

CAJUN APPETIZERS

CRABFINGERS 10.99

Crispy fried or sauteed

BAYOU BLAZIN' SHRIMP 8.25

Golden fried popcorn shrimp tossed in a spicy sauce

SOFTSHELL PARMESAN 10.99

Fried soft-shell crab tossed in garlic butter and parmesan cheese (seasonal)

SAMPLER 15.99 

Includes onion sticks, crab cake minis, hushpuppies, and crawfish bread- you gotta get this!

CRAB CAKE MINIS 8.99

Cajun crab cakes fried in panko bread crumbs

ONION STICKS 8.49

Hand cut onion slices, battered and fried crispy

CRAWFISH BREAD 7.99

Toasted French bread topped with crawfish cheese spread



Crab Cake Minis



Softshell Parmesan

SOUP & GUMBO

SPAHR'S SEAFOOD GUMBO 

Thelma and Bill's original dark roux recipe with shrimp, crab meat & sausage. cup 5.75 bowl 8.99

CRAWFISH PEPPER JACK

Local favorite created by chefs in-house. cup 5.75 bowl 8.99

ADD ONS

LEMON CRAB CREAM SAUCE 4.25

CRAWFISH CREAM SAUCE 4.25

6 GRILLED SHRIMP 6.25

SOFTSHELL CRAB 8.99 (seasonal)

SIDES

FRIES

POTATO SALAD

VEGETABLE OF THE DAY

SWEET POTATO FRIES (+1.50)

BROCCOLI 

ONION STICKS

SIDE SALAD 

COLESLAW



Bayou Blazin' Shrimp



Bloody Mary



Items can be grilled.

The Original

CATFISH CHIPS 15.99 

Smaller cuts of our local, wild caught catfish...our most popular platter.

SHRIMP PLATTER 15.25 

Gulf shrimp peeled and butterflied in-house.

FRIED OYSTERS 17.99

SEAFOOD PLATTER 19.99 

Catfish chips, jumbo shrimp, crab fingers, Gulf oysters, stuffed crab, our famous onion sticks, hush puppies, fries and toast.

CRAB CAKES 16.99 

Served with crawfish sauce

SOFTSHELL CRABS (2) 19.99 (seasonal)



Shrimp Etouffee

EAT FIT BAYOU



Served with steamed broccoli or a side salad.


BLACKENED FISH MARKET PRICE

Blackened Gulf fish topped with crawfish etouffee

GRILLED SHRIMP 15.25

GRILLED CHICKEN BREASTS 10.25

Eat Fit Bayou items meet the nutritional criteria designated by Ochsner Health System. Visit EatFitBayou.com + download Eat Fit app for full nutrition facts.

 Local Favorites



Voodoo Bayou Pasta

PASTA & SOUTHERN TRADITIONS

CRAWFISH PASTA 17.25 

Sauteed Louisiana crawfish tails and penne pasta tossed with Spahr's signature cream sauce

SEAFOOD PASTA 17.25 

Fresh Louisiana shrimp and crab meat in a rich cream sauce over penne pasta

BLACKENED CHICKEN PASTA 15.75

VOODOO BAYOU PASTA 17.25

Penne pasta tossed in a spicy creole crab meat cream sauce, topped with fried jumbo shrimp

HAMBURGER STEAK 13.99


12 oz ground beef steak topped with grilled onions and gravy

CRAWFISH STEW 14.25

Cajun favorite made with dark roux and served with rice, potato salad, and catfish chips

CAJUN CHICKEN 15.99

Two chicken breasts breaded in panko and deep fried, topped with crawfish sauce

FISH OF THE DAY MARKET PRICE 

Grilled fillet of fish topped with signature crawfish sauce

SHRIMP ETOUFFEE 14.25

Louisiana popcorn shrimp, simmered in a traditional etouffee sauce, topped with rice and fried popcorn shrimp



Blackened Fish

FROM THE GARDEN

HOUSE SALAD 5.99

Lettuce, tomatoes, cucumbers, black olives, eggs, croutons, Cheddar

+ chicken	5
+ shrimp	6.25
+ oysters	6.75

SPAHR'S REMOULADE 12.99

Popcorn shrimp and fried green tomato wheels over lettuce mix with green onions

substitute crawfish +1.50

SEAFOOD SALAD 12.99

Jumbo boiled shrimp and crab meat served over a bed of mixed lettuce, eggs, tomatoes, black olives, artichoke hearts & green onions



Spahr's Remoulade

BAYOU BOYS & SANDWICHES

SOUP & SANDWICH 11.99

A cup of crawfish pepper jack soup or gumbo with a half of popcorn shrimp poboy

+ FRIES 1

OVERSTUFFED SHRIMP 13.50

CATFISH POBOY 11.99

OYSTER POBOY 14.99

GRILLED CHICKEN POBOY 10.99

HAMBURGER POBOY 10.25

CRABCAKE ON BUN 10.99

CRAWFISH PEPPER JACK 14.99

Fried Louisiana crawfish tails tossed with pepper jack cheese sauce and dressed with sundried tomato aioli



Seafood Salad



Crab Cake on Bun



Crawfish Pepper Jack

HOMEMADE DESSERTS

BREAD PUDDING 5.99

with Rum Sauce

PEANUT BUTTER PIE 5.50

with Chocolate Sauce

MUD LAKE CAKE 7.99

Molten chocolate cake with vanilla ice cream and strawberry puree



Bread Pudding