



# LE BEAU SOLIEL

THE BEAUTIFUL SUNSHINE

## MEAL & GROCERY LIST SUGGESTIONS

### Breakfast

- Half & Half / Almond Milk for Coffee (LBS has Assorted Coffees (decaf included) sugars, honey, sweeteners)
- Milk
- Cereal
- Berries
- Yogurt
- Granola
- Eggs
- Bacon/Sausage
- Salsa (we have several hot sauce options)
- Tortillas (for Breakfast tacos on the run) – LBS have foil
- Cheese (shredded or sliced)
- Bread (for breakfast sandwiches on the run and for toast)

### Lunches – (LBS has assorted ziplocks, foil, Tupperware containers, napkins and paper towels for packed meals)

- Bread/Tortillas Wrap
- Lunch meats (turkey, ham, roast beef)
- Tuna/Chicken Salad (Rouses has delicious, prepared Salads in the front of the store w hummus and cheeses)
- Fresh Veggies for Sandwiches
  - Tomato
  - Lettuce
  - Avocado
  - Onion
- Cheese
- Fried chicken (found at the front of rouses) – served cold on the boat
- Boiled shrimp (found near the steak and seafood counter under a heat lamp)
- Condiments (we have mayo, mustard, ketchup, hot sauces at LBS)

### Snacks

- Pickles
- Chips
- Hummus (front of store with prepared foods)
- Pimento Cheese (same as above)
- Hard cheese
- Salamis/summer sausage
- Apples (other Fruit)
- Nuts
- Olives
- Granola/Protein Bars

### Beverages (your guide will provide water and water is safe to drink in Lodge, LBS has an ice maker)

- Boat beverages (make sure to stay hydrated – Gatorade, Celsius or Powerade)
- Evening beverages – Rouses is a full liquor store so pick up all your needs there. Beer and some liquors available at the local gas stations near the house as well if you run low.

### Dinner Suggestions:

- **Mains:** (LBS has an excellent assortment of seasonings and cooking supplies)
  - Steaks (we have a Weber grill on the sunset deck)
  - Rotisserie Chicken (found at the front of the store)
  - Cajun Stuffed deboned Chicken (found in the refrigerator case near steak/seafood counter)
  - Bacon wrapped pork tender (found same as above)
  - Crock pot meals: pork for pulled pork, ground beef for chili, chicken for shredded chicken tacos
  - Redfish on the half shell – per request and availability at the lodge. Talk to your guide.
  - Shrimp/crawfish to boil – we have a large outside boiling pot and furnace for your use – make sure to get the throw ins (corn, onion, garlic, red potatoes and sausage) – shrimp is good leftover for lunch
- **Sides:**
  - Premade mashed potatoes- found near front of store in refrigerator case (delicious)
  - Corn on the grill or boiled
  - Canned green beans (or green bean casserole add can of mushroom soup, can of mushrooms, French's fried onions) LBS have seasonings and cooking spray
  - Corn bread mix (make sure to get eggs and milk)
  - Mac/cheese – make sure you have milk
  - Pasta- LBS do not have Parmesan
  - Boudin – my fav
  - Salad Fixings (pre prepped bags are easiest)
    - Lettuce/spinach
    - Tomato
    - Cucumber
    - Celery
    - Carrots
    - Avocado
  - Salad Dressing (we have vinegar and oil)
- **Dessert/Sweets**

#### **Other Dinner Options/Recommendations:**

- Pizza for Pick up - Tommy's Gas Station (1 mile up) yummy thin crust – 985-580-4455
  - Must order before 6pm
  - Also will do subs and Po'boy for next day lunches and have breakfast sandwiches.
- Big Mike's BBQ – Good (not Texas good though) BBQ and burgers (18min drive) 985-306-5040
  - Sun – Wed 11am-8:30pm
  - Thurs – Sat 11am – 10pm
- Cristiano's – Finest and Best Restaurant in Houma (25min drive) – Cajun Italian 985-223-1130
  - Reservations recommended
  - Sunday – Closed
  - Mon - Thurs 4-9pm
  - Fri – Sat 4-9:30pm
- 1921 Seafood and Oyster Bar - Casual Cajun Restaurant (20min drive) 985-868-7098
  - Better to go early on weekends, as it can get very busy.
  - Sunday – Closed
  - Mon – Sat – 5-10pm
- Boudreaux and Thibodaux's – Cajun Cookin' (25min) – service is better than 1921, 985-872-4711
  - Sun-Thurs 10:30am – 9pm
  - Fri and Sat 10:30am – 9:30pm
- Abear's Café – home cooking, great ambiance, live music – open only FRIDAYS (20min) -985-872-6306
  - Open only Friday Nights for Dinner til 9pm
- Falgout Marina/Bar (1 mile up the road) 985-872-1636 – Closed Sundays
  - Best burgers/fries to go – lunch only
  - Canal Dockside Bar – local drinking hole
  - Open til 1am on the weekends with live music Fri/Sat