



Gluten Friendly MENU

Note on gluten sensitivity: Our restaurant is not certified gluten free.

Appetizers



Smoked Wings - 18¾

Smoked! NOT deep fried, large roaster size, includes one dipping sauce

Louisiana Tacos - 18¾

Your choice of: *Blackened Catfish, Sauteed Shrimp, OR Blackened Chicken*, Pico de Gallo, coleslaw, pickled red onions, cilantro cream & chipotle heat, served on corn tortillas



Montreal Skins - 14¾

Potato skins, Montreal Smoked Meat, cheese curds, & sour cream

Or vegetarian **Bruschetta Skins** - 14¾

Large Brutus Ribs - 16¾

Four tender St.Louis ribs, Brodeur's southern spices, & BBQ sauce



Lettuce Wraps - 19¾

Pulled chicken, peanuts, cilantro/green onion garnish; cilantro cream dipping sauce (no crispy wontons)

Bayou Shrimp - 15¾

Tasty shrimp in a spicy creole tomato sauce with feta cheese, served with tortilla corn chips

Great for sharing



Tortilla corn chips and Dip - 15¾

Tortilla corn chips with smoked gouda cheese dip

Great for sharing

Nacho Skillet - 20¾

Corn chips, lots of cheese, guacamole, jalapeños, habanero cilantro sauce, salsa and sour cream

Add sauteed shrimp, chicken, or Montreal Smoked Meat 5¾



Appetizer dipping sauces: (0.90 for extra sauce)

- Chipotle Heat (most popular)
- Spicy Chipotle Heat
- Ranchero yogurt (low cal)
- Cajun remoulade
- Maple Cajun honey
- Honey mustard
- Brodeur's BBQ
- Guy's garlic
- Sweet chili
- Cilantro cream
- Hot sauce

Specialties of the House



Jambalaya - 26³/₄ (*spice it up - 0 to 6 peppers*)

Shrimp, chicken, Andouille sausage, bacon, sweet peppers, corn, beans, onions & celery on Cajun rice; crème fraîche

Blackened Catfish - 25³/₄

Lightly spiced catfish, Pico de Gallo, Guy's Garlic sauce
Includes any one side



Cajun Salmon - 29³/₄

Salmon, Pico de Gallo, Cajun Creole sauce
Includes any one side

Chicken & Ribs

Montreal-Haitian Style Chicken

Roast chicken recipe from Montreal's Haitian community.

Dipping sauce & coleslaw.

1/2 Chicken Dinner 27³/₄

Includes any one side



Rack of BBQ Ribs

Tender St. Louis pork ribs, coleslaw

Includes any one side

1/4 Rack of Ribs 24³/₄

1/2 Rack of Ribs 30³/₄

Full Rack of Ribs 38³/₄



BBQ Ribs & Chicken Combo

1/4 Rack of Ribs and 1/2 Chicken, coleslaw - 33³/₄

Includes any one side



Montreal Smoked Meat Add any side 7⁹⁵

Smoked in-house. Original Montreal recipe. **Served on lettuce.** Regular or lean beef. Comes with an original brine dill pickle. **Your choice of mustard: Regular, Dijon, Grainy Dijon or Hot**

Classic (6 oz) - 15^{3/4}

Petite (4 oz) - 14^{3/4}

Le Grande (10 oz) - 18^{3/4}

Le Monster (16 oz) - 24^{3/4}

Lettuce wrap sandwiches:

Pierre's Cuban - 21^{3/4}

Montreal Smoked Meat, chicken, bacon,
Swiss cheese, tomatoes & Chipotle Heat Sauce

Includes any one side

Beef Dip - 21^{3/4}

Tender beef brisket, horseradish aioli

Includes any one side

Blackened Fish - 21^{3/4}

Lightly spiced fish, greens, onion, tomato, Cajun remoulade

Includes any one side

Shrimp - 21^{3/4}

Sautéed shrimp, coleslaw, greens,
tomatoes, onions, Cajun remoulade

Includes any one side

BBQ Chicken Club - 21^{3/4}

Grilled chicken breast & BBQ sauce, bacon,
cheese, greens, tomato, Guy's Garlic sauce

Includes any one side

Le Fromage Burger - 21^{3/4}

Montreal Smoked Meat, cheese,
mustard & relish, onion, tomato

Includes any one side

Luc's Reuben - 21^{3/4}

Smoked Meat, Swiss cheese, sauerkraut,
Grainy dijon mustard

Includes any one side

Garden Tortilla - 18^{3/4}

Cucumber, sweet peppers, green onions, pico de gallo, cilantro,
Feta cheese, garlic, Cilantro cream, **served on a corn tortilla**

Includes any one side

Add sauteed shrimp, blackened chicken, Ahi tuna, or Salmon 7^{3/4}

9 Sides

Photos on back page

1. Yam Fries
2. Bacon & cheddar smashed potatoes
3. Provence Style Rice
4. Asparagus
5. Peppered cauliflower
6. Caesar salad (no parmesan no croutons)
7. Coleslaw
8. Memphis Crunch salad
9. Mini Louisiana green salad

Extra Sides 7⁹⁵

Any 2 sides make a light meal

Gourmet Salads served with corn chips

Dressings:

- Ranchero Yogurt (low cal)
- Lazy Lime (low cal)
- Balsamic Vinaigrette



Louisiana Green Salad - 18¾

Avocado, mixed cheeses, field greens, Pico de Gallo, garbanzo bean salsa (no tortilla shell)

Add sauteed shrimp, blackened chicken, Ahi Tuna, or salmon 7¾

Cajun Cobb Salad - 23¾

Choice of blackened **Salmon**, or **Chicken**, or **Shrimp**, or **Ahi Tuna**, iceberg lettuce, bacon, boiled egg, feta, avocado, Pico de Gallo



Memphis Crunch Salad - 16¾

Sliced almonds, sesame & sunflower seeds, cole slaw mix (no crunch mix, only almonds)

Add sauteed shrimp, blackened chicken, Ahi Tuna or salmon 7¾

Chopped lettuce & Chicken - 20¾

Pulled Chicken, peanuts, cilantro/green onion garnish, cilantro cream dressing on the side (No crispy wontons)

Dessert

Crème Brûlée 3⁹⁵
A specialty of the house



9 Sides

Extra Sides 7⁹⁵
Any 2 sides make a light meal



1. Yam Fries



4. Asparagus, sautéed with garlic butter



8. Memphis Crunch salad (no crunch mix, only almonds)



2. Bacon and Cheddar smashed potatoes



5. Peppered cauliflower



9. Mini Louisiana green salad (no shell)



3. Provence style rice



6. Caesar salad (no parmesan, no croutons)
7. Coleslaw