

~DINNER MENU~

◦STARTERS◦

Crab St. Francis en Crouste \$13.95

A rich sauté of crabmeat and spinach with Creole seasonings hand rolled in puff pastry and broiled until golden and crispy.

Flanagan's Nachos \$11.95

Fried Vegetable Platter \$13.95

Spinach & Artichoke Dip \$12.50 Sm \$8.95

Bayou Crab Medallions \$14.95

Mozzarella Cheese Sticks \$10.50

Voodoo Shrimp \$12.50

Thin Fried Catfish \$10.50

Fried Boneless Chicken Strips \$9.50

Broiled Stuffed Mushrooms \$10.50

6 Jumbo mushrooms stuffed with our crab stuffing, broiled with a lemon butter wine sauce.

◦SALADS◦

Shrimp Remoulade Salad \$13.95

Mixed greens with tomatoes, eggs and cucumbers served with remoulade dressing and 6 jumbo Cajun boiled shrimp.

California Cobb Salad \$13.95

Grilled or fried chicken, tomatoes, bacon, eggs, bleu cheese and romaine lettuce. Choice of dressing.

Caprese Salad \$9.95

Spinach Salad \$8.95 Sm \$6.50

Caesar Salad \$6.95 Sm \$5.50

Flanagan's House Salad \$6.95 Sm \$5.50

Add a topping to your salad

(Caprese, Spinach, Caesar or House)

Chicken (grilled or fried) - \$5.00

Fried Popcorn Shrimp - \$6.95

Grilled or Bouilled Jumbo Shrimp - \$6.00

Fried Oysters - \$7.95

Dressings Available: Thousand Island, Hot Bacon, Creamy Caesar, Lemon Basil Vinaigrette, Remoulade, Ranch, Honey-Dijon Mustard, Fat-Free Italian & Golden Italian

◦SOUPS◦

Seafood Gumbo

Cup - \$5.50 Bowl - \$7.50

Chicken and Sausage Gumbo

Cup - \$5.50 Bowl - \$7.50

Cream of Crabmeat Soup

Cup - \$5.50 Bowl - \$7.50

Soup du Jour

Cup - \$5.50 Bowl - \$7.50

**Eat
Fit**

~DINNER MENU~

◦EAT FIT BAYOU◦

Grilled Chicken Wheat Wrap \$11.95

Grilled chicken breast strips, baby spinach, red onion, tomatoes, and house made lemon basil vinaigrette in a 100% whole wheat wrap. Served with chef's vegetable.

Chicken Provençale \$13.95

Chargrilled chicken breast with an olive oil, garlic, tomato, and basil topping. Served with chef's vegetable and side salad with lemon basil vinaigrette.

Pasta Primavera

Shrimp \$15.95 Vegetarian \$11.50

A medley of garden vegetables tossed with herbs, olive oil and 100% whole wheat pasta.

Lemon Vinaigrette Mahi Mahi \$15.95

Gulf Mahi Mahi oven roasted with a lemon herb vinaigrette. Served with chef's vegetable and side salad with lemon basil dressing.

Stir Fry Vegetable Bowl

Shrimp \$14.95 Chicken \$12.95

Garden vegetables with Cajun seasonings, stir fried in an olive oil drizzle with your choice of jumbo shrimp or grilled chicken breast.

◦FROM THE GRILL◦

Black Angus Filet Mignon \$38.95

Tender hand-cut 8 oz. filet, available char grilled or blackened.

Black Angus Ribeye \$37.95

Thick 12 oz. hand-cut ribeye, available char grilled or blackened.

Choice Top Sirloin \$17.95

8oz. Choice top sirloin steak, available char grilled or blackened.

-Sauces and Toppings to Compliment Your Steak-

Lump Crabmeat with Bearnaise Sauce \$8.00

Crawfish Belle River Sauce \$7.00

Crab Florentine St. Francis Sauce \$7.00

-Above "From the Grill" served with choice of side and chef's vegetable-

◦SPECIALTY ENTREES◦

Bone-in Frenched Pork Chop Sunset \$18.95

10oz. Bone-in Frenched pork chop, grilled and set on a sweet potato mash, drizzled with a cane syrup demi glace and topped with crispy fried onion rings.

Seafood Platter \$29.95

Fresh jumbo shrimp, oysters, catfish and crab cake, deep fried. Served with our homemade tartar or cocktail sauce with fries and jalapeno hush puppies. +ADD Soft Shell Crab - \$8.00

Redfish Catch \$22.95

Fillet of redfish, prepared broiled, grilled or blackened, topped with your choice of crab Florentine St. Francis, pecan pesto cream, or crawfish Belle River sauce. Served with oven roasted potatoes and fried baby green beans.

**Eat
Fit**

~DINNER MENU~

Pasta Lafourche Oysters \$23.95 Shrimp \$20.50

Louisiana oysters or shrimp, fried and set over penne pasta, tossed with fresh crabmeat and a Cajun seasoned mushroom cream sauce.

Cajun Chicken \$20.50

Two tender breast of chicken, char grilled or blackened, set on andouille cornbread dressing, then topped with your choice of crab Florentine St. Francis, pecan pesto cream, or crawfish Belle River sauce. Served with fried baby green beans.

Blackened Chicken Crawfish Monica \$19.95

Blackened chicken breast, sliced and served over a creamy Cajun crawfish rotini pasta. Served with grilled garlic toast points.

Italian Chicken Parmigiana \$17.95

Breaded chicken breast topped with Mozzarella cheese and red sauce with a touch of cream over buttered fettuccini noodles. Served with chef's vegetable.

Veal Marsala \$24.95

Paneed baby white veal, with a mushroom Marsala wine demi glace. Served over buttered fettuccini with chef's vegetable.

-No Substitutions Please-

◦SANDWICHES◦

Philly Cheese Steak Croissant \$13.95

Grilled beef steak, served on toasted buttered croissant with mayo, sautéed onions and peppers, and Swiss cheese.

Fried Seafood Po-Boy

Catfish or Shrimp \$12.50 Crawfish \$13.95 Oysters \$15.95 Soft Shell Crab \$18.95

French bread po-boy, stuffed with golden-fried seafood. Your choice of catfish, shrimp, oysters, crawfish, or soft shell crab; then dressed with lettuce, tomatoes, and mayonnaise.

French Dip Roast Beef Po-Boy \$12.50

Roast beef and gravy on French po-boy bread. Dressed with lettuce, tomatoes and mayonnaise. Side au jus for dipping.

◦CRAFT BURGERS◦

Flanagan's Classic Burger \$12.50

1/2 lb. black Angus ground sirloin served on a brioche bun dressed with lettuce, tomato, and mayonnaise.

The COLONEL \$13.95

Bourgeois blend of ground sirloin and andouille burger topped with caramelized onions, roasted red peppers, provolone cheese, lettuce, tomato, sriracha mayo and thick cut pork belly bacon on a brioche bun. (portion of sales donated to Nicholls State University)

The Victor Barrio "BULLFIGHTER" \$12.95

1/2 lb. black Angus ground sirloin served on a brioche bun with jalapeño slices, guacamole, lettuce, tomatoes, and lime aioli.

The Godfather "ITALIAN" \$12.95

1/2 lb. black Angus ground sirloin served on a brioche bun with mayo, lettuce, pesto, sun-dried tomatoes and Mozzarella cheese.

Sides Available: Baked Potato, Over Roasted Potatoes, French Fried Potatoes, French Fried Sweet Potatoes, Potato Salad, Onion Rings, Sweet Potato Mash, Cajun Coleslaw, Fried Baby Green Beans & Andouille Cornbread Dressing.

~LUNCH MENU~

◦ LUNCH STARTERS ◦

Flanagan's Nachos \$11.95

Fried Vegetable Platter \$13.95

Spinach & Artichoke Dip \$12.50 Sm \$8.95

Mozzarella Cheese Sticks \$10.50

Voodoo Shrimp \$12.50

Thin Fried Catfish \$10.50

Fried Boneless Chicken Strips \$9.50

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6 Jumbo mushrooms stuffed with our crab stuffing, broiled with a lemon butter wine sauce.

◦ SOUPS ◦

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Cup - \$5.50 Bowl - \$7.50

Chicken and Sausage Gumbo
Cup - \$5.50 Bowl - \$7.50

Cream of Crabmeat Soup
Cup - \$5.50 Bowl - \$7.50

Soup du Jour
Cup - \$5.50 Bowl - \$7.50

◦ SALADS ◦

Shrimp Remoulade Salad \$13.95

Mixed greens with tomatoes, eggs and cucumbers served with remoulade dressing and 6 jumbo Cajun boiled shrimp.

California Cobb Salad \$13.95

Grilled or fried chicken, tomatoes, bacon, eggs, bleu cheese and romaine lettuce. Choice of dressing.

Spinach Salad \$8.95 Sm \$6.50

Caesar Salad \$6.95 Sm \$5.50

Flanagan's House Salad \$6.95 Sm \$5.50

Add a topping to your salad
(Caprese, Spinach, Caesar or House)
Chicken (grilled or fried) - \$5.00
Fried Popcorn Shrimp - \$6.95
Grilled or Bouilled Jumbo Shrimp - \$6.00
Fried Oysters - \$7.95

Dressings Available: Thousand Island, Hot Bacon, Creamy Caesar, Lemon Basil Vinaigrette, Remoulade, Ranch, Honey-Dijon Mustard, Fat-Free Italian & Golden Italian

◦ LUNCH COMBOS ◦

Choice of Half a Sandwich and Soup or Salad \$13.95

Choice of Soup and Salad \$10.50

◦ Salad ◦

Caesar Salad
House Salad

◦ Half a Sandwich ◦

Chicken Spinach Wrap
Popcorn Shrimp Po-Boy

Catfish Po-Boy
French Dip Roast Beef Po-Boy

◦ Soup ◦

Chicken & Sausage Gumbo
Seafood Gumbo

Cream of Crab Soup
Soup du Jour

~LUNCH MENU~

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Lemon Vinaigrette Mahi Mahi \$15.95

Gulf Mahi Mahi oven roasted with a lemon herb vinaigrette. Served with chef's vegetable and side salad with lemon basil dressing.

◦ LUNCH ENTREES ◦

Chopped Sirloin Steak \$14.95

Cajun Chicken \$15.95

Crawfish Etouffee \$16.95

Lunchron Fried Seafood Platter \$18.95

Blackened Chicken Crawfish Monica \$17.95

◦ LUNCH SANDWICHES ◦

Deluxe Chicken Sandwich \$10.95

Grilled or fried breast of chicken, served on a toasted bun, topped with lettuce, tomatoes, mayonnaise, crispy bacon and cheddar jack cheese.

Philly Cheese Steak Croissant \$13.95

Fried Seafood Po-Boy

Catfish or Shrimp \$12.50 Crawfish \$13.95 Oysters \$15.95 Soft Shell Crab \$18.95

Clubhouse Sandwich \$10.95

House club on white or wheat toast, with turkey, ham, bacon and cheese, lettuce tomatoes and mayonnaise.

French Dip Roast Beef Po-Boy \$12.50

◦ CRAFT BURGERS ◦

Flanagan's Classic Burger \$12.50

The COLONEL \$13.95

The Victor Barrio "BULLFIGHTER" \$12.95

The Godfather "ITALIAN" \$12.95

-All sandwiches are served with French fries, onions rings or Cajun coleslaw-
-All other sides add \$1.00-

Sides Available: Baked Potato, Over Roasted Potatoes, French Fried Potatoes, French Fried Sweet Potatoes, Potato Salad, Onion Rings, Sweet Potato Mash, Cajun Coleslaw, Fried Baby Green Beans & Andouille Combread Dressing.



• Quality Food & Service Since 1983 •
• **LUNCH & DINNER MENUS** •



Have Flanagan's delivered with the WAITR app!



• EVERY SUNDAY /10AM-2PM
• LIVE BANDS
• ALL YOU CAN DRINK MIMOSA'S
• Check out our Brunch Menu online at:
www.flanagansthibodaux.com

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