

7041 W COMMERCIAL
BLVD, TAMARAC, FL 33319
+1 (754) 222-6060
www.KalalouFTlauderdale.com

APPETIZERS

Akra fritters (6) 510cal 8

Malanga Fritters, Served with a side of Pikliz.

Marinade fritters (8) 240cal 8

Marinated Fried Dumplings, Served with a side of Pikliz

Kalalou Combo with no meat 472cal 14

A mixture of akra, marinade, plantains and pikliz.

Jumbo coconut shrimp 630cal 16

Breaded fried shrimp with coconut flakes.

Tapas

3 pieces of plantains, a slice of avocado and your choice of a meat served with pikliz.

Chicken	110cal	12
Goat	106cal	15
Shrimp	190cal	12
Griot/Pork	158cal	12

Creole Grilled Wings (8) 203cal 16

Marinated in creole spices oven roasted and grill served with fires.

ENTRÉES

Kalalou Combo with Meat 360-369cal 25

A firty mixture of akra, marinade, plantains and breadfruit. Your choice of Pork, Chicken, Beef, Goat, or Shrimp.

Creole Spaghetti 360-369cal 17

Made with tomatoes, the Cajun holy trinity (celery, bell peppers, and onions), garlic, seasonings, and herbs. No meat or add meat.

add Chicken, Shrimp 5



KALALOU

Food Menu

Welcome to Kalalou Caribbean Bar and Grill where we transport you to an upscale Caribbean paradise.

ENTRÉES

Most Served with a choice of rice or side. Plantain and pickles included.

Curry Chicken 496cal 20

Chicken marinated in a perfect blend of cooked curry spices, potatoes, and vegetables cooked traditional Jamaican style with a nice stew.

Jerk Chicken 473cal 20

Well-Seasoned Grilled Chicken with Jamaican jerk marinade that has the perfect balance of head, sweet & savory.

Kalalou Oxtail 422cal 28

Melt in your mouth, fall of the bone tender beef braised oxtail served with vegetables and smothered in an incredibly tasty stew.

Lalo 597cal 28

A specialty of Latibonit. Lalo is a mixture of a special greens cooked with goat.

Add Crab 585cal 9

Legumes Stew 434cal 23

Legume vegetable medley served with beef.

Creole Stew Chicken 439cal 20

Chicken marinated in creole seasoning and simmered into a satisfying stew with a sauce infused with wonderful flavors from sautéed onions, peppers.

Griot/ Fried Pork 695cal 20

Chunks of pork marinated in citrus and creole spices then simmered until very tender before being fried crisp and brown. Also accompanied with pikliz. .

Tassot

Choice of meat marinated overnight. Cooked until fully tender and fried to a perfection of golden juicy bites. Every bite is a full burst of flavor.

Beef	447cal	28
Goat	586cal	34
Turkey	360cal	20

Spicy Bites 595cal 15

Chunks of pork marinated in spicy orange sauce then simmered until very tender. Also accompanied with pikliz and plantains, no additional sides.

FROM THE SEA

Whole Snapper 350-500cal **35+

Choice of fried or stewed, fisherman style snapper. Seasoned with creole island spices, onions and bell peppers. *Price varies, check with server.

Blackened Salmon

Salmon dipped in melted butter and then served in a mixture of herbs and spices.

8oz	388cal	21
10oz	518cal	25
Add shrimp	540cal	5

Conch/Lambi 140-280cal **35+

Grilled sautéed, marinated with sauce. *Price varies, check with your server.

SALADS

Kalalou Special Salad 44cal 15

Mixed greens, tomatoes, cucumber, avocados with our house dressing.

add Chicken	470cal
add Shrimp	283cal

Caesar Salad 44cal 15

Our unique Caesar salad is made with romaine lettuce, croutons, Parmesan cheese, and Homemade Caesar dressing.

add Chicken	470cal
add Shrimp	283cal

*All menu items are subject to change based on availability.

*Kindly be advised that a 20% service charge will be added to your check from party of 5.



NEW



Rewards



Follow us on Social



KALALOU Menu

Whether craving bold spices or delicate flavors, join us for an unforgettable dining experience.



KIDS MEALS

Chicken Wings (6) Fries and a drink	640cal	13
Chicken Tenders (3) Fries and a drink	609cal	13

SIDES

Djondjon (Black Trumpet Mushroom)	440cal	8
White Rice & Beans Sauce	698cal	6
Fries	385cal	5
Black Beans Sauce	146cal	3
Sweet Fried Plantains(5)	245cal	5
Fried Green Plantains(5)	139cal	5
Sweet Potato Fries	365cal	5
Sauteéd Vegetables	93cal	6
Stewed Kalalou (Okra)	93cal	6
**Macaroni Au Gratin	245cal	8
Pikliz Side	55cal	1.5
Pikliz Large	90cal	11.5
Lasagna with Meat	800cal	12

DESSERTS

Lime Cake	252cal	8
Pineapple upside down cake	362cal	7
Coconut cake	356cal	8

Items subject to availability

Rum cake	240cal	7
Add a scoop of vanilla ice cream	250cal	+4
Vanilla Ice Cream 3scp	300cal	7

DRINKS

Passion fruit/Papaya/Guava	6
Lemonade	5
Red Bull	3.5
Coke-Sprite- with refill	3
Couronne/Corosol	7
Bottle Water	3
Soda can:	
Watermelon and Jupiña	2.5
Gingerale	4
Sport shake	5

THE BAR

Must show ID 21+

HAPPY HOUR MON-THUR, 3PM-7PM
ON ALL DRINKS FROM THE BAR

PREMIER COCKTAILS

Mango Coconut Mojito	16
Midnight Madness	18
Passionfruit Long Island	17
D'range Sour	14
Caribbean Blue	12
BEER:	
Prestige	6
Corona	6
Guinness	6
Heineken	6
All Draft Beer	3.5
Bucket of Beer 6	25



Specials Menu

LUNCH SPECIAL

Monday - Friday

11am to 4pm

Small portion of any chicken or griot meal.

10

189-296cal

TUESDAY

Served with a choice of on side of white rice, black rice, or rice with beans.

Chicken	365cal	15
Turkey	146cal	15
Pork	245cal	15
Lalo	597cal	20
Legumes stew	434cal	20

WEDNESDAY

Special meatballs 352cal **17**

Homemade Haitian meatballs traditional simple and delicious made with ground beef and spices. Served with a choice of white rice, black rice, or rice with beans.

THURSDAY & FRIDAY

Lalo with crab 597cal **30**

A specialty of LATIBONIT in the central plateau of Haiti Lalo is a mixture of a special greens cooked with blue crab CYRIK and goat. Served with a choice of white rice, black rice, or rice with beans.

FRIDAYS SEAFOOD GALORE

Medium portion served with a choice of white rice, black rice, or rice with beans.

Red snapper	30
Salmon	15
Lobster Tail	20
Conch/ Lambi	25
Sauté Shrimp with garlic	15

SATURDAY

Bouyon Kreyol 164cal **20**

A hearty stew including a variety of vegetables that is traditionally cooked throughout Haiti.

SUNDAY

Soup Joumou 571cal **20**

Rich and hearty Haitian pumpkin soup filled with vegetables.

FAMILY SPECIAL

189-296cal

Monday - Thursday

3pm to 9pm

Griot or Chicken with your selection of -White Rice-Rice and Beans or Djondjon (Black Trumpet Mushroom)

35

KALALOU CARIBBEAN BAR & GRILL

www.KalalouFtLauderdale.com

PHONE ORDERS: (754) 254-LALO(5256)

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Tamarac, FL 33319
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HOURS

Monday	11AM - 10PM
Tuesday	11AM - 10PM
Wednesday	11AM - 10PM
Thursday	11AM - 10PM
Friday	11AM - 12AM
Saturday	11AM - 12AM
Sunday	11AM - 10PM



REVIEW



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KALALOU
BAR AND GRILL



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KALALOU

BAR AND GRILL



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Late Night Menu

ENTREES

Fried Chicken	110cal	20
Fried Goat	106cal	28
Fried Turkey	300cal	20
Fried Griot	150cal	20
Fried Snapper	496cal	35

Items are marinated in citrus and creole spices then simmered until very tender before being fried crisp and brown. Select a side from below.

Spicy Bites

595cal **15**

Chunks of pork marinated in spicy orange sauce. Served with pikliz and plantains.



Combo No meat

470cal **20**

A mixture 4/each of akra, marinade, plantains & breadfruit.

Combo With meat

634cal **25**

A mixture 3/each of akra, marinade, plantains and breadfruit with your choice of Pork or Chicken or turkey.



Jerk Chicken

473cal **20**



Well-Seasoned Grilled Chicken with Jamaican jerk marinade that has the perfect balance of head, sweet & savory.

SIDE SELECTIONS

Choice of one side with your selection

Sweet Fried Plantains	245cal
Fries	365cal
Akra fritters	510cal
Marinade fritters	240cal
Plantain	240cal



Follow us on Social



KALALOU

BAR AND GRILL



Drinks Menu

BEERS

Corona
 Prestige
 Guinness
 Heineken
 All Draft Beer
 **Bucket of Beer 6



LIQOURS

Grandmarnier
 Disaronno
 Jager
 Kahlua

VODKA

Ciroc
 Grey Goose
 Tito's
 Smirnoff
 Summum

COGNAC

Remy V.S.O.P, XO,1738
 Hennessy
 Villon
 Courvoisier
 D'usse



TEQUILA

Casamigos
 Patron
 Don Julio
 Jose Cuervo
 Cincroo



RUM

Papas Pilar
 Barbancourt 3 & 5
 Sailor Jerry
 Myers
 Malibu



WHISKEY

Johnny Walker Blk
 Jack Daniels Honey/Fire
 Macallan
 Jameson
 Makers Mark
 Chivas
 Crown Royal
 Glenfiddich

SCOTCH

Dewars

BRANDY

Paul Masson

Bottle Prices Vary **
 *All items are subject to change.



Kalalou Cocktails



Premier Selections:

- Midnight Madness
- Passionfruit Long Island
- Reg/Blue Long Islands
- D'range Sour
- Caribbean Blue

NEW! KALALOU SIGNATURE COCKTAIL Secret recipe.

KALALOU PUNCH

Vodka and lime juice, pineapple and coconut syrup, passion fruit juice

BOSS LADY



Lemon Juice, Titos, Simple Syrup, Blackberry Puree, Lemon Soda

MANGO MOJITO



Mango puree, Coconut rum, club soda, lime and mint.

SAK PASE



Passion Fruit Juice, Tequila, Lime Juice, Liqueur

**We have a full bar! Order what you like. We can make it!