

WHAT Y'ALL HAVIN'?

Lagniappe (Lan Yap) "A Little Something Extra"

- | | |
|---|---|
| Catfish Bites* \$6 | Crawfish Pies Single \$5 • Double \$9 |
| Four Fried Shrimp* \$6 | BBQ Shrimp Small (4) \$6 • Large (8) \$10 |
| Four Fried Oysters* \$6 | Shrimp Cocktail \$5 |
| Boudin Balls \$8 | Fried Okra Basket \$4 |
| Spicy Cajun or Andouille Sausage with mustard \$6 | Hush Puppies (8) \$3 |
| Potato Salad or Coleslaw (6 oz) \$3 | Seasoned Fries Basket \$3 |
| Garden Fresh Salad \$6 with Fried Chicken \$8 with Fried or Blackened Shrimp* \$10 | French Bread Basket \$2 |



Louisiana Favorites

Cat-touffé

3 strips of southern fried catfish glazed with crawfish etouffé over a bed of rice. Served with garlic French bread. \$14

Fried Catfish Plate*

Strips of lightly battered Southern fried catfish. Served with seasoned fries, coleslaw and garlic French bread. **3 Catfish** \$12 • **5 Catfish** \$15

Fried Shrimp Plate*

Large tail-on shrimp, golden fried. Served with seasoned fries, coleslaw and garlic French bread. **6 Shrimp** \$13 • **10 Shrimp** \$17

Oyster Plate*

Crispy fried oysters. Served with seasoned fries, coleslaw and garlic French bread. **6 Oysters** \$14 • **10 Oysters** \$18

Seafood Platter*

Large tail-on shrimp, strips of fried catfish and crispy oysters. Served with seasoned fries, garlic French bread and coleslaw. **3 Shrimp, 3 Catfish, 3 Oysters** \$17 • **5 Shrimp, 5 Catfish, 5 Oysters** \$21

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 garlic French bread. \$17

Alfredo Pasta

Penne pasta in a creamy Cajun style alfredo. Served with garlic French bread. **Fried Chicken** \$12 • **Shrimp** \$15

Pasta Lafitte

Served with fire roasted tomatoes in a creamy Cajun sauce and tossed in Angel Hair pasta. Served with garlic French bread. **Shrimp or Crawfish** \$16

Cajun Stir Fry*

Sauteed in olive oil, lemon, butter, garlic with Cajun spices and baton cut vegetables. Served over rice with garlic French bread. **Blackened Catfish** \$16 • **Shrimp** \$17

Po Boys

8" served on warm garlic French bread. Add seasoned fries, potato salad or coleslaw to any Po-Boy for \$1

- FRIED CATFISH with tartar sauce \$10
- FRIED SHRIMP with tartar sauce \$12
- FRIED OYSTER with tartar sauce \$13
- ROAST BEEF & GRAVY with mayo \$10
- SPICY CAJUN SAUSAGE with coleslaw and mustard \$9
- HAM & CHEESE with CA-JON sauce (served cold) \$8

Dress it up?
Add lettuce & tomato to your Po-Boy for free



Gumbos & Cajun Classics

Served with hot French bread and rice.

Seafood Gumbo

A great blend of Gulf shrimp and crab meat, in a rich dark roux. Cup \$8 • Bowl \$11

Chicken & Sausage Gumbo

Our spiciest, made with chicken and special Louisiana spicy sausage in a rich dark roux. This gumbo has a real Cajun kick! Cup \$8 • Bowl \$11

Chicken Gumbo

Our mildest, made with boneless chicken & chicken stock in a rich dark roux. Cup \$7 • Bowl \$9

Vegetarian Gumbo

Created just for you with big chunks of okra & tomato in a rich dark roux. Cup \$5 • Bowl \$7

Red Beans and Rice

Creamy Louisiana red beans with spicy sausage. Cup \$7 • Bowl \$9

Crawfish Etouffé

Smothered down crawfish tails in a thick roux. Cup \$9 • Bowl \$12

Jambalaya* ~ Cooked fresh daily, supplies don't last!

Specially seasoned brown rice with chicken and spicy Cajun sausage, slow cooked to perfection served with French bread. Cup \$8 • Bowl \$11

Lobster Bisque

Rich and creamy, made with special Louisiana seafood and spices, served with French bread. Cup \$9 • Bowl \$12

Beignets (Ben Yay)

- 3 Traditional** \$5
- Beignet Bites** \$5
- Single Traditional** \$2

"A Fried Pastry Treat"

It is believed by Louisiana historians that beignets were first introduced to New Orleans in 1727 by the Ursuline Nuns of France. These fried pastries are served topped with plenty of powdered sugar.



For Da Kids

All Kids meals include beverage (fountain beverage, iced tea or milk)

- Catfish Bites & Fries** \$6
- Chicken Tenders & Fries** \$6
- Shrimp & Fries** \$6
- Shrimp Spaghetti** \$8

Family Sizes To Go

| | Quart Feeds 2-4 | 1/2 gal. Feeds 6-10 | Gallon Feeds 10-15 |
|---|--------------------|------------------------|-----------------------|
| Seafood Gumbo** | \$22 | \$40 | \$75 |
| Chicken & Sausage Gumbo** | \$22 | \$40 | \$75 |
| Chicken Gumbo** | \$18 | \$32 | \$60 |
| Vegetarian Gumbo** | \$16 | \$30 | \$55 |
| Red Beans and Rice** | \$18 | \$32 | \$60 |
| Crawfish Etouffé** | \$24 | \$45 | \$85 |
| **Served with Rice, choice of Potato Salad or Coleslaw & French Bread | | | |
| Lobster Bisque Served with French Bread | \$24 | \$45 | \$85 |

Drinks

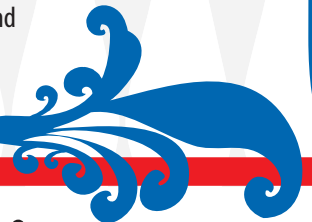
| | |
|---|--------|
| Cafe au Lait | \$3.00 |
| Mixture of dark Louisiana chicory coffee, and warm milk | |
| Louisiana Chicory Coffee | \$2.50 |
| Louisiana Coffee (Regular or Decaf)..... | \$2.50 |
| Soft Drinks | \$2.50 |
| Coke, Diet Coke, Sprite, Dr. Pepper or Hi-C Fruit Punch | |
| Abita Root Beer | \$2.50 |
| Mexican Coke or Sprite | \$2.50 |
| Homemade Lemonade | \$2.50 |
| Louisiana Sweet or Unsweet Iced Tea (Free Refills) | \$2.50 |
| Water | FREE |



From de Bar

We are proud to feature Abita beers from Louisiana

| | |
|---|---------|
| Abita Beers | \$4.50 |
| See beer list for current selection | |
| Abita Beer Buckets | \$18.00 |
| 5 mix-and-match Abita beers | |
| Domestic Beers | \$3.00 |
| Miller Lite, Budweiser, Bud Light or Michelob Ultra | |
| Angry Orchard | \$4.50 |
| Red or White Porch Wine | \$5.00 |
| Porch wine is the kinda wine that you sit on the front porch with yo Mama and drink out of the box! | |



The Legend of The Lost Cajun

I have been asked a thousand times, “How did a Cajun end up in Summit County, Colorado?”
And I’m always happy to answer.

Hi, I’m Raymond Griffin, “The Lost Cajun” from Barataria, Louisiana, and to answer the question, I usually tell people that I got drunk and got lost!

The truth is that Belinda, my late wife, and I had dreamed of living here in the Rockies and opening a little Gumbo shop for years. For 15 years we owned and operated a fishing lodge in Louisiana – Griffin Fishing Lodge – then came Katrina, then Rita, then Ike and Gustav and on top of all that, the big oil spill. What a mess! It was hard to leave but we had just had enough. So here I am and here I will stay. The first little Gumbo shop opened in October of 2010 in a tiny building on Main Street in Frisco, Colorado. People just love the down-home atmosphere and the authentic Cajun food. It was so popular that I needed to expand and a life-long friend named Jon Espey, from Alabama, came for a visit, fell in love with the Rockies and stayed!

Jon has the same passion and love for all things Cajun, especially the food, that I have and together we have recreated a true Cajun dining experience! Our gumbos take 4 to 6 hours to cook, like all of our special dishes, red beans and rice, crawfish étouffée and lobster bisque, there are no short cuts, it’s got to be cooked slow, with a lot of care.

Our seafood is like none that you have ever tasted and the Beignets are just like the ones you get in New Orleans – maybe just a wee bit better! Stop in and try some of our free samples and you’ll see what I’m talking about.

Over the years people from all over the country have tried and fallen in love with our food and concept and we are proud to say that we are now franchising nation wide!

We now have restaurants in these great locations:

- Frisco, Breckenridge, Glenwood Springs, Pagosa Springs & Fort Collins, CO
- Hendersonville, Tennessee
- Lexington & Greenville, South Carolina
- Odessa, Texas
- San Antonio, Texas

As we say in Louisiana, “make a pass” and say hello, feel the down-home atmosphere and “pass a good time!”

See y’all soon!

“Griff” The Lost Cajun & Jon

Cajun Schoolin’

Gumbo

Gumbo is a traditional Cajun dish served at family gatherings. It takes 5 to 6 hours to cook a good gumbo. There are many different recipes for gumbo from a rich brown roux to a red gravy and from seafood to chicken and sausage. The main ingredient though is LOTS of LOVE!

Chicory

Chicory is a low bushy plant whose roots are dried ground, and mixed with coffee for a dark, strong brew. Chicory was commonly used during the early 1800’s when coffee supplies were short.

Cafe au Lait

The early French brought Cafe au Lait to New Orleans. The French would serve coffee and chicory mixed with warm milk. Often sugar was added and even the youngsters would enjoy the creamy recipe.



Though many folks from South Louisiana no longer speak French, they have developed a language all their own, that is unique for their part of the country. We may talk funny to some people, but the main trait you will find in all Cajuns is their great love for food, family and music.

| | | |
|-----------------|-----------|--|
| Dem | Them | “Dem Cajuns are from South Louisiana.” |
| Dat | That | “Dat boy done caught all dem shrimps.” |
| Earl | Oil | “T-boy gonna fry dem shrimps up in some earl.” |
| Bearl | Boil | “We gonna bearl up some of dem crawfish.” |
| Tree | #3 | “I got myself tree cousins.” |
| De | The | “I caught dat gator by de tail.” |
| Wit | With | “You going wit yo mama?” |
| Ax | Ask | “Dat boy done ax you to da dance.” |
| By-Ya | Bayou | “Dey catch a lot of dem crabs on da by-ya.” |
| Lagniappe | (lan yap) | Throwing in a little extra |
| Etouffée | (a 2 fay) | Seafood smothered down into a thick rich sauce |
| Goin Up Front | | Going to town |
| Makin Groceries | | Going to the grocery store |
| Pirogue | (pee row) | Small boat for the bayou |
| Roux | | Gumbo base made with flour and oil |



Find us on for special offers and events

www.TheLostCajun.com

