



APPETIZERS

TCHOUPITOULAS FRIES	\$14
BOUDIN BALLS	\$9
FIRE CRACKER SHRIMP	\$12
FIRE CRAB BITES (6)	\$10
MID-CITY BEIGNETS (3)	\$9

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 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	

FRENCH MARKET BREAKFAST SANDWICH	\$12
Your choice of Sausage or Bacon, scrambled egg and cheese served on toast with potatoes or grits	

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
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FRIED SHRIMP & CATFISH PLATTER	\$22
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Served with one side

SMALL PLATES

AVOCADO TOAST	\$10
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Pickled red onion, arugula, scrambled egg & avocado spread on toast

HOLLYGROVE CHICKEN BISCUIT	\$12
Honey Tabasco marinated chicken with biscuit	

LIL' EGG N RICE	\$13
Shrimp & Crawfish Rice topped with an scrambled egg	

SEAFOOD BISCUIT	\$12
Grilled biscuit topped with shrimp & crab meat with tchoupitoulas 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

LATE LUNCH AFTER 3pm

BBQ Bacon Cheeseburger	\$14
4 oz smash burger with cheddar cheese, bacon, & BBQ sauce	

Tchoupitoulas Pasta	\$18
Penne pasta in a crawfish cream sauce, sauteed shrimp & Parmesan cheese	

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	