

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
45.00

Today's 2 Course Lunch Specials

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

Chimichurri Crusted Grilled Chicken

Herb & garlic marinated chicken thigh with ancho-duck fat smashed sweet potato, cilantro-lime red cabbage slaw and burnt sweet onion chimichurri
22.00

Three Little Pigs Tostada

16-hour smoked pork shoulder with Cajun boudin, Creole spiced tostada, red bean purée crunchy chicharrons, green garlic crema and pork jus
24.00

~EAT FIT NOLA~



Summer Asparagus Vichyssoise

Velvety smooth potage of tender asparagus, spring greens and potato garnished with crème fraîche, salt & vinegar Idaho crisp, and Cajun caviar

Cast Iron Seared Gulf Fish

Smoky charred eggplant purée, wilted Swiss chard, spiced golden cauliflower, crispy sweet potato with pickled pepper & okra chow-chow

Sorbet du Jour

Handcrafted sorbet with the finest Louisiana fruit spiced with local flavors spun daily
42.00

~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:

2020 **Famille Perrin** Luberon Blanc 5.99

2020 **Famille Perrin** Ventoux Rouge 5.99

Appetizers

Smoked Gulf Fish Maque Choux

Crispy smoked Gulf fish & Louisiana wild shrimp croquette atop sweet summer corn, Creole tomatoes, roasted red peppers, shaved fennel, preserved okra with charred poblano aioli and green garlic nage
14.50

Shrimp & Tasso Henican

Wild Louisiana white shrimp, tasso ham, pickled okra, sweet onions, five pepper jelly and Crystal hot sauce beurre blanc
14.00

Whiskey Cured Salmon Croustade

House cured salmon and lemon whipped goat cheese on buttery brioche croustades with dill cured English cucumber, sauce gribiche and avocado-spring pea purée
14.00

Summer Asparagus Vichyssoise

Velvety smooth potage of tender asparagus, spring greens and potato garnished with crème fraîche, salt & vinegar Idaho crisp and Cajun caviar
11.00

Sides

Garlic Wilted Spinach 7.00

Tangy Bacon & Apple Cider Braised Cabbage 7.00

Creole Cream Cheese Stone Ground Grits 7.00

Creole Smash New Potatoes 7.00

Housemade Smoky Boudin 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
11.00

Soup Du Jour

Varied cooking techniques combined with fresh seasonal ingredients
10.00

Soups 1-1-1

A demitasse tasting of all three soups
11.75

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
11.00

Commander's Crisp Romaine Salad

Hearts of romaine, grated Parmesan, pressed egg, crumbled bacon, French bread croutons, shaved Gruyère and creamy black pepper dressing
10.50

Louisiana Watermelon Salad

First of the season local watermelon, pickled cucumber ribbons and spicy arugula with Southern Maids Dairy goat feta, early summer berry & Tabasco vinaigrette, sweet basil buttermilk and black sesame chaat spice
11.00

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

Smoky charred eggplant purée, wilted Swiss chard, spiced golden cauliflower, crispy sweet potato with pickled pepper & okra chow-chow
32.00

Grilled Tournedos of Black Angus Beef

Harris Ranch beef tournedos over garlic & herb roasted mushrooms, whiskey smoked onions, Creole smashed new potatoes and Marchand de Vin
40.00

Gulf Shrimp Panzanella

Cast iron seared wild Louisiana white shrimp over a warm salad of local Creole tomatoes, roasted peppers, crisp cucumbers and New Orleans style French bread croutons with creamy bagna cauda and brûléed red onion vinaigrette
34.00

Crispy Des Allemands Catfish

Cornfried Louisiana catfish over grilled & pickled petite zephyr squash and Creole tomatoes with smoked almond romesco and crispy olive tapenade
28.00

Pork Chop Tchoupitoulas

14oz. tasso brined pork chop over local Louisiana farm truck vegetables and Creole cream cheese stone ground grits with classic green peppercorn Tchoupitoulas sauce
38.00

Desserts

Creole Bread Pudding Soufflé

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

Summer Berry Blondie

Louisiana mixed berry jam marbled into brown butter blondies with crunchy cracklin' brittle, bacon fat caramel and a scoop of Creole cream cheese & pepper jelly ice cream 9.50

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

Commander's Crème Brûlée

Caramelized sugar crust in every bite on a classic Madagascar vanilla bean custard 9.50

Brown Butter Pecan Ice Cream

Brown butter & sugar ice cream swirled with toasted New Roads pecans and creamy caramel custard in a pecan Florentine tuile and whipped Chantilly cream 8.50

~Gift Ideas, One Size Fits All~



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