

Chef Meg’s Classic Creole Luncheon

Commander’s Turtle Soup
Rich veal stock simmered slowly for 72 hours with minced snapping turtle, holy trinity & pressed eggs ~ Finished tableside with aged sherry ~

Creole Spiced Gulf Fish
Cast iron seared Gulf fish with cremini mushrooms, grilled artichoke hearts, Brabant potatoes, sweet peas and Absinthe frappé

Creole Bread Pudding Soufflé
~ The Queen of Creole Desserts ~
Finished tableside with whiskey cream sauce

49.00

~Lunch Libations~

Classic Daiquiri Rum, lime, sugar \$5

The Crescent City Cooler \$5
Rum, guava, freshly squeezed lime, bitters, ginger ale

~Specialty Iced Tea~

Mango Iced Tea \$7
Garnished with a sprig of fresh mint & lemon

~Featured Wines~
The perfect choice for lunch —
from the south coast of France!

2025 **True Coast** “Coastal Reserve”
Chardonnay / Rosé / Pinot Noir ~ your choice only \$7

Eat Fit **~EAT FIT NOLA~**

Chilled Summer Melon Gazpacho
Silky purée of macerated watermelon, lime and jalapeño finished with pickled Jimmy Nardello-English cucumber relish

Cast Iron Roasted Wild White Shrimp
Herb & garlic marinated Gulf shrimp over jeweled wild rice with cherry tomatoes, navel orange, tender summer squash and ruby beet coulis

Sorbet du Jour
Handcrafted sorbet with the finest Louisiana fruit spiced with local flavors, spun daily

42.00

Two Course Coolinary Offerings
Price of Entrée includes choice of Starter & Entrée

Starters

Turtle Soup au Sherry
Commander’s Creole Gumbo
Soup Du Jour
Commander’s Crisp Romaine Salad
Eat Fit Wild White Shrimp Rémoulade
(Additional 3.00)
Shrimp & Tasso Henican
(Additional 3.50)
Eat Fit Hickory Smoked Cauliflower
Commander’s Crisp Romaine Salad
Sweet & Spicy Summer Salad

Appetizers

Eat Fit Wild White Shrimp Rémoulade
Crab boil poached Gulf shrimp dressed with sauce rémoulade over spicy local greens with shaved radish and Louisiana citrus
15.00

Shrimp & Tasso Henican
Wild Louisiana white shrimp stuffed with housemade tasso ham, pickled okra, tangy sweet onions, five pepper jelly and Crystal hot sauce beurre blanc
15.50

Soups & Salads

Turtle Soup au Sherry
Rich veal stock simmered slowly for 72 hours with minced snapping turtle, holy trinity & pressed eggs ~ Finished tableside with aged sherry ~
12.00

Commander’s Creole Gumbo
Slow cooked with a dark cast iron roux spiked with toasted garlic, Creole seasonings and local hot sauce
12.00

Soup Du Jour
Varied cooking techniques with fresh ingredients
11.00

Entrées

Creole Spiced Gulf Fish
Cast iron seared Gulf fish with cremini mushrooms, grilled artichoke hearts, Brabant potatoes, sweet peas and Absinthe frappé
35.00

Eat Fit Cast Iron Roasted Wild White Shrimp
Herb & garlic marinated Gulf shrimp over jeweled wild rice with cherry tomatoes, navel orange, tender summer squash and ruby beet coulis
34.00

Entrees

Crispy Pork Jowl
Citrus cured and confit’d Beeler’s Farm pork jowl over Cajun smoked pork neck backbone stew with pepper jelly glazed brussels sprouts, gold cauliflower and pickled purple cabbage 28.00

Cochon de Lait Tostada
Garlic & hot sauce rubbed 18-hour smoked pork shoulder with smoky boudin, silky red bean purée, pickled corn & okra chow chow, crumbled Cotija and charred poblano aioli 23.00

Eat Fit Chargrilled Chicken Thighs
Chargrilled chicken thighs marinated in tangy mustard and whipped tahini yogurt over picked summer vegetables, chimichurri and briny feta 25.00

Eat Fit Hickory Smoked Cauliflower
Charred cold smoked florets of cauliflower with green tomato chow chow, crispy oyster mushrooms and Louisiana field pea hummus
14.00

Eat Fit Tomatoes & Watermelon
Spanish olive oil marinated summer tomatoes with compressed watermelon, torched Robiola Bosina, oven dried crushed red pepper crusted kale chips, preserved lemon vinaigrette and pepita-chèvre pistou
14.50

Soups 1-1-1
A demitasse tasting of all three soups
13.00

Commander’s Crisp Romaine Salad
Hearts of romaine, grated Parmesan, pressed egg, crumbled bacon, French bread croutons, shaved Gruyère and creamy black pepper dressing
12.00

Eat Fit Sweet & Spicy Summer Salad
Thinly shaved batons of crisp green apple and fennel with spicy arugula tossed in smoked Johnsdale Farms blackberry vinaigrette topped with coconut oil roasted almond-oat granola over lemon buttermilk chèvre
13.00

Tournedos of Black Angus Beef
Chargrilled beef tenderloin over garlic & herb roasted mushrooms, whiskey smoked onions, Creole smashed new potatoes, and Marchand de vin
44.00

Collard Green Spanakopita
Crispy baked phyllo dough stuffed with French feta creamed collard greens over horseradish spiked spring onion aioli with first harvest Louisiana red beans, pickled squash and roasted St. Francisville chestnut mushrooms
28.00

Desserts

Creole Bread Pudding Soufflé
All the richness of Creole bread pudding whipped up into a light soufflé ~ Finished tableside with warm whiskey cream ~
(Must be ordered 20 minutes in advance)
11.00

Housemade Ice Cream
A daily selection of handspun ice cream in a pecan Florentine tuile 10.00

Southern Style Pecan Pie à la Mode
Vanilla & sugarcane infused custard pie with New Roads pecans in a handmade pie crust, chocolate and salted caramel, served with house-spun vanilla bean ice cream 10.00

Creole Cream Cheese Cheesecake
Housemade Creole cream cheese cheesecake with a honey graham crust, chocolate lattice & sticky caramel sauce 12.00

Piety & Desire Bushwacker Chocolate Tart
Coconut rum and Kahlua-spiked dark chocolate with a toasted coconut crust, Chantilly cream, cocoa nibs and white chocolate Bailey’s ganache 12.00

Sides

Eat Fit Garlic Wilted Spinach 7.00
Creole Smashed New Potatoes 8.00
Charred Chili Smoked Pork Boudin 8.00
Eat Fit Prosecco Poached Louisiana Jumbo Lump Crab 19.00

Eat Fit Eat Fit NOLA items meet the nutritional criteria of Ochsner Health. For more information please visit EatFitNOLA.com

Life is a celebration.

SHOP & SHIP

Commander's
COLLECTION

