



Menu Nutritional Information (updated 02-17-2020)

ITEM (10oz)	Calories (kCal)	Protien (g)	Carbs (g)	Fiber (g)	Sugar (g)	Chol (mg)	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Sodium (mg)
Entrees (without rice)										
Bourbon Chicken	346	51	2	0	1.5	241	15	4.2	0.04	1010
Bumble Bee Stew	317	7	65	4	42	11	14	6.6	0.02	1217
Creole Spinach & Mush	172	7.6	33	8	14	0	9.4	3.6	0	909
Drunken Chicken	441	47	19	2.4	5	147	17.9	4.1	0.0	1252
Étouffée with Chicken	179	13	22	2.3	3.7	47.8	22.7	8.7	0.008	765
Étouffée with Crawfish	143	8.9	22	2.3	3.7	43.1	20.9	8.2	0.0	745
Étouffée with Shrimp	158	12	22	2	3	80	20	8	0.01	1057
Gumbo	443	14	36	4	6.3	45	25	6.1	0	962
Honey Sriracha	361	41	26	2	20	185	15	4.7	0.03	841
Jambalaya	650	25	77	5.8	10	64.7	25	7	0	562
Jean Lafitte (includes tortilla & toppings)	738	39.1	70.6	6.05	26.8	147.5	37.55	17.6	3.21	1624
Red Beans	373	18	36	8.7	5	40.2	17	5.5	0	929
Red Hot Chicken	306	40	10	0.6	2.6	186	10.7	2.76	0.031	1055
Voodoo Chicken	331	36	17	4.5	6.8	160	11.7	2.4	0.02	620
White Chili	372	17	56	17	7.2	0	9.2	1.52	0	1201
Appetizers (4 servings)										
Black & Bleu Dip	246	6	32	2	8	13	13	4.8	0.2	497
Crawfish Cheese Dip	277	10	24	2	1.1	36.6	19.5	7.8	0.5	427
NOLA Nachos	374	16	29	3.5	3.2	46.6	21.2	9.3	0.5	825
Voodoo Nachos	346	16	25	2.4	3.2	60	20	9.1	0.495	667
Po' Boy Sandwich (no chips)										
Drunken Ckn Po Boy	714	52	85	5.4	8	118	16.7	3.9	0	1818
Honey Sriracha Po Boy	761	51	86	6	24	185	17	4.7	0.03	1641
Jean Lafitte Po Boy	1273	64	121	7.8	35	198	64.5	36.5	1.06	1937
Red Hot Ckn Po Boy	806	59	79	4	6.4	191	27.3	13.3	0.025	1610
Voodoo Ckn Po Boy	626	44	83	7.1	9.5	128	11.8	2.5	0.021	1313
Additional Items										
White rice (10oz)	348	8	73	2.5	0	0	1	0	0	5.5
Sour Cream	23	0.2	0.3	0	0.3	6	2.4	1.4	0.7	10
Shredded Cheese	230	13	1.8	0	0.3	56	18.8	10.8	0.5	370
Jalapeños	2	0.1	0.5	0.2	0.3	0	0	0	0	0.2

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Tortilla	159	4.3	27	1.6	1.5	0	3.5	0.9	2	326
Bread (estimated, varies by size & location)	186	4	21	0	0	5.5	9.5	2	0	200