

tulip noir

autumn breakfast

p a n c a k e s

blueberry pancakeys: 9.5

five blueberry pancakeys made with organic flour and sugar topped with sliced bananas, sliced raw almonds, chia seeds and cinnamon, served with our delicious blueberry syrup

autumn veggie fritters: 10.5

three butternut squash/sweet potato fritters with curry, corn, golden raisins, and parm topped with sliced raw almonds, served with mango chutney, on a bed of spinach (gf)

sweet potato waffle: 10.5

a sweet potato/buckwheat waffle topped with apple-pear compote, raw pecans, and maple syrup (gf/vegan)

e g g s

otto's omelet: 9.75

two farm fresh egg omelet, with spinach, red bell pepper, our herb roasted potatoes, cheddar, and bacon, with a side of fresh greens

awesome autumn omelet: 9.75

two farm fresh egg omelet, with spinach, kale, zucchini, butternut squash, parmesan, and raw walnuts with a side of fresh greens

andy's eggs benedict: 9.5

two farm fresh eggs atop Boar's Head Brand canadian bacon on a whole wheat english muffin with our divine hollandaise sauce on a bed of greens

sam's eggs benedict: 10.

one farm fresh egg atop our autumn veggie fritter, and smoked salmon, topped with hollandaise, all on a bed of spinach

basic breakfast: 9.5

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

s a n d w i c h e s

veggie quesadilla: 9.75

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

ron's open face egg sandwich: 11.5

two farm fresh scrambled eggs atop smoked salmon, spinach, sun dried tomato, provolone, and balsamic red onion marmalade, on two slices of whole grain baguette

original egg sandwich: 7.5

one farm fresh fried egg, bacon, spinach, sprouts, and provolone, with pesto on a whole wheat english muffin; served with a side of greens

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. gf baking day is thursdays

autumn breakfast

s i d e s

avery's breakfast salad: 9.5

a bowl of greens, spinach, red cabbage,
apples and raw pecans with our poppy seed vinaigrette (gf/vegan)

bowl of fresh fruit: 5.5

seasonal selections vary from day to day...it's all about flavor and freshness!

creamy multi-grain oatmeal or quinoa: 6.5

a cup of your choice of either
a cereal made up of organic steel cut oats, red quinoa, flax seed, sunflower seeds, and barley
or a cup of red quinoa(gf) topped with bananas, dried cranberries, raw sliced almonds, and
cinnamon served with maple syrup (add 2. for a bowl) (vegan)

bagel with cream cheese: 3.

4-grain honey with our weekly cream cheese creation

herb roasted potatoes: 3.

yukon, red, and sweet potatoes
roasted with herbs and olive oil (gf/vegan)

toast: 2.5

two slices of bread with butter (wheat, pumpernickel, or sprouted ezeiel)

crazy toast: 6.5

cinnamon, honey, dried cranberries, raw pecans, and seasoned pumpkin seeds on
whole wheat bread

breakfast meats/proteins: 4.5

herb bacon (3 strips)/ **pork** (2 links)/**turkey** (3 links) **sausage** or **organic tempeh**

farm fresh eggs: 2.

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

c h i l d r e n

children's special: 6.5

we are happy to create a children's item:
a scrambled eggs/fruit, a few pancakeys, or egg/bacon/pancakey

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 and vegan choices.
note: we are proud to say, our items are baked with organic flours and sugars, farm
fresh eggs and other quality ingredients

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... clean food! 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. 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 require the use of 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. thank you for your understanding!