

Breakfast Menu

Belgian Waffles Plain



\$5.00

Breakfast Louisiana Style:

2 Eggs any style with	\$8.00
Grits, Biscuit or Toast or English Muffin, Bacon	or Sausage.
1 Egg any style	\$2.00
0.00	* = 0.0
2 Eggs any style	\$3.00

eggs Benedict \$11.00 dish served on 2 halves of English Muffin, topped with ham,

poached eggs, and Hollandaise sauce

3 egg and Cheese Omelette	\$8.00
Grits, Biscuit or Toast or English Muffin.	

Add Bacon \$2,00 Add Sausage \$2.00

Craw	fish Ctouf	fee.	\$12.00
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Grits, Biscuit or Toast or English Muffin.

3 Egg and Veggie Omelette	\$8.00
(Green Pepper, Onion, Mushroom, Tomato)	

Biscuit and Sausage Gravy \$6.00

Jambalaya Stuffed Biscuit \$8.00

Pancakes, Stack of 3 \$8.00

Served with a side of meat (Bacon or Sausage)

Add Fruit \$4.00 1 Pancake \$2.00

Add Bacon \$2.00 Add Sausage \$2.00

*TAXES ALREADY INCLUDED IN PRICES *GRATUITY ADDED TO PARTIES OF 5 OR MORE

Please Notify Us of Any Food Allergies

Served W	ith a side of me	at (Bacon or Sausage)	
	Add Fruit	\$4.00	3
1 Waff	'le		\$3.00
	Add Bacon	\$2.00	. U
	Add Sausage	\$2.00	
Fruit (Cup		\$6.00
Sides	3		
	Sausag	⊘ (3 links)	\$2.00
	Bacon	(4 strips)	\$2.00
	Grits		\$3.00
	English	Muffin	\$2.00
	Biscuit		\$2.00
	Toast (Choice of white or whole grain) (2)	\$2.00

TruOrleans Favorite-

Coffee and Beignet with Powdered Sugar or leing

Small (3 pieces)	\$3.00
Large (6 pieces)	\$6.00

Beverages

Coffee	\$3.00	Lemonade	\$2.00	
Hot Tea	\$3.00	Orange Juice	\$2.00	
Still Water	\$5.00	Cranberry Juice	\$2.00	
Sparkling Water	\$5.00	Pineapple	\$2.00	
Cappuccino	\$5.00	Coke	\$2.00	
Espresso	\$4.00	Diet Coke	\$2.00	
Double Espresso	\$6.00	Sprite	\$2.00	
Iced Tea	\$2.00	Ginger Ale	\$2.00	



Consuming raw or under cooked meat, poultry, or seafood may increase your risk of Food born illness



Lunch Menu



Po' Boys with Seasoned Fries 7" Subs (Only comes on Po'Boy Roll served with lettuce and tomato)

Fried Shrimp	\$11.00
Shrimp Salad	\$12.00
Fried Oysters	\$11.00
Crawfish	\$10.00
Catfish	\$10.00
Sausage/Chicken	\$10.00
Roast Beef	\$11.00
Val's Catfish Reuben	\$9.00
Chicken Salad	\$9.00
Turkey	\$9.00

Add Extra Meat \$3.00
Add Extra Cheese \$2.00
(Cheddar, Swiss, or American)

Soft Shell Crab

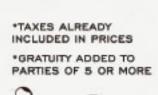
Regular Sandwiches with Seasoned Fries

(Choices of white, multigrain or bun served with lettuce and tomato)

Cheeseburger	\$8.00
Bacon Cheeseburger	\$9.00
Turkey Club **	\$9.00
Chicken Salad **	\$9.00
Shrimp Salad **	\$12.00
Surf and Turf	\$12.00

with Angus Beef Patty and Jumbo Lump Crab Meat

** Add Extra Meat \$3.00 Add Extra Cheese \$2.00 (Cheddar, Swiss, or American)



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ATUITY ADDED TO

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Soups	Cup	Bowl
Gumbo Seafood Spicy & dark roux flavor with crabmeat, shr	\$5.00 rimp, oyster ov	\$7.00 er rice
Gumbo Chicken/Sausage spicy w/ dark roux flavor with Andouille, Ta over rice	\$5.00 asso ham, fresh	\$7.00 chicken
French Onion Soup A hearty onion and beef flavor topped w/crountil golden brown	\$4.00 ostini, Swiss ch	\$6.00 leese baked
Soup of the Week	\$5.00	\$7.00

Salads

\$12.00

(Ranch, Balsamic, Blue Cheese, Vinaigrette, House, Caesar, Oil & Vinegar)

House dalad	\$5.00
Seafood House Salad	\$12.00
Shrimp or Crab or both	
Cagsar Salad	\$6.00
Cagsar Salad with Chicken	\$10.00
Cagsar Salad with Shrimp	\$13.00

Sides

Seasoned Fries	\$4.00
Red Beans & Rice	\$5.00
Maque choux	\$4.00
Hush Puppies	\$3.00
Cole Slaw	\$4.00
Grits	\$3.00
Dirty Rice	\$6.00
Plain Rice	\$2.00
Cajun Corn Bread	\$3.00





Lunch Menu



Pesserts Add one scoop of ice cream to any dessert, only \$2.00

Bread Pudding	\$6.00
Pecan Pie	\$6.00
w/leg Cream	\$8.00
Joy's Trash	\$6.00
Beignet (with Powdered Sugar or Icing)	\$6.00
Key Lime Pie	\$6.00
Homemade Nutty Buddy	\$5.00
Ice Cream one scoop	\$3.00
two scoops	\$5.00

(Chocolate / Vanilla or mixed)

TruOrleans Glossary

Andouille Spicy Cajun sausage with a smoky flavor. Is defined as a coarse-grained smoked meat made using pork, pepper, onions, wine and seasonings.

Bourbon Street Wings Crispy fried wings tossed in a brown sugar soy sauce and bourbon sauce. Cajun Cuisine vs Creole cuisine Louisiana Creole cuisine is a style of cooking originating in Louisiana which blends French, Spanish, Portuguese, Italian, Greek, Asian Indian, Native American, and African influences, as well as general Southern cuisine. It is similar to Cajun cuisine in ingredients (such as the holy trinity), but the important distinction is that Cajun cuisine arose from the more rustic, provincial French cooking adapted by the Acadians to Louisiana ingredients, where as the cooking of the Louisiana Creoles tended more toward classical European styles adapted to local foodstuffs.

Cajun Wings Crispy fried wings tossed in our special blackened spice.

Court Bouillon Court bouillon is a flavored liquid for poaching or quick-cooking foods. Traditional uses include poaching fish and seafood, but it is also used for poaching vegetables, eggs, sweetbreads, cockscombs, and delicate meats.

Dipping sauce Dynamite Sauce (Mayo-Thai Chilly Sauce).

Dirty rice or Rice dressing Ground beef, tasso ham, trinity, beef broth, and Creole spices. Etouffee Is a Cajun dish typically served with shellfish or chicken over rice and is similar to gumbo. It is most popular in New Orleans and in the bayou country of the southernmost half of Louisiana.

Gator Tender farm raised white meat alligator.

House dressing Cilantro lime vinaigrette. Joy East Val's mother and current New Orleans resident from where all these recipes were groomed over many years to help get them where they are today... she helped to influence the home

Louisiana recipes for our Tru Orleans Restaurant and Gallery. Joy's Homemade Eggplant Fries are One of a Kind and Joy's Trash is a favorite to anyone that has ever tasted it!!

Joy's Trash A crunchy mouth watering white chocolate mix of all your favorites into one including capt crunch, cheerios, almonds, marshmallows, pretzels, and more... You'll never throw this trash out once you taste it!

*TAXES ALREADY INCLUDED IN PRICES GRATUITY ADDED TO PARTIES OF 5 OR MORE

Beverages

Coffee	\$3.00	Lemonade	\$2.00	
Hot Tea	\$3.00	Orange Juice	\$2.00	
Still Water	\$5.00	Cranberry Juice	\$2.00	
Sparkling Water	\$5.00	Pineapple	\$2.00	
Cappuccino	\$5.00	Coke	\$2.00	
Espresso	\$4.00	Diet Coke	\$2.00	
Double Espresso	\$6.00	Sprite	\$2.00	
Iced Tea	\$2.00	Ginger Ale	\$2.00	
	TO A STANDARD CONTRACTOR OF THE STANDARD CONTRAC			

Leland East Val's father and current New Orleans resident from who Val learned some of these recipes from which have been passed down from generation to generation and now brought to you through TruOrleans... Trying Leland's Jambalaya on our menu is a MUST!

Maque choux Contains corn, green bell pepper, tomatoes, onion, and sometimes garlic and celery. The ingredients are braised in a pot.

Nutty Buddy Waffle cone with vanilla ice cream dipped in chocolate with peanuts.

Pistolette Crispy fried pastry served open faced with a cheese seafood sauce. Pistolettes are used for stuffing, frying, and for making handy sandwiches. Also known as "French Rolls" the pistolette dough recipe is usually a French bread recipe.

Po' boys Louisiana version of a sub/sandwich.

Roux Flavor Is a cooked mixture of wheat flour and fat, traditionally clarified butter. It is the thickening agent of three of the mother sauces of classical French cooking: sauce bechamel, sauce veloute and sauce espagnole. Butter, vegetable oils.

Seafood Gumbo Shrimp, crab meat and jumbo oysters.

Tasso Tasso ham is a specialty of Cajun cuisine. It is a spicy, peppery version of smoked pork. Tony Fertittas Another Louisiana resident and very good friend of Val's that also helped to positively influence this menu. Tony implemented his homemade crawfish recipe from Louisiana so enjoy the Fertitta's Crawfish/Crab Pistolettes as soon as you can!

Trinity Holy trinity originally refers specifically to chopped onions, bell peppers, and celery, combined in a rough ratio of 1:2:3 and used as the staple base for much of the cooking in the Cajun and Louisiana Creole regional cuisines of the state of Louisiana, USA.

Tru Orleans Sauce Shrimp, crawfish tail, crabmeat, Creole seasoning and trinity. Val East Current Louisiana resident, son of both Leland and Joy East. He is the main influence and reason we've been able to implement these special home cooking Louisiana recipes into the Washington DC restaurant scene. Val's extensive experience in home Louisiana cooking is a big part of Tru Orleans Restaurant & Gallery menu. Val's BBQ Jalepeno Shrimp and Val's Sauce Picante

with Beef/Pork/Sausage is as good as anything you will ever taste!!!



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Dinner Menu



Appetizers

F. C. B. C. B. C.	
Fertitta's Crawfish/Crab Pistolette Crispy rolls smothered with a cheesy seafood etouffee	\$11.00
Val's Barbeque Jalapeño Shrimp Jumbo Shrimp seasoned with Cajun spices wrapped in cream cheese and jalapeno slice glazed with a spicy Bl	\$12.00 Applewood smoked bacon, 80 sauce
Gator Tenders (6 oz) Crispy tenders of gator meat served with a spicy dippin	\$12.00 g sauce
Crawfish / Crabmeat Dies (4) Flakey crust stuffed with creamy seafood stuffing	\$11.00
Bagou Jumbo Crab Cakes (Two 3 Jumbo lump crabmeat perfectly seasoned with Cajun s	
Andre's Seafood Pip Creamy crabmeat with Cajun spices, tri-color peppers, until golden	\$12.00 cheddar cheese baked
Joy's Homemade Eggplant Fries Fresh strips of eggplant battered and cooked until gold	\$8.00 en brown
Cajun Wings (6)	\$8.00
Bourbon Street Wings (6)	\$8.00
Grilled Ogsters (6)	\$13.00
Pggl and Cat Shrimp 1/2 d	ozen \$12.00
Jumbo shrimp, perfectly steamed in Cajun spices, serv	TO COMPANY OF THE PARTY OF THE
Soups	Bowl
Gumbo Seafood Spicy & dark roux flavor with crabmeat, shrimp, oyster	\$7.00 over rice
Gumbo Chicken/Sausage spicy w/ dark roux flavor with Andouille, Tasso ham, fro	\$7.00 esh chicken over rice
French Onion Soup A hearty onion and beef flavor topped w/crostini, Swiss	\$6.00 cheese baked until golden brown
Soup of the Week	\$7.00
Salads (Ranch, Balsamic, Blue Cheese, Vinaigrette, House, Caesa	r, Oil & Vinegar)
House Salad	\$5.00
Seafood House Salad (Shrimp or Crab or	
Cagsar Salad With Chicken	\$6.00
Cagsar Salad with Chicken Cagsar Salad with Shrimp	\$10.00 \$13.00
Sides	φισιου

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Seasoned Fries	\$4.00
Red Beans & Rice	\$5.00
Mague choux	\$4.00
Hush Puppies	\$3.00
Cole Slaw	\$4.00
Grits	\$3.00
Dirty Rice	\$6.00
Plain Rice	\$2.00
Cajun Corn Bread	\$3.00



Red Beans and Rice with Andouille Sausage Spicy seasoned red beans w/ rice served with grilled Andouille sausage	\$16.00
Val's Sauce Picante with Beef / Pork / Sausage Beef, pork, Tasso ham, Andouille cooked fork tender w/ vegetables and a dark ro finish ,over rice	\$22.00 ux
Lecland's Jambalaga Tasso ham, Andouille sausage, w/ rice and trinity vegetables	\$20.00
Crawfish Ctouffee over rice Jumbo crawfish tails in a buttery sauce w/ Cajun spices	\$20.00
Barbeque Shrimp Fettuccine Jumbo shrimp cooked in butter and Cajun spices w/ a sherry finish over fettuccine noodles	\$24.00
Shrimp with Grits (8 oz) Jumbo shrimp sautéed in butter and spices over buttery, cheesy grits	\$22.00
Court Bouillon with Fish of the Day over rice Catch of the day stewed in a savory tomato sauce w/ vegetables	\$22.00
Blackened Tilapia over rice Mildly seasoned and seared on cast iron skillet	\$23.00
Blackened Catfish over rice Mildly seasoned and seared on cast iron skillet	\$23.00
Stuffed Tilapia with Crawfish Ctouffee over rice Perfectly seasoned and broiled topped w/ crabmeat and buttery crawfish etouffee	\$24.00
Stuffed Catfish with Crawfish Ctouffee over rice Perfectly seasoned and broiled topped w/ crabmeat and buttery crawfish etouffee	\$24.00
Filet Mignon (6 oz) A delicious 6 oz Filet Mignon packed with flavor and grilled to your liking with your choice of 1 side	\$25.00
Pelmonico (12 oz) A hearty 12 oz bone Ribeye packed with flavor and grilled to your liking with your choice of 1 side	\$24.00

Raw Bar

Ogster on the Half Shell

1/2 Pozen Market Price
1 Pozen Market Price
Ogster Shooter \$4.00

Fried Platters

All platters battered in a special house blend of spices and cooked until crispy and golden brown w/choice of two sides

Shrimp Platter	\$16.00
Oyster Platter	\$16.00
Catfish Platter	\$14.00
Tilapia Platter	\$14.00
Soft Shell Platter	\$15.00
Bayou Jumbo Lump Crab Cakes (Two 6 oz cakes)	\$22.00
Andre's Fried Chicken Crisov Caiun flavor with choice of leg and thigh or breast and wing	\$16.00

(minimum 25 minutes to prepare)



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Dinner Menu



Pesserts Add one scoop of ice cream to any dessert, only \$2.00

\$6.00
\$6.00
\$8.00
\$6.00
\$6.00
\$6.00
\$5.00
\$3.00
\$5.00

Beverages

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Dipping sauce

Dynamite Sauce (Mayo-Thai Chilly Sauce).

Dirty rice or Rice dressing

Ground beef, tasso ham, trinity, beef broth, and Creole spices.

Flouffee

Is a Cajun dish typically served with shellfish or chicken over rice and is similar to gumbo. It is most popular in New Orleans and in the bayou country of the southernmost half of Louisiana.

Gator

Tender farm raised white meat alligator.

House dressing

Cilantro lime vinaigrette.

Joy East

Val's mother and current New Orleans resident from where all these recipes were groomed over many years to help get them where they are today... she helped to influence the home Louisiana recipes for our Tru Orleans Restaurant and Gallery. Joy's Homemade Eggplant Fries are One of a Kind and Joy's Trash is a favorite to anyone that has ever tasted it!!

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Nutty Buddy

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Pietolette

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Louisiana version of a sub/sandwich.

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Seafood Gumbo

Shrimp, crab meat and jumbo oysters.

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Val's sauce picante

Beef, tasso ham, pork, trinity, tomato sauce and Creole spices.







Drink Menu

Wh	nite Wines	Glass	Bottle
100	Pinot Grigio Stellina Di Notte	\$8.00	\$42.00
105	Pinot Grigio Inacayal	\$8.00	\$28.00
110	San Telmo Torrontes	\$6.00	\$28.00
115	Trimbach Gewurtraminer	\$12.00	\$60.00
120	Liberty School Chardonnay	\$8.00	\$42.00
125	Sterling Chardonnay	\$8.00	\$34.00
130	Matua Savignon Blane	\$7.00	\$38.00
135	Jekel Riesling	\$7.00	\$45.00

Re	d Wings	Glass	Bottle
300	Pinot Noir Cellar 8	\$6.00	\$28.00
305	Pinot Noir Chalong	\$12.00	\$60.00
310	Rosenblum Zin	\$8.00	\$36.00
315	Cellar 8 Cabernet	\$6.00	\$28.00
320	Sterling Cabernet	\$10.00	\$45.00
325	Dynamite Cabernet	\$12.00	\$60.00
330	St. Eugiene Les Clos	\$6.00	\$28.00
335	BV Coastal Merlot	\$6.00	\$28.00
340	Willamette Valley		\$90.00
345	Newton Claret		\$80.00
350	Jade Provencale	\$12.00	\$60.00
355	Colores Del Sol Malbee	\$6.00	\$28.00
360	Peter Lehman Shiraz	\$8.00	\$36.00
365	Montes Merlot	\$8.00	\$36.00

Ch	ampagnes	Glass	Bottle
500	Chandon Brut	\$12.00	\$45.00
505	Chandon Rose	\$12.00	\$45.00
510	Dom Perignon '00		\$225.00
515	Pom Prignon Rose 98'		\$250.00
520	Most Nectar Imperial		\$175.00
525	Most Nectar Rose		\$225.00
530	Veuve Clicquot Magnum 1.5L		\$450.00
535	Veuve Clicquot Super Magn 3L		\$900.00
540	Veuve Cliequot Yellow		\$225.00

Special Cocktails

Hurricang Category 1

A delectable treat straight from the heart of Bourbon St... mmm fruity.

Hurricane Category 2

\$10

A delectable treat served to Yats on hurricane breaks in Baton Rouge.

Hurricane Category 3

\$12

An alligator in mardi gras attire... watch your ass.

Woodford Julep

\$12

Will be served on the veranda on Thursdays from 2 p.m. to 4 p.m... Just kidding anytime

Sazgrac

\$11

We're sticking with the published recipe of the 1859 coffee house... it's the best.

Lynchberg Lemonade

\$9

Jack Daniels, lemonade, splash of magic.

Jackson's Fog

Every spring the inevitable fog hides Andrew, this is what he drinks while no one can see him. (Think berries, mint, Jack Daniel's honey bourbon)

Fuzzy Belle

\$10

Sweet Georgia peaches infused with ginger ale and Maker's Mark... you're welcome ladies.

Edmond Albius

At the age of 12 he invented a technique for pollinating vanilla orchids, making it possible to to cultivate the bean outside of Mexico. Living on Île Bourbon (a French island) at the time, it is rumored he revolutionized the after - dinner drink by being the first to mix whiskey, vanilla, and oranges... Cheers to him.

La Lima de la Rosa

\$10

A margarita so delicious, so perfected that you may think we used rose petals... we didn't.

Park and Stormy

\$5.00

Think beer made from the root of a flower is for pansies? Well then top it off with some Goslings.

	Becks	\$6.00
	Bud LT	\$5.00
	Coors LT	\$5.00
	Corona	\$6.00
Bottle Beers	Pogfish Head 60	\$6.00
	Guiness Pub Praught	\$7.00
	Heineken	\$6.00
	Miller LT	\$5.00
Care .	Pabst Blug Ribbon	\$4.00
	Restoration Ale	\$6.00
	Stella Artois	\$6.00
	Turbodog	\$6.00

Turbodog Yugngling

Praft Beers

Abita Amber \$6.00 **Bud Light** \$5.00 Purple Haze \$6.00 Sam Adams \$6.00 Seasonal Abita \$6.00

