECIAL BURGER

Burger & a hot sausage patty topped with BOTH fried and melted American cheese. 14.99

ADD ONS

Sub Bread

1.99
Wheat Bun | French Bread | Jalapeno Cheese Bun

Cheese

1.49
American | Cheddar | Pepper Jack
Swiss | Bleu | Pimento

Fried Pickles

2.99

Fried Jalapenos

2.99

Onion Rings

2.99

Onion Strings

2.99

Extra Patty

6.99

Fried Green Tomatoes

2.29

Bacon

1.99

Grilled Onion

1.99

Mushrooms

1.99

Avocado

2.49

SPECIALTY ITEMS & SANDWICHES

All sandwiches dressed with lettuce, tomato, mayo, and served with French fries. Want to CUSTOMIZE your order? See our **ADD-ONS!**

MAHI GRAS

Grilled Mahi fillet topped with thin-cut, fried onion ring & Remoulade sauce on a jalapeno Cheddar bun. 15.99

FIRECRACKER SANDWICH

Fried Buffalo shrimp topped with crisp bacon, Pepper Jack, fried jalapeno slices, and Ranch. 13.99

TURKEY AVOCADO SANDWICH

Sliced turkey, bacon, & Swiss on a jalapeno Cheddar bun. 13.99

FILET SANDWICH

Filet steak served on French, topped with sauteed mushrooms, onions & choice of cheese. 18.99

OLD MANDY DANDY

Our homemade lump crab cakes with Remoulade on French bread. 16.99

HOLLAND SPECIAL

Fried shrimp, bacon, melted Swiss, & Remoulade on French bread. 15.99

DOUBLE-DECKER BLT

Crisp bacon, lettuce, tomato & mayo between three slices of Texas toast. 11.99

MAHI SANDWICH



Fresh Mahi fillet (grilled, blackened, or fried) on a fresh bun. Try adding a little of our Remoulade sauce! 14.99 (Eat Fit served grilled with whole wheat bun and side salad.)

CLUB SANDWICH

Sliced ham, turkey and bacon with lettuce, tomato & mayo between three slices of Texas toast. 14.99

CHICKEN SANDWICHES

All sandwiches dressed with lettuce, tomato, mayo, and served with French fries.

JIVE BIRD

"Dyno-mite" fried chicken tossed in authentic, homemade Buffalo sauce, served with a side of Ranch. 13.99

BRICKHOUSE CHICKEN

Blackened chicken breast, BBQ sauce, bacon & melted Pepper Jack. Served with a side of honey mustard. 14.99

CHICKEN PARMESAN

Fried chicken served on French with marinara sauce & Provolone. 14.99

CORNER PACK

Fried chicken topped with ham, melted Swiss, and drizzled with honey. 14.99

RUSTY BIRD



Grilled, blackened, or fried... just let us know how you want it! 13.99 (Eat Fit served grilled with whole wheat bun and side salad.)

TACOS

Tacos served with French fries. Add avocado to your tacos for 2.49 extra.

FISH TACOS

(3) Soft tacos stuffed with grilled Mahi, shredded cabbage, pico de gallo, and spicy Baja sauce. 14.99

SHRIMP TACOS

(3) Soft tacos stuffed with grilled shrimp, shredded cabbage, pico de gallo, and spicy Baja sauce. 14.99

CHICKEN TACOS

(3) Soft tacos stuffed with grilled (or fried) chicken, shredded lettuce, pico de gallo, and spicy Baja sauce. 14.99

DEPENDENTS

(Kids 12 & Under) Served with French Fries.

Jr. Pelican Burger

6.99 Add Cheese 1.19

Chicken Tenders

6.99

Chicken Tenders Sandwich

6.99

Fried Shrimp

7.99

Fish Strips

6.99

Grilled Cheese

5.99

Mac & Cheese

5.99

Thoroughly cooking foods of animal origin such as beef, eggs, fish, lamb, pork, poultry, or shellfish reduces the risk of foodborne illness. Individuals with certain health conditions may be at higher risk if these foods are consumed raw or undercooked. Consult your physician or public health office for further information.



Eat Fit Northshore items meet nutritional criteria designated by Ochsner Health System in partnership with St. Tammany Parish Hospital. Visit EatFitNorthshore.com + download Eat Fit app for full nutrition facts.