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!

**Appetizers**

- **Boudin Balls**
- **Gator Bites**
- **Catfish Bites**
- **Four Fried Shrimp**
- **Four Fried Oysters**
- **Crawfish Pies** single double
- **Spicy Cajun Sausage or Andouille Sausage with mustard**
- **French Bread Basket**
- **Hush Puppies (8)**
- **Fried Okra Basket**
- **Fried Pickles**
- **Seasoned Fries Basket**
- **Potato Salad (6 oz)**
- **Cole slaw (6 oz)**
- **Side Salad with tomatoes**

**Gumbo & Cajun Classics**

- **Seafood Gumbo**
  A great blend of Gulf shrimp and crab meat, in a rich dark roux.
  **cup - bowl**

- **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 - bowl**

- **Red Beans and Rice**
  Creamy Louisiana red beans with special Louisiana spicy sausage.
  **cup - bowl**

**Cat-touffée**

3 strips of Southern fried catfish glazed with crawfish étouffée over a bed of rice. Served with hot garlic French bread.

**Fried Catfish Plate**

Strips of lightly battered Southern fried catfish. Served with seasoned frites, coleslaw and hot garlic French bread.

- 3 Catfish - 5 Catfish

**Fried Shrimp Plate**

Large tail-on shrimp, golden fried. Served with seasoned frites, coleslaw and hot garlic French bread.

- 6 Shrimp - 10 Shrimp

**Fried Catfish & Shrimp Plate**

Large tail-on shrimp, strips of fried catfish served with seasoned frites, coleslaw.

**Fried Oyster Plate**

Crispy fried oysters. Served with seasoned frites, coleslaw and hot garlic French bread.

- 6 Oysters - 10 Oysters

**Seafood Platter**

Large tail-on shrimp, strips of fried catfish and crispy fried oysters. Served with seasoned frites, hot garlic French bread and coleslaw.

- 3 Shrimp, 3 Catfish, 3 Oysters - 5 Shrimp, 5 Catfish, 5 Oysters

**Alfredo Pasta**

Penne pasta in a creamy Cajun style Alfredo. Served with hot garlic French bread.

**Pasta Laffite**

Fire roasted tomatoes in a creamy Cajun sauce and tossed in Angel Hair pasta. Served with hot garlic French bread.

**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.

**Blackened Catfish**

Sautéed in olive oil, lemon, butter, garlic with Cajun spices and baton cut vegetables. Served over rice.

**Cajun Shrimp Stir Fry**

Sautéed in olive oil, lemon, butter, garlic with Cajun spices and baton cut vegetables. Served over rice.

**Po-Boys**

8” served on warm garlic French bread. Add seasoned frites, potato salad or coleslaw to any Po-Boy

- **Fried Catfish with tartar sauce**
- **Fried Shrimp with tartar sauce**
- **Fried Oyster with tartar sauce**
- **Fried Gator with Cajun sauce**
- **Roast Beef Debris with mustard**
- **Spicy Cajun Sausage with coleslaw and mustard**
- **Fried Chicken with mayo**

**Beignets (Ben Yay)**

**“A Fried Pastry Treat”**

**3 Traditional**

- **Beignet Bites**
  **Single Traditional**

- **Blackened Catfish Bites**
  **Catfish Bites & Fries**
  **Chicken Tenders & Fries**

- **Cajun Shrimp Fries**
  **Shrimp & Fries**
  **Chicken Alfredo**

**For Da Kids**

All Kids meals include a beverage (Soft drink, iced tea or milk)
Hi, I’m Raymond Griffin, “The Lost Cajun” from Bayataria, Louisiana, and I usually tell people that I drank too many beers and got lost!

The truth is that Belinda, my late wife, and I had dreamed of living in the Rockies and opening a little gumbo shop for years. For 15 years we owned Katrina, then Rita, then Ike and Gustav and on top of that, the big oil spill. A little gumbo shop opened in October of 2010 in a tiny building in Frisco, Colorado and today people travel from around the world to experience the down-home atmosphere and the authentic Cajun food that we serve.

In 2012, a friend and fishing buddy saw what Belinda and I had started, and we decided to open the second one in Breckenridge, CO. The rest, as people say, is history! Over the years people from all over the country have tried and fallen in love with our food and I am proud to say that we are now franchising nationwide! It’s not just the food people love, it is our culture of courtesy and respect that we have created, along with some of the best service that you have ever experienced!

Our gumbos take 4 to 6 hours to cook, like all our special dishes, red beans and rice, crawfish etouffee 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!

We now have restaurants open or coming soon in these great states: Colorado, Tennessee, Texas, South Carolina, North Carolina, Florida, Louisiana, Mississippi and California. Please visit thelostcajun.com to find a location near your! As we say in Louisiana, “make a pass” and say hello, feel the down-home atmosphere and “pass a good time”!

“In Memory of
Belinda Griffin, our CEO (Chief Fun Officer)
1957-2012

Join our Gumbo Club!
For information about owning your own Lost Cajun franchise: thelostcajun.com