

# LA LOU

## Start It Up

- BISCUIT PLATTER** blackberries, butter, honey (2) 6 (4) 8 (6) 10.5 (8) 13
- PIMENTO CHEESE BISCUITS** prosciutto, jam (2) 7 (4) 9 (6) 11.5 (8) 14
- SMOTHERED BRIE** green apple, pecans, raisins, Gran Marnier butter sauce, French bread 16
- BREAKFAST NACHOS** eggs, chorizo, green chilis, tomato, avocado, green onion, jalapeños, jack and cheddar, corn tortilla chips 14.5
- BOUDIN BALLS** Creole mustard sauce (2) 6 (4) 10 (6) 14.5
- LUMP CRAB AND AVOCADO** 6 oz lump crab, avocado, seasoned lemon juice, cucumber, tomato, crustini mkt
- SPINACH AND ARTICHOKE DIP** 13
- WAFFLE BITES** syrup, powdered sugar, homemade whipped cream 10.5
- CINNA BITES** cinnamon batter, cinnamon sugar, syrup, powdered sugar, homemade whipped cream 10.5
- BERRY BITES** sugared black, blue, and straw, powdered sugar, homemade whipped cream 12
- FRESH FRUIT** green apple, orange, melon, grapes, strawberries sm 8 lg 10

## Omelettes

3 eggs, potatoes or grits and English muffin  
Egg whites add 2

- MANDEVILLE** blue crab claw meat, compound butter, cream cheese, jack and green onion 16.5
- "THE LAKE"** crawfish, shrimp, ham, mushrooms, jack and cheddar 18.5
- NEW ORLEANS** Andouille, crawfish, red peppers, Choron hollandaise 18.5
- FOLSOM** chorizo, avocado, green chilis, onion, jack and cheddar, side of salsa and sour cream 16.5
- MADISONVILLE** spinach, mushroom, tomato, swiss 15.5
- COVINGTON** bacon, sausage, mushroom, onion, jack and cheddar 16
- HAMMOND** bacon, avocado, jack 16
- ABITA SPRINGS** ham, green pepper, onion, jack and cheddar 15.5
- MANCHAC** shrimp, tomato, mushroom, onion, spinach sauce, jack 18
- TCHEFUNCTE** mushroom, spinach, red pepper, garlic, feta 14
- BACON** jack and cheddar 12
- HAM** jack and cheddar 12
- SAUSAGE** jack and cheddar 12
- CHEESE** jack and cheddar 11

## LaLou Specialties

Add small salad 3.5

- CRAB CAKE NAPOLEON** blue crab cake, grit cake, Andouille, shrimp cream sauce, mushroom, spinach, red bell peppers, Parmesan crustini 21
- DR. KELLER'S GRITS AND GRILLADES** breaded veal, savory veal and vegetable reduction, grits, biscuit 19
- LALOU SHRIMP AND GRITS** wild caught Louisiana shrimp, veal and vegetable reduction, biscuit 18.5
- ITALIAN COUNTRYSIDE** two sunny up eggs, ham, asparagus, artichoke heart, tomato, green onion, Parmesan cheese, lemon butter reduction 16
- CHICKEN AND WAFFLE** GRILLED chicken breast, honey jalapeno glaze, malted waffle, Steen's cane syrup, bacon, butter, jalapeno, powdered sugar 17.5
- REDFISH GRILL** grilled redfish, toasted garlic French bread; Andouille, crawfish, shrimp, seasoned Alfredo sauce, red bells, Parmesan cheese, side steamed veggies, choice of salad 24
- BREAKFAST QUINOA** two sunny up eggs, pineapple infused quinoa, broccoli, mushroom, tomato, jack and cheddar 16
- CHICKEN OR SALMON QUINOA** grilled chicken breast or salmon, pineapple infused quinoa, spinach, cranberries, walnuts, grilled pineapple 18/22
- LALOU POTATOES** select 3 ingredients, jack and cheddar, English muffin 13.5  
add two eggs 3

Bacon	Asparagus	Broccoli
Green Peppers	Spinach	Ham
Mushrooms	Chicken	Green Chilis
Sausage	Tomato	Onion

## Scrambles

3 eggs, potatoes or grits

- MONROE ST.** chorizo, tomato, green chilis, onion, jack and cheddar, flour tortilla, side salsa and guacamole 16.5
- LAKESHORE DR.** ham, bacon, mushroom, onion, jack and cheddar, English muffin, side sour cream 16.5
- CASTINE** ham, asparagus, mushroom, Andouille hollandaise, smothered croissant 17
- GERARD ST.** bacon, spinach, onion, jack cheese, English muffin 16.5
- LAMARQUE ST.** ham, green bell pepper, tomato, onion, jack and cheddar, English muffin 16.5

## Southern Breakfasts

- SIMPLE BREAKFAST** two eggs, bacon or sausage, potatoes or grits, and English muffin 10.5
- BISCUIT AND SAUSAGE GRAVY** two eggs, sausage patty, potatoes or grits 11.5
- THE YOGI** blueberries, strawberries, banana, granola, strawberry and vanilla yogurt, gourmet muffin 12

## Benedicts

Potatoes or grits

- CLASSIC BENEDICT** ham, poached eggs, English muffin, creamy hollandaise, green onion 16
- EGGS SARDOU** artichoke bottoms, sautéed spinach, poached eggs, English muffin, creamy spinach sauce, creamy hollandaise 17.5
- REDFISH BENEDICT** grilled redfish, poached eggs, toasted French bread, Andouille hollandaise, red bell pepper, green onion 23
- BLUE CRAB BENEDICT** crab cakes, poached eggs, English muffin, Andouille hollandaise, red bell peppers, green onion 20
- TAMALE BENEDICT** pork tamales, poached eggs, chorizo, green chilis, tomato, onion, Choron hollandaise, red bell pepper, green onion 18.5
- BOUDIN BENEDICT** fried boudin balls, toasted French bread, poached eggs, creole mustard Andouille hollandaise 17
- MARIGNY BENEDICT** grilled eggplant, grilled tomato, poached eggs, English muffin, creamy hollandaise, bacon crunch, green onion 17
- SOFT SHELL BENEDICT** panned soft shell, toasted French bread, poached eggs, Andouille hollandaise, red bell peppers, green onion *seasonal* mkt

## Sweet Treats

Add two eggs, bacon or sausage 5.5

- LALOU WAFFLE OR FRENCH TOAST** brown sugar sauce, banana, pecans, powdered sugar, homemade whipped cream 14.5
- PANCAKES** three sweet cream buttermilk 10.5 add fruit, nuts or chocolate chips 2.5
- BACON CAKES** three cakes, syrup, five thick cut bacon 16
- BRIOCHE STUFF** brioche French toasted, house made pastry cream, strawberries, blueberries, powdered sugar, homemade whipped cream 17
- BLUEBERRY GOAT CHEESE** buttermilk pancakes, sweetened goat cheese, sugared blueberries, powdered sugar, homemade whipped cream 14.5
- LEMON RICOTTA** Ricotta batter pancakes, lemon curd, butter, honey, powdered sugar, homemade whipped cream 14.5
- SWEET POTATO PANCAKES** cinnamon pecans, powdered sugar, homemade whipped cream 14.5
- PAIN PURDU** sourdough, cinnamon egg batter, powdered sugar 10
- BELGIAN WAFFLE** powdered sugar 9 add fruit, nuts or chocolate chips 2.5
- PEANUT BUTTER BANANA WAFFLE** 12
- BERRY QUINOA** pineapple infused quinoa; straw, blue and blackberries, cinnamon pecans 13
- Fresh strawberries, sugared strawberries  
sugared blueberries, sugared blackberries  
Pecans or walnuts

**ALL SHRIMP AND CRAWFISH ARE  
LOCALLY SOURCED AND DOMESTIC PURCHASED.**

# LA LOU

## Lunch

- SIMPLE REDFISH OR SALMON** salad, veggies 20  
**REDFISH PONTCHARTRAIN** grilled redfish, lump crab, mushrooms, green onions, salad, veggies 24  
**CRAB CAKE AND SHRIMP ALFREDO** grilled crab cake, sautéed wild caught shrimp, seasoned house made Alfredo, green onion, red bell peppers, Parmesan cheese, penne pasta, biscuit 20  
**JAMBALAYA PASTA** Andouille sausage, shrimp, chicken, red and green bells, homemade tomato Alfredo sauce, Parmesan cheese, penne pasta, biscuit 20  
**CHICKEN DUO BREASTS** two grilled breasts, salad, veggies 17  
**CHICKEN CLUB** two grilled breasts, bacon, ham, jack cheese, salad, veggies 19  
**CHICKEN OR REDFISH ALFREDO** penne pasta, biscuit 18/23  
**VEAL PARM PASTA** penne pasta, homemade tomato Alfredo, jack cheese, biscuit 20

## Sammiches & Burgers

Whole grain wheat, sourdough, white, marbled rye, croissant, French. Pickle and choice of potatoes or daily salad

Add an over medium egg 2

**"COTTON CLUB"** grilled turkey, ham, bacon, avocado, lettuce, tomato, over medium egg (optional), jack and cheddar cheese 15.5

**CHICKEN SALAD** house made with cranberries, celery, pecans, lettuce, tomato 14

**"TRAWLED SHRIMP"** sautéed shrimp, onion, tomato, mushrooms, avocado, jack cheese, French bread 17

**THE TURK** grilled turkey, bacon, jack cheese, tomato, avocado 14.5

**CHICKEN GRILL** chicken breast, bacon, swiss, tomato, lettuce 14

**BLT** bacon, swiss, avocado, tomato, lettuce 13

**PIMENTO CHEESE** Prosciutto, grilled sourdough 10

**AUGUST BURGER** 8 oz fresh ground patty, cheddar cheese, tomato, lettuce, Brioche bun 13

**AVOCADO BACON BURGER** 8oz fresh ground patty, jack cheese, tomato, lettuce, Brioche bun 14

**SWISS MUSHROOM BURGER** 8oz fresh ground patty, tomato, lettuce, Brioche bun 14

**BACON EGG BURGER** 8oz fresh ground patty, over medium egg, cheddar cheese, tomato, lettuce, Brioche bun 14

**BLEU'S BURGER** 8oz fresh ground patty, Bleu crumbles, tomato, lettuce, Brioche bun 14

**VEGGIE BURGER** two black bean and corn patties, tomato, avocado, Brioche bun 13

## Add Ons

- BACON, SAUSAGE, OR HAM** 4.5  
**ANDOUILLE, CHORIZO OR CHICKEN** 6  
**BISCUIT AND GRAVY** 5  
**SAUSAGE GRAVY** 3  
**GOURMET MUFFIN** blueberry, double chocolate, lemon poppy, chocolate cappuccino, orange cranberry 4.5  
**GRITS** 2.5  
**CHEESE GRITS OR BLACKBERRY GRITS** 3.5  
**LALOU GRITS** bacon, jack and cheddar cheese, green onion 4.5  
**FRESH OR GRILLED TOMATOES** 4  
**COUNTRY POTATOES** 4  
**VEGGIES** broccoli, zucchini, squash, carrots 5.5  
**ONE EGG** 2.5  
**TWO EGGS** 3.5  
**SCRAMBLED WHITES** 4.5  
**BISCUIT OR TOAST** whole grain wheat, white, sourdough, rye, croissant, English muffin 3  
**SHORT STACK** 4 petite cakes (add-on to entree only) 5  
**STRAWBERRY OR VANILLA YOGURT** 2.5

## Beverage Bar

Community Coffee 4

Fresh squeezed orange juice 4

Orange juice (request no pulp), cranberry, grapefruit, pineapple, apple 3.5

Whole milk 4.5

Chocolate milk 4.5

Tazo herbal hot tea 3.5

Iced tea, Raspberry tea 3.5

Coke, Diet Coke, Sprite, Dr. Pepper, Barq's root beer, Minute Maid light lemonade 3.5

Check out our adult libation menu for our alcoholic beverage selection

## Fresh Greens

- HOUSE OR CAESAR** 9  
add Shrimp 9    add chicken 5    add fish 9  
**CHICKEN SALAD** house made with cranberries, celery, pecans, tomato, avocado 14  
**LUMP CRAB AND AVOCADO** seasoned lemon juice, tomato, cucumber, lemon vinaigrette mkt  
**SALMON** mushrooms, tomato, cucumber 20  
**COBB** chicken, bacon, cucumbers, egg, tomato, avocado, Bleu cheese crumbles, Bleu cheese dressing 18  
**SUNRISE SHRIMP** sautéed garlic butter shrimp, mandarin oranges, goat cheese, red onion, tomato, lemon vinaigrette 19  
**STRAWBERRY BACON SPINACH**, bacon, egg, walnuts, jack cheese, balsamic vinaigrette 15  
**WEDGE** iceberg, bacon, Bleu cheese crumbles, tomato, fig reduction, Bleu cheese 12  
**CHEF** turkey, ham, bacon, avocado, tomato, jack and cheddar cheese 17  
Dressings Bleu cheese, Buttermilk Ranch, Caesar, Lemon Vinaigrette, Creole Mustard Vinaigrette, Balsamic Vinaigrette

## Kids Corner

12 and under please. Add \$2 for adult order

**A BIT OF EVERYTHING** scrambled egg, bacon or sausage, potatoes, biscuit 6

**PETIT PANCAKES** scrambled egg or bacon or sausage 6

**YUMMY FRENCH TOAST** scrambled egg or bacon or sausage 6

**KID BURRITO** eggs, bacon, cheese, flour tortilla 6

**GRILL CHEESE SAMMICH** jack and cheddar, white bread 5

**LALOU MAC AND CHEESE** penne, cheesy cream sauce 6

**Ochsner Eat Fit**

Menu available by request



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## About LaLou

LaLou is a double helping of Louisiana's incredible food, drink and hospitality mixed with our state's unique culture and festive attitude towards life! Our chefs like to think that we have doubled that recipe, then reduced it down to intensify the experience right here at our Old Mandeville restaurant. Mark, Liam, Francis, Elisabeth, and August have been honored to open our doors to all our neighbors and visitors since 2003. We welcome you to LaLou daily, **Sunday through Saturday from 7:30am to 2:00pm.** There's a fresh cup of Community coffee waiting for you!

LaLou offers reservations on weekdays and Call Ahead (call one hour prior to arrival time) seating on holidays and weekends by phone only 985-231-7125. The outside dining area is available, offering very relaxed service on a first come bases and cannot be reserved. Pets are welcome outside when in compliance with all city pet ordinances. LaLou is available for special events, after hour events, luncheons, meetings, and off premise catering providing customized menus and pricing. LaLou reserves the right to add an 18% gratuity to any card charge when the merchant copy is taken.