

Chef Meg's Classic Creole Luncheon

Commander's Turtle Soup

Rich veal stock simmered slowly for 72 hours with minced snapping turtle, holy trinity & pressed hen's eggs ~Finished tableside with aged sherry

Café Pierre Lacquered Texas Quail

Charred chili smoked boudin stuffed quail over tangy bacon and apple cider braised cabbage with rustic roots, Crystal hot sauce pulp and sticky Grand Marnier & Cognac jus

Creole Bread Pudding Soufflé

~ The Queen of Creole Desserts ~
Finished tableside with whiskey cream sauce
42.00

Today's 2 Course Lunch Specials

Price of entrée is inclusive of your choice of soup or salad.

Smoked Salmon Nicoise Salad

Chilled Arctic salmon over tender winter greens, pickled beans, tiny tomatoes, spicy olive salad, deviled eggs, crispy capers and marinated artichokes with Tabasco spiked lemon vinaigrette
22.00

Parade Route Po-Boy

Crispy Gulf shrimp doused in sticky hot sauce with housemade tasso, sweet onions, pickled okra mayo and Crystal hot sauce pulp
~Chef Meg's parade route favorite~
21.00

~EAT FIT NOLA~



Winter Fruit "Jumper"

Ponchatoula strawberries, tangy buttermilk yogurt, local Louisiana citrus, poppy seed tuille, crunchy housemade granola and smoked honey

Cast Iron Seared Gulf Fish

Salad of fennel, Brussels sprouts, baby beets, chicory greens, roasted cauliflower, and elderflower-shallot vinaigrette with brûléed grapefruit

Sorbet du Jour

Handcrafted sorbet with the finest Louisiana fruit spiced with local flavors spun daily
38.00

~Lunch Libations~

Lafayette No. 1 \$5

Don Q 7 year old rum, Drambuie, Peychaud's Aperitivo and Prosecco make for a delightful bittersweet aperitif to start the day

The Crescent City Cooler \$5

Pineapple mango vodka, freshly squeezed lime, bitters and ginger ale compose a refresher you won't soon forget

~Featured Wines~

Our good friends, the Perrin family of Château de Beaucastel, offered us two very special wines from the south of France:

2018 **Famille Perrin** Luberon Blanc 5.99
2018 **Famille Perrin** Ventoux Rouge 5.99

Appetizers

Satsuma Glazed Pork Belly

Sticky Bayou rum braised pork belly with Calvados compressed tart apples & hard cider poached pears, shaved fennel, matchstick celery root and radish salad
13.50

Wild Texas Antelope Gnocchi

Hand rolled potato dumplings, roasted mushrooms, andouille spiced tomato Bolognese, petite creole tomatoes and Parmesan-Gruyère crumbs
12.50

Shrimp & Tasso Henican

Wild Louisiana white shrimp, tasso ham, pickled okra, sweet onions, five pepper jelly and Crystal hot sauce beurre blanc
13.00

Crispy Gulf Oysters

Crab fat coconut curry aioli, English cucumber, brassica and carrot slaw dressed in Thai chili and Louisiana citrus vinaigrette with Nam Pla grilled pineapple
13.50

Sides

Garlic Wilted Spinach 7.00

Tangy Bacon & Apple Cider Braised Cabbage 7.00

Creole Cream Cheese Stone Ground Grits 7.00

Soups & Salads

Turtle Soup au Sherry

The authentic Louisiana favorite with rich veal fond, chopped egg and crushed lemon
~Finished tableside with a splash of aged sherry
10.00

Soup Du Jour

Varied cooking techniques combined with fresh seasonal ingredients
9.50

Commander's Creole Gumbo

Rich stock slow cooked in a dark cast iron roux with regional ingredients spiked with toasted garlic, Creole seasonings and local hot sauce
9.50

Commander's Crisp Romaine Salad

Hearts of romaine, grated Parmesan, pressed egg, crumbled bacon, French bread croutons, shaved Gruyère and creamy black pepper dressing
9.50

🍷 Louisiana Strawberries & Citrus

First of the season Ponchatoula strawberries, Louisiana citrus with spicy mizuna, mustard frill, soft butter lettuce and brûléed shallots with honey whipped blue cheese, torn mint and seed studded yam glass
10.00

Our 25¢ Martinis

"Limit three (3) per person 'cause that's enough"
~ Available with the purchase of any Entrée ~
Classic • Commander's • Cosmopolitan • Ray's Melon

Entrées

🍷 Cast Iron Seared Gulf Fish

Salad of fennel, Brussel sprouts, baby beets, chicory greens, roasted cauliflower, and elderflower-shallot vinaigrette with brûléed grapefruit
31.00

🍷 Gulf Shrimp & Greens

Wild Louisiana white shrimp over potlikker braised Covey Rise Farms mustard & collard greens with smoked butternut squash purée, mirliton "frites" and toasted squash seed salsa macha
34.00

Pork Chop Tchoupitoulas

Grilled 12oz double cut Tasso brined pork chop over roasted winter radish, asparagus, and Creole cream cheese stone ground grits with classic green peppercorn Tchoupitoulas sauce
37.00

Grilled Tournedos of Black Angus Beef

Harris Ranch beef tournedos over garlic & herb roasted mushrooms, whiskey smoked onions, Creole smashed new potatoes and sauce forestière
38.00

Desserts

Creole Bread Pudding Soufflé

"The Queen of Creole Desserts"
Finished tableside with warm whiskey cream 10.00
(Must be ordered 20 minutes in advance)

Ponchatoula Strawberry Shortcake

Louisiana strawberries dusted in cane sugar, a warm buttermilk biscuit and Chantilly cream 9.50
(Must be ordered 20 minutes in advance)

Pecan Pie à la Mode

Southern style pecan pie & vanilla bean ice cream with melted chocolate, candied pecans and Fleur de Sel caramel sauce 8.50

Creole Cream Cheese Cheesecake

Housemade Creole cream cheese, graham cracker crust, warm salted caramel and chilled chocolate 9.50

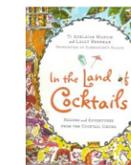
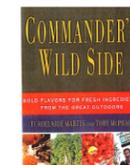
Candied Sweet Potato Ice Cream

Hand crafted purple sweet potato & brown sugar ice cream layered with fluffy marshmallow and candied New Roads pecans 8.00

Piety & Desire German Chocolate Cookie Bar

A gooey coconut & pecan custard cookie bar with chocolate cookie crust, dark chocolate mousse, Ecuadorian cocoa nibs, toasted coconut and smoky bacon fat caramel 9.50

~Gift Ideas, One Size Fits All~



🍷 Eat Fit NOLA items meet the nutritional criteria of Ochsner Health. For more information please visit EatFitNOLA.com