

Weight Watchers®

HOME

**MENU**

- Pick 'N Pair Lunch
- Appetizers
- Salads
- Steaks
- Ribs & Fajitas
- Chicken
- Seafood
- Extras
- Pasta & Bowls
- Burgers & Sandwiches
- Weight Watchers**
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- Desserts
- Beverages

LOCATIONS

GIFT CARDS

CARSIDE TO GO

GET OUR EMAILS

ABOUT US

## WEST BANK MENU

**WEST BANK**  
 4005 General DeGaulle  
 New Orleans, LA 70114  
 504.361.9700

Call to order  
carside To Go

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**WEST BANK Hours**

Monday:  
11:00 AM - 10:00 PM

Tuesday:  
11:00 AM - 10:00 PM

Wednesday:  
11:00 AM - 10:00 PM

Thursday:  
11:00 AM - 10:00 PM

Friday:  
11:00 AM - 12:00 AM

Saturday:  
11:00 AM - 12:00 AM

Sunday:  
11:00 AM - 10:00 PM

[Other Locations](#)

**ELMWOOD  
METAIRIE**

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**Garlic Herb Chicken**  
 (370 calories/6g fat/7g fiber)  
 Seasoned grilled chicken breast served in a garlic herb sauce. Paired with steamed herb potatoes and seasonal vegetables.  
**\$8.99**

**Onion Soup au Gratin**  
 (150 calories/8g fat/1g fiber)  
 A classic beef broth loaded with caramelized onions. Topped with a crouton and reduced-fat cheese.  
**\$3.59**

**Chocolate Raspberry Layer Cake**  
 (230 calories/3g fat/3 g fiber)  
 This chocolate treasure is covered in a light cream cheese glaze and drizzled with raspberry sauce.  
**\$4.69**

**Grilled Chili-Lime Chicken Salad** NEW  
 (250 calories/6g fat/6g fiber)  
 Grilled chicken breast atop a bed of fresh spinach, tossed with red onions, roasted red peppers, sliced fresh mushrooms and reduced-fat cheddar and mozzarella cheeses. Served with a chili-lime vinaigrette dressing.  
**\$8.49**

**Italian Chicken & Portobello Sandwich**  
 (360 calories/6g fat/11g fiber)  
 Grilled, marinated chicken breast topped with sliced portobello mushrooms, a slice of tomato and chunky marinara sauce. Served on a wheat bun along with fresh fruit.  
**\$7.99**

**Steak & Portobellos**  
 (330 Calories/10g fat/8g fiber)  
 Juicy, flame-grilled sirloin steak topped with sliced, sautéed portobello mushrooms and a savory brown sauce. Paired with steamed herb potatoes and seasonal vegetables.  
**\$9.99**

**Tortilla Chicken Melt**  
 (480 calories/13g fat/6g fiber)  
 Tender chipotle-roasted chicken, reduced-fat mozzarella and cheddar cheeses, broccoli, mushrooms, carrots, corn, red peppers and red onions, all grilled within a wheat tortilla and topped with non-fat cilantro ranch dressing. Served with a side of tomato salsa.  
**\$6.99**

**Cajun Lime Tilapia**  
 (310 calories/6g fat/9g fiber)  
 A grilled Cajun-seasoned tilapia fillet flavored with lime juice and topped with a black bean & corn salsa. Served on a bed of rice pilaf with a side of seasonal vegetables.  
**\$10.59**

**Gift Cards**

Delicious food is perfect for every occasion. Give a Gift Card to someone you love today!

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