

Chef Tory'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

Turducken Stuffed Quail

Turkey, duck, chicken & charred chili boudin stuffed quail with bacon braised cabbage, molasses glaze, Crystal hot sauce pepper jelly

Creole Bread Pudding Soufflé

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

39.00

Today's 2 Course Lunch Specials

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

Satsuma Glazed Pork Roast

18-hour hot smoked pork shoulder, Satsuma lacquer, jalapeño polenta, sweet potato-ginger puree with roasted roots & drunken cranberries
24.00

New Orleans Hot Chicken Salad

Crispy marinated boneless chicken thighs with a salad of peppery arugula, spicy pickled green beans, barbecued red onions, fingerling potato chips and housemade buttermilk blue cheese vinaigrette
18.00

~ EAT FIT NOLA ~



Butternut Squash Ve-
Cayenne roasted butter-
toasted pumpkin seeds, ripped herbs and basil oil

louté

nut squash,

Pecan Smoked Pompano

Marinated in preserved lemon oil with mixed baby greens, capers, olives, pressed eggs and grilled green onions tossed in caviar & champagne vinaigrette

Sorbet du Jour

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

33.00

~Lunch Libations~

Autumn Sangria \$5

Wine, fruit liqueur, spices, berries, local citrus & fresh herbs

The Crescent City Cooler \$5

Guava rum, freshly squeezed lime, bitters and ginger ale compose a warm weather 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:

2016 **Famille Perrin** Luberon Blanc 5.99

2016 **Famille Perrin** Ventoux Rouge 5.99

Due to very limited quantities, these wines are available only at lunch.
Not available for Private Parties.

Appetizers

Shrimp & Tasso Henican

Wild Louisiana white shrimp, tasso ham, pickled okra, five-pepper jelly and Crystal hot sauce beurre blanc
11.50

Tequila & Lime Glazed Pork Belly

Confit pork belly, silver dollar banana pancakes, cayenne grilled pineapple, agave nectar, mojito vinaigrette, crispy plantain-cracklin' gremolata & fresh cilantro
12.00

Oyster & Absinthe Dome

A velvety oyster soup flambéed with Parisian absinthe, artichokes, braised pork belly & ripped tarragon under a flaky French pastry shell
13.00

Confit Duck Carbonara

Tender duck confit with housemade duck sausage, hickory smoked bacon, roasted mushrooms, English peas, pecan basil pesto, a soft poached hen's egg, parmesan cheese & hand rolled pasta
14.00

SIDES

Prosecco Poached Crabmeat 12.00

Creole Smashed New Potatoes 7.00

Roasted Farm Vegetables 7.00

Charred Chili Boudin 8.00

Garlic Wilted Spinach 7.00

Soups & Salads

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
8.50

Creole Gumbo du Jour

Scratch stocks made with the best regional ingredients, toasty dark roux, holy trinity and rum barrel hot sauce
8.50

Soup du Jour

Varied cooking techniques combined with fresh produce
8.00

Soups 1-1-1

A demi serving of three soups:
Gumbo, Turtle & Soup du Jour
9.50

Commander's Crisp Romaine Salad

Hearts of romaine, grated Parmesan, pressed egg, housemade bacon, French bread croutons, shaved Gruyère and creamy black pepper dressing
8.50

Caramelized Pumpkin Salad

Covey Rise Farm pumpkins, petite greens, Belgian endive, pecan Florentine tuile, brandy soaked raisins and artisan cheese with Satsuma cane syrup vinaigrette
9.50

Entrées

New Orleans Barbecued Gulf Shrimp

Seared Gulf shrimp crusted with rosemary, garlic and lemon zest over Brie grits with charred chilies & New Orleans barbecue butter
24.00

Griddle Seared Gulf Fish

Chamomile & wildflower honey roasted butternut squash, charred kale, grilled sweet onions and caramelized fennel with miso-ginger butter & basil infused olive oil
26.00

Pecan Smoked Pompano

Marinated in preserved lemon oil with mixed baby greens, capers, olives, pressed eggs and grilled green onions tossed in caviar & champagne vinaigrette
21.00

Tournedos of Black Angus Beef

Whiskey smoked onions, roasted mushrooms with Creole smashed potatoes & spicy tasso marchands de vin
29.00

Satsuma Glazed Pork Roast

18-hour hot smoked pork shoulder, Satsuma lacquer, jalapeño polenta and sweet potato-ginger puree with roasted roots & drunken cranberries
22.00

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

Desserts

Creole Bread Pudding Soufflé

All the richness of Creole bread pudding whipped up into a light soufflé
~ Finished tableside with warm whiskey cream
(Must be ordered 20 minutes in advance.) 9.50

Ponchatoula Strawberry Shortcake

First of the season local strawberries macerated with cane sugar served on a warm buttermilk biscuit with Chantilly whipped cream
(Must be ordered 20 minutes in advance) 9.50

Creole Shrub Chocolate Bar

European dark chocolate bar with shrub spiked white chocolate ganache, candied orange zest, pistachio coulis & butterscotch toffee bark lightly dusted with fall spiced Dixie Crystals 9.50

Lally's Praline Parfait

Hand-crafted vanilla ice cream layered in an old fashioned parfait glass with candied pecans and sticky New Orleans praline syrup
~ Lally Brennan's favorite dessert 9.50

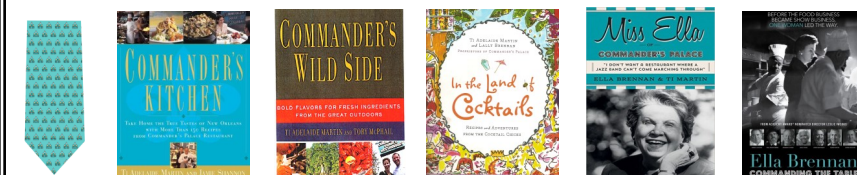
Pecan Pie à la Mode

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

Commander's Creole Cream Cheese Cheesecake

Housemade Creole cream cheese cheesecake with a honey graham crust, chocolate lattice and sticky caramel sauce 9.50

~Gift Ideas, One Size Fits All~



Gift Cards are available for purchase at our bar in any denomination.

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