

2024 Eat Fit Dishes for Jazz Fest

FOOD AREA 1

Joyce's Lemonade – Fruit Salad | Veg, GF

Clesi's Seafood Restaurant – Boiled LA Crawfish

Ten Talents Catering – Sunflower Green Salad | Veg

Smoke Street Catering – Fried Brussels Sprouts | Veg

Burks & Douglas – Vegetarian Red Beans | Veg

Off-menu Eat Fit option as: **Red Beans only**

Papa Ninety Catering - Shrimp & Lump Crab Ravigote, Louisiana Crawfish Remoulade

Walker's BBQ / Love at First Bite – Cochon de Lait (no bread)

Sunshine Catering - Rosemint Herbal Iced Tea, Mandarin Orange Herbal Iced Tea, Blackberry Breeze

Off-menu Eat Fit option as: **all teas available unsweetened**

FOOD AREA 2

Sunshine Catering - Rosemint Herbal Iced Tea, Mandarin Orange Herbal Iced Tea, Blackberry Breeze

Off-menu Eat Fit option as: **all teas available unsweetened**

New Orleans Coffee Company – Café Au Lait (Hot, Iced), Black Coffee (Hot, Iced)

Available black or with milk (2% or unsweetened almond milk)

Mona's Café - Greek Garden Salad | Veg, GF

Jamila's Cafe – Tunisian Salad; Merguez

Off-menu Eat Fit option as: **Tunisian Salad without pita; Merguez without rice**

Fritai - Grilled Shrimp Pikliz | GF

Carmo - Handmade Tacos: Fresh Gulf Fish, Grilled Shrimp, or Grilled Veggies | GF

CONGO SQUARE

AJ's Sno-Balls - Sugar-Free Sno-Balls [Eat Fit sticker placed next to the SF options]

Palmer's Cuisine - Caribbean Fish; Jamaican Chicken; Steamed Veggies

Off-menu Eat Fit option as: **served with double vegetable, no rice**

Gambian Foods - Spicy Grilled Tofu & Veggies w/ Peanut Sauce | Veg

Off-menu Eat Fit option as: **without cous cous or pita**

Bennachin – Poulet Fricasse; Jama Jama

HERITAGE SQUARE

Ba Mien Vietnamese Cuisine – Beef Skewer, Shrimp Skewer

Café du Monde - Café Au Lait (Hot, Iced)

Sunshine Catering - Rosemint Herbal Iced Tea, Mandarin Orange Herbal Iced Tea, Blackberry Breeze

Off-menu Eat Fit option as: **all teas available unsweetened**

AROUND THE GROUNDS

Cee Cee's Sno-Balls - Sugar-Free Sno-Balls - [Eat Fit sticker placed next to the SF options]

Plum St. Sno-Balls - Sugar-Free Sno-Balls - [Eat Fit sticker placed next to the SF options]

LOUISIANA FOLKLIFE VILLAGE

United Houma Nation - Shrimp Macque Choux

CULTURAL EXCHANGE PAVILLION

Carmo y Waska - Ceviche de Camarones w Patacones (Fried Plantain); Ceviche de Vegetales w Patacones (Fried Plantain)

