

tulip noir

winter lunch

p a i r s

- 10.5 **soup & sandwich:** cup of soup with your choice of ½ of a fresh veggie panini, pesto mac n cheese, carrot/parsnip fritter, or an artichoke salsa grilled cheese
- 10.5 **soup & salad:** cup of soup and ½ of a house, winter, or edamame salad
- 10.5 **salad & sandwich:** ½ of a house, winter, or edamame salad and ½ of a fresh veggie panini, pesto mac n cheese, carrot/parsnip fritter, or an artichoke salsa grilled cheese
- 5./8. **soups made daily:**
soup of the day or the vegan/vegetarian soup of the day...**cup/ bowl**

s a n d w i c h e s

- 9.5 **fresh veggie panini:** baby greens, spinach, cucumber, zucchini, onion, red bell pepper, and pepper jack cheese with avocado sauce and sundried tomato/basil hummus on whole grain bread served with a side of greens
- 10.5 **chicken ciabatta:** natural chicken breast, cucumber, provolone, spinach, artichoke/sundried tomato salsa, and avocado sauce on a ciabatta
- 10.5 **black bean quesadilla:** a whole grain tortilla with black beans, onions, zucchini, yellow squash, mushrooms, red bell pepper, sweet potatoes, corn, pepper jack cheese, and spinach with avocado sauce served with a side of salsa
10. **tuesday's special: robin's grilled cheese:** cheddar, provolone, spinach, caramelized onions, roasted eggplant, with a side of marinara on wheat served with a side of greens
- 10.5 **wednesday's special: turkey meatball hoagie:** all white meat natural turkey meatballs tucked into a bed of spinach and provolone on a fresh hoagie topped with parmesan and our marinara sauce with a side of greens
- 9.5 **thursday's special: dr p's pb&j sandwich:** organic peanut butter or a nut butter with with a variation of jam's and fruits served on a multi-grain bread...grilled; served with a side of greens
- varies **friday's special: chef's weekly choice**

s a u t e s

- 12.5 **winter veggie saute:** create your own tasty blend of fresh veggies, sauteed to order. choose 3 to 5 of the following veggies: spinach, kale, artichokes, red pepper, butternut squash, roasted beets, red cabbage, onion, zucchini, yellow squash, mushrooms, brussels sprouts, eggplant, black beans garbanzo beans, fennel, or roasted potatoes atop a bed of quinoa
choose one of the following toppings if you like: soy-ginger glaze or curry, parmesan, feta, raw pecans, raw walnuts, or sliced raw almonds (gf/df)

s i d e s

- 8.5 **veggie fritters:** two carrot/parsnip fritters, with parmesan, onion, and herbs served with horseradish creme fraiche on a bed of spinach (gf)
- 5.5 **roasted beet salad:** roasted beets topped with dill and goat cheese on a bed of spinach (gf)
- 5.5 **potstickers:** 4 vegetable potstickers cooked in olive oil on a flat griddle served with our soy-ginger sauce (vegan)

g l u t e n - f r e e

- +1.25 **gluten free (gf) options:** please don't hesitate to request gf...ask for gluten-free bread, or a brown rice wrap on all menu items and look for the (gf) to mark naturally gluten-free menu items (gf english muffins: +3.00)

winter lunch

s a l a d s

- 9.5 **house salad:** a bowl of baby greens, spinach, red cabbage, red pepper, grape-fruit, and fennel with our citrus vinaigrette
- 11.5 **wendy's winter salad:** baby greens, spinach, red cabbage, sliced bosc pear, roasted beets, raw walnuts and gorgonzola with our poppy seed vinaigrette
- 12.5 **basic breakfast salad:** baby greens and spinach topped with red cabbage, a fried egg, honey-herb bacon, roasted potatoes, and parmesan cheese with our dijon vinaigrette
- 10.5 **edamame salad:** baby greens, spinach, red cabbage, spicy edamame, almonds, and a potsticker with soy-ginger vinaigrette (+ \$3. shrimp or organic tempeh)
- 10.5 **salad and chicken:** ½ of a house, winter or edamame salad, and a breast of natural chicken with a side of soy-ginger sauce
- homemade salad dressings:**
citrus vinaigrette: our house favorite, very light
poppy seed vinaigrette: lively...oh so tasty!
dijon vinaigrette: zesty...refreshing!
soy-ginger dressing: a bit spicy and tangy

b a k e s

2. **scones:** ask your server for flavor of the day
- 6.5 **blueberry yummy:** it's blueberry crisp, with an oatmeal/walnut crunchy top (+ \$2. for a scoop of ice cream)
- 4.5 **ice cream topped with espresso:** your choice of ice cream; vanilla, chocolate, or coffee with a shot of espresso
- varies **our weekly creation:** ask your server about the creation of the week
gluten-free baking on thursdays, ask your server for options
vegan baking on fridays, ask your server for options

c h i l d r e n

- 6.5 **children's special:** we are happy to create a children's item
½ of a peanut butter and jelly sandwich with fruit, grilled cheese, or a variation of a menu item

a note to our friends:

Our menu empowers you to happily eat your fruits and veggies. To the best of our ability, we aim to serve 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... clean food! We hope you see our excitement for the foods we prepare for you.

Much of our food is local, our produce, eggs, milk, meats, breads, and coffees are fresh daily or weekly. We focus on seasonal foods and the super foods that nourish our body and soul. We want you to be the healthiest you can be. We're trying to do our part to form a healthier society.

In addition to our constant dedication to quality, we work to reduce our carbon footprint. We recycle, composte, conserve energy, and use green products. It has become apparent that we must be aware of global consequences of over-production and transport of both food and manufactured product. Our to-go containers and flatware are biodegradable. However, we hope you will enjoy your meals at Tulip, and not need to use to-go items. We also embrace the idea of bringing in your own containers for coffee/tea and the like.

eat well...be well!

please note:

- if a meal has been prepared as described in 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 checks for parties over 6, as it backs up the computer and affects service for other customers.
- consumption of raw or under cooked foods may cause serious illness or death