



Spring Festival season here - time to cut loose and enjoy the vibrant music, culture and cuisine of New Orleans! Sometimes when caught up in spirit of the revelry, it's easy to lose sight of sticking to a diet or nutrition plan.

We've teamed up with registered dietitian Molly Kimball and the [Eat Fit NOLA](#) team to help you stay healthy during festival season, so you can FEEL good while you have a good time!

[#KeepYourBodyInTune this Festival Season with the NOMC](#)



If you're trying to keep things in check nutritionally - we got your back. See the [Eat Fit NOLA](#) approved menu options at the upcoming [French Quarter Festival](#), running April 12th - 15th!

JACKSON SQUARE VENDORS
Galatoire's | Shrimp Remoulade \$9 (G)
Jacques-Imo's Café | Crab & Artichoke Citrus Salad \$8
Tujague's Restaurant | Marinated Crab Claw Remoulade \$8

LA STATE MUSEUM'S OLD U.S. MINT VENDORS

14 Parishes Jamaican Restaurant | Jerk Chicken \$7, Steamed Cabbage \$4 (V)(G)

RIVERFRONT - Canal Street Vendors

Praline Connection | Vegetarian Plate-Mustard Greens, Crowder Peas & Okra \$8 (V)

The Daily Beet | Fresh Mango Spring Rolls with Peanut-Ginger Dipping Sauce \$8.50, Mango, Pineapple, and Papaya Sticks w/ Lime Juice & Chili Powder \$6, Avocado Toast \$7 add Egg \$9

RIVERFRONT

Bennachin Restaurant | Jamaican Jerk Chicken w/ Double Steamed Veggies, no rice \$8 (G)(S)

Kingfish Kitchen & Cocktails | Pickled Blackened Shrimp over Cabbage Slaw dressed w/Honey Mustard - \$7

SoBou | Pig Latin Tacos \$8

GW Fins | Fish Tacos 2 for \$7

Cool Fruit Sensations | Lemonade, Limeade, or Orange with Strawberry, Blueberry, or Watermelon - unsweetened or sweetened with stevia \$8

JAX BREWERY VENDORS

Company Burger | Turkey Burger (bunless) w/ Arugula, Green Goddess Dressing & Tomato Jam - \$8

The Rum House | Jerk Chicken Taco 2 for \$8, Brisket Taco 2 for \$8

FESTIVAL BEVERAGES

COCKTAIL: Bubly Seabreeze | @ Cocktails booths - single \$8 / double \$14 | ALL SITES

NON-ALCOHOLIC BEVERAGES: Bubly (Grapefruit) - \$3 | ALL SITES

French Market Iced Cold Brew Coffee - \$5 | RIVERFRONT & JAX LOTS

Luzianne Iced Tea - Unsweet - \$4 | RIVERFRONT & JAX LOTS

See these items and more around town on the Eat Fit App !



April 14: 4th Annual Mad Dogs and Englishmen

New Orleans musicians pay tribute to Joe Cocker & Leon Russell

[LEARN MORE](#)

April 15: Spring Brass Pass Raffle Drawing

NOMAF is raffling off a pair of Brass Passes for the 2018 Jazz Fest! Act now to be a part of this special offer. Limited # of tickets sold at \$10 each.

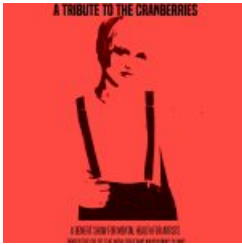
[LEARN MORE](#)



April 26: Dolores - A Tribute to the Cranberries

Local musicians come together to raise funds for mental health support for artists, featuring an + 8 piece string section.

[LEARN MORE](#)



April 27: InstrumentHead New Orleans Pop-Up

Music photographer Michael Weintrob's famed INSTRUMENTHEAD exhibit comes to New Orleans this spring.

[LEARN MORE](#)



May 2: 20th Birthday WootDown

Celebrate 20 years of the NOMC and more with Charlie Wooton & special guests at the Maple Leaf.

[LEARN MORE](#)



May 4: Bayou Rendezvous

The 16th Annual Bayou Rendezvous at the Howlin Wolf is an all-star after Jazz Fest benefit show.

[LEARN MORE](#)





Eat Fit App

Eat Fit restaurants +
dishes by location

Community wellness
resources

200+ Eat Fit
approved recipes

Eat Fit
brand specific
shopping guide

Available for free
download on



They say planning is the key to success - let the [Eat Fit NOLA app](#) help you watch your figure throughout the Spring festival season and beyond. Think of it as your pocket nutritionist - find menu options, full nutrition facts, shopping guides, recipes and more!

Download the Eat Fit App: [Apple](#) | [Android](#)

Keep in touch with the Musicians' Clinic!

