



SOUP | SALAD

Chef's Craft Soup 8 | Turtle Soup 8 | French Onion Soup 8

Caesar Salad or Chateau Salad

small 7 | large 9

blackened shrimp or grilled chicken +6

beef tenderloin, Ahi tuna, or black skillet catch +9

Steak Frites Salad

grilled beef tenderloin, rosemary truffle fries, bleu cheese, tomatoes, red onion, arugula, French vinaigrette, "the sauce" 18



Chicken or Shrimp Caprese

fresh mozzarella, tomato, avocado, yellow tomato vinaigrette 16

Ahi tuna or black skillet catch +3

Wedge Salad

baby iceberg lettuce, bacon, double bleu cheese, sangria tomatoes, "everything topping", balsamic glaze 11

blackened shrimp or grilled chicken +6

beef tenderloin, Ahi tuna, or black skillet catch +9

APPETIZERS | PASS-AROUNDS

Eggplant Frites

lemon garlic aioli, pomodoro sauce, red pepper parmesan 11

Baby Back Ribs (Half Rack)

Korean barbeque, red slaw, fresh carrots and herbs 16

Bang Bang Shrimp

seaweed salad, creamy Sriracha sauce 13

Chargrilled Chicken Wings

almonds, baby kale, red cabbage and carrots, honey sesame sauce 16

Crispy Brussels Sprouts

grilled shrimp, bacon, bleu cheese, sunflower seeds, raspberry pepper-jelly 16



Tuna Poke Bowl or Nachos

edamame, avocado, smelt roe, cucumbers, red slaw, sweet chili ponzu, wasabi aioli 17

ENTRÉES

Fresh Catch Meuniere

topped with shrimp and lump crabmeat, lemon wine butter 26

Chicken Piccata

lemon caper butter, angel hair pasta 19

8oz Beau Filet or 6oz Filet with Grilled Shrimp

garlic demi-butter 34

Above Entrees Served With Starch & Market Vegetable

The Big Bad Wolf

no little piggies here, just Big pork and a Bold flavor, Changes Weekly *(Ask your Server)*

Charbroiled Catch

lemon beurre blanc, grilled market veggies, fresh herb emulsion 18

Crawfish Ravioli

Creole Monica sauce, mushrooms, savory Cajun cronuts, garden herb parmesan 19

Salmon Bowl

fresh grilled salmon, crab salad, avocado, nori, crunchy Panko, jasmine sushi rice, Gochujang ponzu 19

Seafood Pasta Riviera

shrimp, crabmeat, angel hair, artichoke, sun-dried tomatoes, mushrooms, garlic butter sauce, arugula, olive misto 21

Chicken Parmesan

paneed chicken breasts, provolone & mozzarella, pomodoro sauce, angel hair pasta 19

Beau Chêne Burger

½ lb. fresh angus, dressed on grilled brioche with choice of cheese and fries 14

Ahi tuna +2

Hosie Bourgeois, Executive Chef | Daniel Bourgault, Sous Chef

Please notify your server of any dietary restrictions



Eat Fit Northshore items meet nutritional criteria designated by Ochsner Health System in partnership with St. Tammany Parish Hospital. Visit EatFitNorthshore.com + Download Eat Fit app for nutrition facts.