



The Lost Cajun



what y'all havin'?

Appetizers

	Calories		Calories
Shrimp Cocktail	280	French Bread Basket	470
Boudin Balls	310	Hush Puppies (8)	380
Gator Bites	460	Fried Okra Basket	250
Catfish Bites	410	Fried Pickles	220
Four Fried Shrimp	420	Seasoned Fries Basket	260
Four Fried Oysters	520	Potato Salad (6 oz)	330
Crawfish Pies single	270	Coleslaw (6 oz)	130
double	540	Side Salad with tomatoes	30
Spicy Cajun Sausage	520	Crab Cake	560
with mustard			

Gumbo & Cajun Classics

Served with hot garlic French bread and rice.

- Seafood Gumbo**
cup Calories 280 • bowl Calories 380
- Chicken & Sausage Gumbo**
cup Calories 310 • bowl Calories 420
- Red Beans and Rice**
cup Calories 480 • bowl Calories 730
- Crawfish Étouffée**
cup Calories 400 • bowl Calories 600

Louisiana Favorites

- Cat-touffée**
3 strips of Southern fried catfish glazed with crawfish étouffée over a bed of rice. Served with hot garlic French bread. Calories - 840
- Fried Catfish Plate**
Strips of lightly battered Southern fried catfish. Served with seasoned fries, coleslaw and hot garlic French bread.
3 Catfish Calories 950 • **5 Catfish** Calories 970
- Fried Shrimp Plate**
Large tail-on shrimp, golden fried. Served with seasoned fries, coleslaw and hot garlic French bread. **6 Shrimp** Calories 850 • **10 Shrimp** Calories 960
- Fried Oyster Plate**
Crispy fried oysters. Served with seasoned fries, coleslaw and hot garlic French bread.
6 Oysters Calories - 1010 • **10 Oysters** Calories - 1220
- Seafood Platter**
Large tail-on shrimp, strips of fried catfish and crispy fried oysters. Served with seasoned fries, hot garlic French bread and coleslaw.
3 Shrimp, 3 Catfish, 3 Oysters Calories - 1050
5 Shrimp, 5 Catfish, 5 Oysters Calories - 1530
- Alfredo Pasta**
Penne pasta in a creamy Cajun style alfredo. Served with hot garlic French bread. **Fried Chicken** Calories - 1180 • **Shrimp** Calories - 1000
- Pasta Lafitte**
Fire roasted tomatoes in a creamy Cajun sauce and tossed in Angel Hair pasta. Served with hot garlic French bread.
Shrimp Calories - 1640 • **Crawfish** Calories - 1670
- Voodoo Pasta**
Andouille sausage, large shrimp, and diced red, yellow and orange bell peppers in a white wine tomato cream sauce over fettuccine. Served with hot garlic French bread. Calories - 2240
- Cajun Stir Fry**
Sauteed in olive oil, lemon, butter, garlic with Cajun spices and baton cut vegetables. Served over rice with hot garlic French bread.
Blackened Catfish Calories - 1470 • **Shrimp** Calories - 870
- Shrimp and Grits**
Blackened shrimp and creamy southern grits smothered with our lobster bisque, bacon crumbles and cheese. Calories - 1180

- Jambalaya**
cup Calories 440 • bowl Calories 650
- Lobster Bisque**
cup Calories 540 • bowl Calories 810

Po-Boys

8" served on warm garlic French bread.
Add seasoned fries, potato salad or coleslaw to any Po-Boy Calories - 130 - 330

- Fried Catfish** with tartar sauce Calories - 1340
- Fried Shrimp** with tartar sauce Calories - 1230
- Fried Oyster** with tartar sauce Calories - 1510
- Fried Gator** with CaJon sauce Calories - 1240
- Roast Beef Debris** with mayo Calories - 1290
- Spicy Cajun Sausage** Calories - 1790
- Fried Chicken** with mayo Calories - 1690
- Lunch Special Shrimp** Calories - 620
- Lunch Special Catfish** Calories - 710
- Lunch Special Oyster** Calories - 810
- Lunch Special Gator** Calories - 620
- Lunch Special Roast Beef** Calories - 645
- Lunch Special Sausage** Calories - 860
- Lunch Special Chicken** Calories - 845

with fries - 260 with cup - 280-540

- ### Beignets (Ben Yay)
- "A Fried Pastry Treat"*
- 3 Traditional** \$5 Calories 300
 - Beignet Bites** \$5 Calories 300
 - Single Traditional** \$2 Calories 100

For Da Kids

Catfish Bites & Fries Calories 290	Chicken Tenders & Fries Calories 470
Shrimp & Fries Calories 330	Chicken Alfredo Calories 630

Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness. Please notify your server of any allergen issues.

Drinks

	<u>Calories</u>
Café au Lait	66
Louisiana Chicory Coffee	4
Louisiana Coffee (Regular or Decaf).....	1
Soft Drinks (Coke, Diet Coke, Sprite & Local Favorites) ..	0 - 230
Homemade Lemonade	99
Abita Root Beer	160
Mexican Coke	150
Louisiana Sweet or Unsweet Tea	2-129

(Free refills)



From Da Bar

	<u>Calories</u>
Abita Bottled Beers	128 - 235
Bottled Beers	
Bud/Bud Light	145/110
Coors/Coors Light	149/102
Miller Lite	143
Dixie	190
Frozen Drinks with Alcohol	250
Frozen Drinks without Alcohol	186

Family Sizes To Go

	Quart Feeds 2-4	1/2 gal. Feeds 6-10	Gallon Feeds 10-15
	<u>Calories</u>		
Seafood Gumbo <i>Served with Rice & garlic French Bread</i>	560	450	480
Chicken & Sausage Gumbo	540	680	800
Red Beans and Rice <i>Served with Rice & garlic French Bread</i>	890	850	890
Crawfish Etouffée <i>Served with Rice & garlic French Bread</i>	720	690	720
Lobster Bisque <i>Served with garlic French Bread</i>	1120	1000	1000
Jambalaya <i>Served with garlic French Bread</i>	790	790	790
Vegetarian Gumbo	540	680	800



Ask for information about owning your own Lost Cajun franchise at:
thelostcajun.com