

tulip noir

spring breakfast

p a n c a k e s

blueberry pancakekeys: 9.5

five pancakekeys made with organic flour, sugar, flax seed and blueberries topped with sliced bananas, sliced raw almonds, chia seeds, and cinnamon, served with a side of our blueberry syrup

banana nut waffle: 10.75

inspired by a slice of banana nut bread...our buckwheat banana-walnut waffle is topped with our apple-currant compote and sliced bananas with housemade walnut syrup (gf/vegan)

veggie fritters: 11.

three fritters broccoli, cauliflower, and herb fritters browned on a flat griddle, served with a side of gorgonzola crème fraiche on a bed of spinach (gf/df w/o creme fraiche)

e g g s

andy's eggs benedict: 10.75

traditional eggs benny with two farm fresh poached eggs, canadian bacon, and a whole wheat english muffin crowned with our divine hollandaise sauce topped with sprouts atop a bed of greens tossed in our house vinaigrette

sam's eggs benedict: 10.5

one farm fresh poached egg perched on top of a veggie fritter and vegetable saute of kale, spinach, onion, red bell pepper, peas and potatoes on a bed of arugula topped with our divine hollandaise topped with sprouts(gf)

otto's splendid spring omelet: 10.5

two farm fresh eggs blended with pesto, filled with spinach, arugula, peas, and asparagus, topped with parmesan and sliced raw almonds served with a side of fresh greens (gf) (+1.25 for toast) (+ \$5. for smoked salmon)

(please note: pesto contains cheese and nuts)

bart's basic breakfast: 9.75

two farm fresh eggs, your choice of bacon, sausage, turkey sausage, or barbequed tempeh, and toast (+ 3. for a side of roasted potatoes)

farm fresh egg: 2.

1, 2, or 3 prepared any way (price per egg served)

s a n d w i c h e s

veggie quesadilla: 10.25

multi-grain tortilla stuffed with zucchini, yellow squash, mushrooms, onion, red bell pepper, pepper jack cheese, avocado sauce, and spinach, served with a side of salsa (+\$2. for a scrambled egg)

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

breakfast sandwich: 10.

turkey pastrami, one farm fresh fried egg, spinach, provolone, and pesto on a corn english muffin

served with a side of greens tossed in our house vinaigrette (gf)

(please note: pesto contains cheese and nuts)

s a u t e

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

(please, no substitutions)

spring breakfast

s i d e s

- yogurt and granola:** 7.5
plain yogurt served in a parfait glass with our homemade granola, and fresh fruit topped with a dash of chia seeds and hemp seeds
- avery's breakfast salad:** 10.5
bowl of greens, arugula, red cabbage, our weekly granola fresh fruit, and raw pecans served with poppy seed vinaigrette (gf)
- bowl of fresh fruit:** 5.5
seasonal selections vary day to day...it's all about flavor and freshness!
- mark's creamy multi-grain oatmeal or john's quinoa:** 6.75
mug of your choice of either
a cereal made of organic steel cut oats, flax seed, farro, and barley
or a mug of tri-colored quinoa (gf); either to be topped with fresh fruit, almonds, and cinnamon (+ 3. for a bowl) (vegan)
- roasted potatoes:** 3.
yukon, red, and sweet potatoes
roasted with herbs (gf)
- toast:** 2.5
two slices of bread with butter (wheat, pumpernickel, or sprouted wheat)
- crazy cinnamon toast:** 6.25
butter, honey, cinnamon, and our homemade granola on whole grain wheat bread
- pepper-herb bacon** (3 strips), **pork or turkey sausage** (2/3 links) or **barbequed tempeh:** 5.

b a k e s

we bake a variety of seasonal delights daily. ask about our freshly baked items of the day including gluten free, dairy free, or vegan items
note: items are baked with organic flours, sugars, flax, and farm fresh eggs, topped with quality ingredients

g l u t e n - f r e e 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*

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