

Ingredients	Amount (g)	Calories (kcal)	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholesterol (g)	Sodium (g)	Carbohydrate (g)	Fiber (g)	Sugar (g)	Protein (g)
Baskets											
Protein											
Fried Shrimp	169.00	301.09	11.22	1.72	0.75	0.18	1.09	18.57	0.74	1.33	26.35
Fried Oyster	154.50	271.56	13.49	2.28	0.75	0.03	0.64	28.72	0.86	1.34	12.49
Fried Tilapia	267.50	463.11	20.49	3.79	0.75	0.11	0.55	22.53	0.86	1.34	47.67
Surf & Surf (Shrimp & Oysters)	161.75	286.33	12.35	2.00	0.75	0.10	0.86	23.65	0.80	1.33	19.42
Surf & Surf (Shrimp & Tilapia)	218.25	382.10	15.86	2.75	0.75	0.14	0.82	20.55	0.80	1.33	37.01
Surf & Surf (Oysters & Tilapia)	211.00	367.34	16.99	3.04	0.75	0.07	0.59	25.62	0.86	1.34	30.08
Fried Calamari	188.25	353.26	14.41	1.89	0.75	0.32	0.54	30.19	0.97	1.34	23.28
Fried Crawfish	218.25	330.94	14.58	1.95	0.75	0.24	1.56	17.13	0.33	2.59	30.09
Baskets (Sides)											
Seasoned Fries	265.00	536.31	31.55	4.73	0.00	0.00	1.14	59.94	3.15	0.00	3.15
Sweet Potato Fries	190.00	316.67	15.83	2.26	0.00	0.00	0.38	40.71	4.52	15.83	2.26
Magic Cajun Rice	436.35	685.16	21.97	3.96	3.31	0.00	2.28	107.50	2.50	3.67	11.94
Steamed Rice	350.00	451.50	0.98	0.27	0.00	0.00	0.00	97.97	1.40	0.18	9.35
Po'Boys											
Protein											
Fried Shrimp	324.00	612.31	24.15	3.93	2.25	0.18	1.73	59.56	3.39	6.87	34.49
Fried Oyster	309.50	582.79	26.42	4.50	2.25	0.03	1.28	69.71	3.51	6.88	20.63
Fried Tilapia	422.50	774.33	33.43	6.01	2.25	0.11	1.19	63.51	3.51	6.88	55.81
Surf & Surf (Shrimp & Oysters)	316.75	597.55	25.28	4.22	2.25	0.11	1.50	64.63	3.45	6.88	27.56
Surf & Surf (Shrimp & Tilapia)	373.25	693.32	28.79	4.97	2.25	0.15	1.46	61.54	3.45	6.88	45.15
Surf & Surf (Oysters & Tilapia)	366.00	678.56	29.92	5.25	2.25	0.07	1.24	66.61	3.51	6.88	38.22
Fried Calamari	343.25	664.48	27.34	4.11	2.25	0.32	1.18	71.18	3.62	6.89	31.42
Fried Crawfish	373.25	642.16	27.51	4.17	2.25	0.25	2.21	58.12	2.98	8.13	38.23
Poboy (Sides)											
Seasoned Fries	132.50	268.15	15.77	2.37	0.00	0.00	0.57	29.97	1.58	0.00	1.58
Sweet Potato Fries	95.00	158.33	7.92	1.13	0.00	0.00	0.19	20.36	2.26	7.92	1.13
Oysters											
Fresh Oysters	168.00	136.08	3.86	0.86	0.00	0.08	0.18	8.32	0.00	0.00	15.88
Thai Green Chili Oysters	223.00	192.91	3.91	0.86	0.00	0.08	2.31	22.37	0.53	11.52	16.85
Japanese Ponzu Oysters	233.00	235.20	4.09	0.90	0.00	0.16	1.95	27.95	0.42	8.35	19.36
Korean Style Oysters	218.00	217.87	4.09	0.89	0.00	0.08	0.98	26.33	1.53	6.91	17.63
Pho, Noodles, & Rice											
LA Special Pho	1335.00	796.20	18.74	6.25	0.11	0.16	6.37	93.64	5.77	13.31	61.73
Eye of Round Pho	1260.00	657.13	13.87	4.43	0.12	0.09	5.86	93.14	5.77	13.31	41.73
Brisket Pho	1245.00	689.78	16.33	5.52	0.00	0.10	6.11	93.14	5.77	13.31	43.22
Flank Pho	1245.00	674.93	15.61	5.09	0.06	0.09	5.84	93.14	5.77	13.31	42.36
Meatball Pho	1295.00	751.98	18.62	6.28	0.00	0.13	7.06	93.14	5.77	13.31	47.55
Chicken Pho	1260.00	678.13	11.95	4.22	0.01	0.13	5.86	93.14	5.77	13.31	47.89
Shrimp Pho	1289.00	656.63	11.25	3.51	0.00	0.18	6.34	93.14	5.77	13.31	44.01
Crawfish Pho	1315.00	881.67	36.65	9.81	1.42	0.13	6.78	98.42	6.35	15.42	38.53
Hot & Sour Pho	1329.00	913.90	37.76	3.61	0.00	0.19	6.98	100.56	7.05	17.01	44.73
Spicy Beef Pho	1310.00	912.05	37.37	5.83	0.05	0.15	6.55	100.05	7.17	16.20	47.63
Sate Pho	1317.50	959.22	41.98	6.86	0.06	0.11	8.34	99.13	8.09	14.92	47.38
Awesome Garlic Noodles	386.00	806.97	57.81	12.70	4.79	0.22	2.91	25.84	3.90	7.06	35.07
Cajun Curry Crawfish	1047.00	1774.07	68.03	30.00	0.00	0.11	3.65	257.55	8.97	117.05	33.56
Cajun Curry Shrimp	1096.00	1821.46	67.44	30.00	0.00	0.18	4.12	257.55	8.97	117.05	43.88
Cajun Curry Chicken	1067.00	1842.97	68.14	30.71	0.01	0.12	3.64	257.55	8.97	117.05	47.76
Magic Cajun Rice Crawfish	536.35	797.66	27.31	5.52	3.31	0.26	2.40	107.86	2.50	3.85	26.48
Magic Cajun Rice Shrimp	585.35	845.05	26.72	5.52	3.31	0.32	2.87	107.86	2.50	3.85	36.81
Magic Cajun Rice Chicken	596.25	757.36	27.43	5.53	3.39	0.22	2.36	107.86	2.50	26.29	18.24
Seafood Gumbo	495.00	207.72	9.76	2.34	0.78	0.08	0.74	8.26	1.34	2.98	15.40
Boiled Seafood											
Protein											
Crawfish	454.00	95.20	4.00	0.99	0.00	0.15	0.08	0.00	0.00	0.00	20.00

Shrimp	454.00	176.79	0.00	0.00	0.00	0.27	1.03	0.00	0.00	0.00	37.13
Blue Crab	454.00	75.64	0.76	0.00	0.00	0.07	0.24	0.00	0.00	0.00	15.13
Snow Crab	454.00	63.29	0.91	0.00	0.00	0.07	0.42	0.00	0.00	0.00	12.71
King Crab	454.00	95.34	0.68	0.10	0.00	0.05	0.95	0.00	0.00	0.00	20.76
Sauces											
Garlic Butter	135.00	417.62	39.46	6.94	4.79	0.00	1.90	15.46	1.95	4.73	1.65
Cajun	80.00	350.71	32.34	5.70	5.98	0.00	5.61	14.65	1.43	7.77	1.63
Hot & Sour	60.00	385.90	39.76	0.14	0.00	0.00	0.97	11.14	1.92	5.55	1.08
Sides											
Corn	73.00	62.78	0.99	0.24	0.00	0.00	0.01	0.00	1.46	4.57	2.39
Potato	150.00	130.50	0.15	0.04	0.00	0.00	0.01	30.20	2.70	1.37	2.81
Sausage	90.00	253.80	20.12	6.35	0.00	0.06	0.56	1.06	0.00	1.06	12.71
Other Seafood											
Salt Toasted Shrimp	497.53	426.34	12.20	2.04	0.00	0.28	2.85	38.63	1.77	4.27	34.09
Barbecue Shrimp	429.74	288.97	8.48	1.19	0.00	0.22	3.38	14.97	0.47	1.40	31.21
Barbecue Blue Crab	515.69	245.62	10.93	1.43	0.00	0.07	3.26	17.96	0.56	1.68	15.46
Chicken											
Wings Plain (6)	340.00	449.10	28.51	6.95	0.10	0.19	1.75	16.12	0.06	1.74	29.45
Wings Plain (12)	680.00	898.20	57.01	13.91	0.20	0.37	3.50	32.24	0.12	3.48	58.90
Chicken Bites Plain	226.80	366.08	16.56	3.43	0.04	0.19	1.07	10.98	0.03	0.98	40.09
Spicy Garlic Wings (6)	345.00	460.57	28.63	6.96	0.10	0.19	1.99	18.61	0.46	2.18	29.94
Spicy Garlic Wing (12)	690.00	921.14	57.27	13.92	0.20	0.37	3.99	37.21	0.91	4.36	59.88
Spicy Garlic Chicken Bites	231.80	377.55	16.69	3.43	0.04	0.19	1.31	13.46	0.43	1.41	40.58
Lemon Pepper Wings (6)	345.00	450.48	28.51	6.95	0.10	0.19	2.74	16.48	0.06	2.10	29.45
Lemon Pepper Wing (12)	690.00	900.96	57.01	13.91	0.20	0.37	5.48	32.96	0.12	4.20	58.90
Lemon Pepper Chicken Bites	231.80	367.46	16.56	3.43	0.04	0.19	2.06	11.33	0.03	1.33	40.09
Hot Buffalo Wings (6)	420.00	625.26	44.91	9.80	3.09	0.19	3.34	23.33	0.90	6.88	29.99
Hot Buffalo Wing (12)	840.00	1250.53	89.82	19.59	6.18	0.38	6.67	46.65	1.80	13.75	59.97
Hot Buffalo Chicken Bites	306.80	542.24	32.97	6.27	3.03	0.19	2.65	18.18	0.87	6.11	40.62
Spicy Lemon Pepper Wings (6)	345.00	452.18	28.60	6.95	0.10	0.19	2.65	16.78	0.21	2.15	29.45
Spicy Lemon Pepper Wing (12)	690.00	904.37	57.20	13.91	0.20	0.37	5.31	33.56	0.41	4.31	58.90
Spicy Lemon Pepper Chicken Bites	231.80	369.16	16.66	3.43	0.04	0.19	1.97	11.64	0.18	1.39	40.09
Cajun Wings (6)	345.00	460.55	28.55	6.96	0.10	0.19	1.96	18.83	0.35	3.05	29.78
Cajun Wing (12)	690.00	921.09	57.10	13.92	0.20	0.37	3.93	37.66	0.70	6.10	59.55
Cajun Chicken Bites	231.80	377.52	16.61	3.43	0.04	0.19	1.28	13.68	0.32	2.28	40.41
Jalapeno Wings (6)	400.00	567.59	38.91	8.40	0.10	0.19	2.10	21.83	1.77	4.14	30.34
Jalapeno Wing (12)	800.00	1135.18	77.82	16.80	0.20	0.37	4.19	43.67	3.54	8.28	60.69
Jalapeno Chicken Bites	286.80	484.57	26.97	4.87	0.04	0.19	1.41	16.69	1.74	3.37	40.98
5 Spice & Basil Wings (6)	345.00	458.00	28.53	6.96	0.10	0.19	2.04	18.19	0.30	2.41	29.76
5 Spice & Basil Wing (12)	690.00	915.99	57.07	13.92	0.20	0.37	4.08	36.39	0.61	4.82	59.51
5 Spice & Basil Chicken Bites	231.80	374.97	16.59	3.43	0.04	0.19	1.36	13.05	0.28	1.65	40.39
Sweet & Spicy Wings (6)	400.00	559.60	31.12	6.95	0.10	0.19	2.25	37.88	0.43	20.37	29.82
Sweet & Spicy Wing (12)	800.00	1119.20	62.23	13.91	0.20	0.37	4.50	75.76	0.86	40.74	59.64
Sweet & Spicy Chicken Bites	286.80	476.58	19.17	3.43	0.04	0.19	1.57	32.73	0.40	19.61	40.46
Sweet & Sour Wings (6)	400.00	538.17	28.54	6.96	0.10	0.19	2.11	38.23	0.16	21.03	30.01
Sweet & Sour Wing (12)	800.00	1076.34	57.08	13.93	0.20	0.37	4.22	76.47	0.32	42.05	60.02
Sweet & Sour Chicken Bites	286.80	455.15	16.60	3.44	0.04	0.19	1.43	33.09	0.13	20.26	40.65
Tamarind Wings (6)	400.00	537.01	28.54	6.96	0.10	0.19	3.04	38.26	1.45	21.73	29.71
Tamarind Wing (12)	800.00	1074.03	57.08	13.91	0.20	0.37	6.08	76.52	2.89	43.47	59.42
Tamarind Chicken Bites	286.80	453.99	16.60	3.43	0.04	0.19	2.35	33.11	1.42	20.97	40.35
Others Sides											
Crawfish Tails											
Crawfish Tails Plain	218.25	330.94	14.58	1.95	0.75	0.24	1.56	17.13	0.33	2.59	30.09
Crawfish Tails (Spicy Garlic)	229.72	331.06	14.59	1.95	0.75	0.49	4.05	17.53	0.77	3.08	30.09
Crawfish Tails (Lemon Pepper)	223.25	332.32	14.58	1.95	0.75	0.24	2.55	17.49	0.33	2.94	30.09
Crawfish Tails (Hot Buffalo)	298.25	507.10	30.98	4.79	3.74	0.25	3.15	24.34	1.17	7.72	30.63
Crawfish Tails (Spicy Lemon Pepper)	223.25	334.02	14.67	1.95	0.75	0.24	2.47	17.79	0.48	3.00	30.09

Crawfish Tails (Cajun)	223.25	342.38	14.62	1.95	0.75	0.24	1.78	19.84	0.62	3.89	30.41
Crawfish Tails (Jalapeno)	278.25	449.43	24.99	3.39	0.75	0.24	1.91	22.84	2.04	4.99	30.98
Crawfish Tails (5 Spice Basil)	223.25	339.83	14.61	1.95	0.75	0.24	1.85	19.21	0.57	3.26	30.40
Crawfish Tails (Sweet & Spicy)	278.25	441.44	17.19	1.95	0.75	0.24	2.06	38.89	0.70	21.22	30.46
Crawfish Tails (Sweet & Sour)	278.25	420.01	14.61	1.96	0.75	0.24	1.92	39.24	0.43	21.87	30.65
Crawfish Tails (Tamarind)	278.25	418.85	14.61	1.95	0.75	0.24	2.85	39.27	1.72	22.58	30.35
Calamari											
Calamari Plain	188.25	353.26	14.41	1.89	0.75	0.32	0.54	30.19	0.97	1.34	23.28
Calamari (Spicy Garlic)	199.72	353.38	14.41	1.89	0.75	0.56	3.02	30.59	1.41	1.83	23.28
Calamari (Lemon Pepper)	193.25	354.64	14.41	1.89	0.75	0.32	1.52	30.55	0.97	1.70	23.28
Calamari (Hot Buffalo)	268.25	529.42	30.81	4.74	3.74	0.32	2.12	37.40	1.81	6.48	23.81
Calamari (Spicy Lemon Pepper)	193.25	356.34	14.50	1.89	0.75	0.32	1.44	30.85	1.12	1.76	23.28
Calamari (Cajun)	193.25	364.71	14.45	1.90	0.75	0.32	0.75	32.90	1.26	2.65	23.60
Calamari (Jalapeno)	248.25	471.75	24.81	3.34	0.75	0.32	0.88	35.90	2.68	3.74	24.17
Calamari (5 Spice Basil)	193.25	362.15	14.43	1.90	0.75	0.32	0.82	32.27	1.22	2.01	23.58
Calamari (Sweet & Spicy)	248.25	463.76	17.02	1.89	0.75	0.32	1.04	51.95	1.34	19.97	23.64
Calamari (Sweet & Sour)	248.25	442.33	14.44	1.90	0.75	0.32	0.90	52.30	1.07	20.63	23.83
Calamari(Tamarind)	248.25	441.17	14.44	1.90	0.75	0.32	1.82	52.33	2.36	21.34	23.53
Crawfish Empanadas											
Crawfish Empanadas	110.00	380.26	20.28	4.68	0.00	0.03	0.26	39.59	1.36	3.53	9.60
↳ Garlic Butter Dipping Sauce	40.00	123.74	11.69	2.06	1.42	0.00	0.56	4.58	0.58	1.40	0.49
Cheesy Crawfish Rolls											
Cheesy Crawfish Rolls	126.75	348.58	21.20	11.71	0.00	0.08	0.51	24.33	0.44	2.14	11.99
↳ Sweet & Sour Dipping Sauce	40.00	50.63	0.01	0.00	0.00	0.00	0.71	12.82	0.82	11.72	0.07
Seasoned Fries											
Seasoned Fries	265.00	536.31	31.55	4.73	0.00	0.00	1.14	59.94	3.15	0.00	3.15
Sweet Potato Fries											
Sweet Potato Fries	190.00	316.67	15.83	2.26	0.00	0.00	0.38	40.71	4.52	15.83	2.26
Beignets											
Beignets	210.00	569.19	15.43	7.03	0.00	0.04	0.41	100.88	0.00	67.35	8.57
Steamed White Rice											
Steamed White Rice	350.00	451.50	0.98	0.27	0.00	0.00	0.00	97.97	1.40	0.18	9.35
Sauces & Mixers											
Michelada Mix	40.00	5.93	0.01	0.00	0.00	0.00	1.17	1.48	0.03	1.26	0.04
Spicy Mayo (1.5 fl. oz)	25.00	134.82	13.73	1.87	0.00	0.01	0.15	3.54	0.12	0.41	0.19
Garlic Butter (1.5 fl. oz)	40.00	123.74	11.69	2.06	1.42	0.00	0.56	4.58	0.58	1.40	0.49