

tulip noir

winter lunch

p a i r s

soups made daily:

cup: 5.5 bowl: 8.

ask your server for soup options of the day

our soups are made with our own veggie stock daily

soup, salad or sandwich: 10.5

choose two of the following:

open face mushroom sandwich, veggie panini, grilled cheese, or

veggie fritter, wendy's winter salad or lentils n herbs salad

cup of soup, a chicken breast or barbaqued tempeh

s a n d w i c h e s

open face mushroom sandwich: 9.75

marinated mushrooms served with two fried over medium eggs, fresh arugula, gorgonzola, and sprouts on sprouted ezeziel bread served with a side of roasted carrots

fresh veggie panini: 9.75

baby greens, spinach, cucumber, red bell pepper, zucchini, red onion,

and pepper jack cheese with avocado sauce and artichoke/sundried tomato salsa on whole wheat bread (vegan with no cheese)

chicken ciabatta: 10.5

natural chicken breast, cucumber, provolone, spinach,

artichoke/sundried tomato salsa, and avocado sauce on a ciabatta

black bean quesadilla: 10.

a multi-grain wheat tortilla with black beans, onions, mushrooms, red bell pepper, zucchini, sweet potatoes, corn, pepper jack cheese, and spinach with avocado sauce served with a side of salsa (no cheese makes it vegan)

grilled goat cheese: 9.5

goat cheese, provolone, pear, and arugula on whole wheat bread

chef's choice: varies

ask your server for the special of the day

s a u t e s

for the love of beets: 13.

butternut, zucchini, kale, spinach, yellow squash, white beans, and gorgonzola with dill topped with raw almonds and roasted beets

on a bed of red quinoa and arugula

because we need our veggies: 13.

kale, spinach, mushrooms, black beans, yellow squash, roasted cauliflower,

broccoli, artichokes, and red bell pepper in pesto topped

with parmesan on a bed of red quinoa and spinach

(no substitutions please, thank you!!)

s i d e s

veggie fritters: 8.5

two carrot/parsnip fritters with herbs and parmesan topped with horseradish creme fraiche served on a bed of arugula(gf)

roasted carrots: 6.

roasted carrots topped with pine nuts and toasted coconut

brussels sprouts: 5.5

sauteed with cranberries, pecans, shallots, maple and balsamic...truly a veggie treat!!! (gf/vegan)

mac n cheese: 6.5

gouda cheese with cavattapi pasta on a bed of arugula topped with bread crumbs

winter lunch

s a l a d s

wendy's winter salad: 12.75

baby greens, spinach, red cabbage, pears, roasted beets, raw walnuts, sprouts, wild rice, and gorgonzola with our poppy seed vinaigrette (gf)

basic breakfast salad: 13.5

baby greens and spinach topped with red cabbage, a fried egg, honey-herb bacon, roasted potatoes, and parmesan cheese with our dijon vinaigrette topped with croutons

lentils n herbs salad: 12.5

chilled lentils, sprouts, grapes, cucumber, red bell pepper, and red onion on a bed of arugula topped with dill, parsley and cilantro served with our herb vinaigrette

add to any salad above:

\$5 for chicken / add \$4 for shrimp or organic tempeh)

homemade salad dressings:

citrus vinaigrette: our house favorite, very light

poppy seed vinaigrette: lively...yet oh so tasty!

herb vinaigrette: a mild earthy flavor...refreshing!

dijon vinaigrette: a bit spicy and tangy

b a k e s

scones: 2.

ask your server for flavor of the day

blueberry yummy: 6.5

it's blueberry crisp,

with an oatmeal/walnut crunchy top (add \$2. for ice cream)

ice cream topped with espresso: 4.5

your choice of ice cream; vanilla, chocolate, or coffee

with a shot of espresso over the top

our weekly creation: varies

ask your server about the creation of the week

gluten free/dairy free baking on thursdays, ask your server for options

vegan baking on fridays, ask your server for options

g l u t e n - f r e e (g f) o p t i o n s

brown rice wrap: 1.25

udi's multi-grain bread: 1.

glutino corn english muffin: 3.5

ask for gluten free bread, english muffins or a brown rice wrap on all menu items, the following price to be added to each gf menu item ordered; also look for (gf) to indicate naturally gluten free items. every thursday gf baking day!

a n o t e t o o u r f r i e n d s

Our menu empowers you to happily eat your fruits and veggies. To the best of our ability, we attain the purest, freshest food at our best price. Organic or natural, with nothing artificial; no preservatives, antibiotics or hormones and no corn syrup. We make everything on site daily. We hope you see our excitement for the foods we prepare for you. In addition to our constant dedication to quality, we work to reduce our carbon footprint. We recycle, compost, conserve energy, and use green products. Our to-go containers and flatware are biodegradable. However, we hope you will enjoy your meals at Tulip and not require the use of to-go items. We also embrace the idea of bringing in your own containers for coffee/tea and the like.

please note:

-if a meal has been prepared as described on our menu and you chose that you do not care for it, a 50% charge for that meal will be added to your bill if you chose to send it back

-a 20% gratuity is added to all parties over 6; in addition, we are unable to separate more than 4 checks per table, this process backs up the computer and affects service for other customers. thank you for your understanding!

**please note that consumption of raw or under cooked foods may cause serious illness or death*

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