

tulip noir

spring lunch

p a i r s

soup, salad or sandwich: 10.75

choose two of the following: soup of the day or soup of the week,
or veggie panini, grilled cheddar panini, risotto cake or
veggie fritter, wendy's spring salad, mushroom salad or spring greens salad
a chicken breast or barbequed tempeh or barbequed shrimp

s o u p s

soups made daily:

cup: 5.75 bowl: 8.

ask your server for soup options of the day
our soups are made with our own veggie stock daily

s t a r t e r s

veggie fritters: 9.25

two fritters made with broccoli, cauliflower, and herbs cooked on a flat griddle,
served with a side of gorgonzola crème fraiche on a bed of spinach
(gf/df w/o creme fraiche)

risotto cakes: 9.5

two arborio rice patties packed with walnuts, parmesan, and asparagus grilled to a
crispy outer layer served on a bed of arugula...a tulip favorite!! (gf)

s a n d w i c h e s

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 grain bread served with fresh greens tossed in our house vinaigrette

chicken ciabatta: 10.75

natural chicken breast, cucumber, provolone, spinach,
artichoke/sundried tomato salsa, and avocado sauce on ciabatta
served with fresh greens tossed in our house vinaigrette

black bean quesadilla: 10.25

whole wheat tortilla with black beans, onions,
mushrooms, sweet potatoes, roasted corn, red bell pepper, yellow squash,
zucchini, pepper jack cheese, spinach and avocado sauce
served with a side of salsa

scott's smokin' bagel: 10.5

smoked salmon with dill cream cheese, red onion marmalade, and capers
served with a 4-grain honey bagel and a side of spinach

tuesday special: chef ian's egg choice

wednesday special: spring crepe

thursday special: grilled cheese surprise

friday special: chef's fish surprise

s a u t e s

wild about veggies saute: 13.

spinach, kale, herbs, chickpeas, sweet potato, onion, red bell pepper,
and garlic on a bed of arugula and tri-colored quinoa
topped with fresh mozzarella and a dollop of pesto

(note: pesto contains nuts and cheese)

spring greens saute: 13.

asparagus, black beans, onion, kale, cabbage, mushrooms, and peas
tossed with sesame-ginger on a bed of fresh spinach and wild rice
topped with raw sliced almonds

(please, no substitutions)

spring lunch

s a l a d s

wendy's spring house salad: 13.25

baby greens, spinach, red cabbage, pecans, peas, fresh fruit
and parmesan with our poppy seed vinaigrette (gf)
(+ \$5. for chicken or barbequed shrimp or barbequed tempeh)

mushroom salad: 13.75

fresh arugula, red cabbage, sauteed mushrooms, raw walnuts, gorgonzola,
and asparagus with our tangy dijon mustard dressing (gf)
(+ \$5. for chicken or barbequed shrimp or barbequed tempeh)

spring greens salad: 13.25

baby greens, arugula, red cabbage, edamame, and peas,
topped with sliced raw almonds, served with our sesame-ginger dressing (gf)
(+ \$5. for chicken or barbequed shrimp or barbequed tempeh)

salad and chicken or seafood: 10.75

½ of a spring house, mushroom, or spring greens salad with a natural chilled chicken
or barbequed shrimp or barbequed tempeh (gf)

homemade salad dressings/vinaigrettes:

citrus vinaigrette: our house favorite, very light

dijon mustard: a light tulip rendition of an old favorite

sesame-ginger: a bit spicy...yet oh so tasty!

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

b a k e s

scones: 2.

ask your server for flavor of the day

ice cream topped with espresso: 5.

your choice of ice cream; vanilla, chocolate or coffee
served with a shot of hot espresso

ask your server for daily specials: crisps, pies, brownies, etc

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: 1.25

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, composte, 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:

our staff spends dedicated time on blending flavors and creating each dish; please no substitutions or variations to menu items

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
also, pesto contains nuts and cheese*

© tulip noir 2014