

UP THE BAYOU

- 1 GINA'S AT THE LEGION**
114 ST. MARY STREET - THIBODAUX, LA 70301
(985) 492-2505
- 2 SPAHR'S DOWNTOWN**
601 W. 4TH STREET - THIBODAUX, LA 70301
(985) 448-0487
- 3 FREMIN'S RESTAURANT**
402 W. 3RD STREET - THIBODAUX, LA 70301
(985) 449-0333
- 4 CINCLARE**
601 W. 3RD STREET - THIBODAUX, LA 70301
(985) 227-9507
- 5 POLITZ'S RESTAURANT**
535 ST. MARY STREET - THIBODAUX, LA 70301
(985) 448-0944
- 6 BOURGEOIS MEAT MARKET**
543 W. MAIN STREET - THIBODAUX, LA 70301
(985) 447-7128
- 7 FLANAGAN'S**
1111 AUDUBON AVE - THIBODAUX, LA 70301
(985) 447-7771
- 8 GRADY V'S**
900 COUNTRY CLUB BLVD - THIBODAUX, LA 70301
(985) 446-8894
- 9 SPAHR'S SEAFOOD RESTAURANT**
3682 HWY 90 - DES ALLEMANDS, LA 70030
(985) 758-1602



- 19 FESTIVALS & EVENTS**
F.O.P. MUD BUG BOIL-OFF
MAY - THIBODAUX, LA 70301
- 20 LOUISIANA GUMBO FESTIVAL**
OCTOBER - CHACKBAY, LA 70301
- 21 BIG BOY'S MAIN STREET COOK-OFF**
NOVEMBER - THIBODAUX, LA 70301

SCAN HERE



TO DOWNLOAD YOUR TRAIL MAP AND PASSPORT



TRAIL HEADQUARTERS:
Louisiana's Cajun Bayou Visitors Center
4484 LA-1, Raceland, LA 70301
(985) 537-5800

DOWN THE BAYOU

- 10 BAYOU BOUCHERIE**
4980 LA-1 - RACELAND, LA 70354
(985) 242-3075
- 11 KAJUN TWIST & GRILL**
616 CRESCENT AVE. - LOCKPORT, LA 70374
(985) 242-2300
- 12 HARRY'S POBOYS**
11914 HWY 308 - LAROSE, LA 70373
(985) 798-7578
- 13 THE BALCONY**
13550 W. MAIN STREET- LAROSE, LA 70373
(985) 693-3368
- 14 SPAHR'S AT THE STATION**
16816 HWY 3235 - CUT OFF, LA 70345
(985) 325-4450
- 15 MOMMIE JO'S**
15617 W. MAIN STREET - CUT OFF, LA 70354
(985) 632-5050
- 16 CHER AMIE'S SEAFOOD RESTAURANT**
15628 W. MAIN STREET - CUT OFF, LA 70345
(985) 325-3333
- 17 GRIFFIN'S RESTAURANT**
18629 HWY 3235 - GALLIANO, LA 70354
(985) 475-5474
- 18 KAJUN TWIST**
17972 W. MAIN STREET- GALLIANO, LA 70354
(985) 632-7272



- 19 FESTIVALS & EVENTS**
WILD GAME SUPPER
MARCH - LAROSE, LA 70373
- 23 FRENCH FOOD FESTIVAL**
OCTOBER - LAROSE, LA 70373
- 24 LA FETE DES VIEUX TEMPS**
OCTOBER - RACELAND, LA 70394

BIENVENUE!

It's a simple fact: When you visit Louisiana, you'll enjoy some of the best meals of your life. But it's not just the big cities that take pride in their food scenes. In Louisiana's Cajun Bayou, just 45 minutes south of New Orleans, there's an authenticity to the culinary experience that allows anyone to truly understand how a place's food and culture are deliciously intertwined forever. Here the journey to unforgettable dining experiences begins when you venture a ways off the main road and follow the bayou as it flows through wetlands and authentic Cajun communities. Discover generations of unique traditions, culture and flavor in the eating establishments, culinary festivals and events on the Cajun Bayou Food Trail of Lafourche Parish.

You've Eaten Your Way Through The Trail, Now What?

You've filled your belly with Cajun delights!
You deserve some bragging rights.

After 5 stops on the Cajun Bayou Food Trail are completed, mail in or drop-off your passport to our visitors center and collect your FREE t-shirt!



UNAPOLOGETICALLY
CAJUN

LOUISIANA'S
CAJUN BAYOU
LAFOURCHE PARISH

LACAUNBAYOU.COM/FOODTRAIL

#CAJUNBAYOU
985.537.5800

WANDER OFF THE EATIN' PATH

UP & DOWN THE BAYOU

CAJUN BAYOU
FOOD TRAIL™

LAFOURCHE PARISH

