



APPETIZERS

BOUDIN BALLS	\$10	SPINACH ARTICHOKE.... NO DIP	\$12
FIRE CRACKER SHRIMP	\$12	Deep fried spinach and artichoke balls	
FIRE CRAB BITES (6)	\$10	TCHOUPITOULAS FRIES	\$14
CRAWFISH EGGROLLS	\$14	MID-CITY BEIGNETS (3)	\$9
		HONEY BUTTER BEIGNETS (3)	\$11

ENTREES

THE UP&ADAM BREAKFAST	\$14
Two eggs any style served with your choice of meat, grits or seasoned potatoes & toast. Biscuit add \$2	
CATFISH & GRITS	\$18
Fresh catfish fried to perfection topped with a crawfish cream sauce with creamy cheese grits	
SHRIMP & GRITS	\$18
Gulf shrimp sautéed with bell peppers & onion in a crawfish cream sauce over creamy cheese grits	
TCHOUPITOULAS OMELETTE	\$18
Crab meat & cheddar cheese omelette topped with grilled shrimp & crawfish cream sauce	
THE GARDEN DISTRICT OMELETTE	\$14
Bell peppers, tomatoes, onion, & cheddar cheese	
TCHOUPITOULAS PASTA	\$18
Penne pasta in a crawfish cream sauce, sauteed shrimp & Parmesan cheese	
CATFISH TCHOUPITOULAS	\$22
Fried Catfish over Shrimp & Crawfish Rice topped with crab meat & crawfish cream sauce	
TCHOUP BOWL	\$14
Fried potatoes topped with cheddar cheese, crawfish cream sauce, & scrambled eggs. add bacon or sausage \$2	
DOWNTOWN BREAKFAST	\$15
Grilled pork chop with grits and two scrambled eggs	
PANCAKE TRIO	\$14
2 Pancakes served with two scrambled eggs and your choice of sausage or bacon	
CATFISH & PANCAKES	\$16
LIL' EGG N RICE	\$13
Shrimp & Crawfish Rice topped with a scrambled egg	

BISCUIT, BUNS, & TOAST

FRENCH TOAST BREAKFAST	\$15
Bacon or Sausage and scrambled egg	
AVOCADO TOAST	\$10
Jalapeño cornbread toast topped with avocado spread, Pickled red onion, arugula, & scrambled egg	
FRENCH MARKET BREAKFAST SANDWICH	\$12
Sausage or Bacon, scrambled egg and cheese on jalapeño cornbread toast	
HOLLYGROVE CHICKEN BISCUIT	\$12
Honey Tabasco marinated chicken with biscuit	
SEAFOOD BISCUIT	\$12
Grilled biscuit topped with shrimp & crab meat with crawfish cream sauce	
BBQ Bacon Cheeseburger	\$14
4oz smash burger with cheddar cheese, bacon, & BBQ Sauce	

UP SIDES

Grits	\$7
Seasoned Potatoes	\$5
Egg Any Style (1)	\$3
Side Pancake (2)	\$7
Buttermilk Biscuit w/ Honey Butter	\$4
French Fries	\$5
Bacon (3pcs)	\$4
Pork Sausage Links	\$4
Tchoupitoulas Sauce	\$7
Turkey Bacon	\$5

BEVERAGES

Proudly Serving Up&Adam Coffee

Cold Brew Coffee	\$5
Hot Coffee	\$4
Hot Chocolate	\$4
Orange, Apple, Cranberry Juice	\$4
Hot Tea	\$3
Pepsi, Pepsi Zero, Starry, Mountain Dew	\$3
Mug Root Beer, Tropicana Lemonade	