

tulip noir

our autumn menu empowers you to happily eat your fruits and veggies

b e n e d i c t

(available before 10:30am weekdays/all day saturday and sunday)

eggs benny tulip style: 11.5

two poached eggs - canadian bacon - english muffin - hollandaise
greens tossed in house vinaigrette

sam's eggs benedict : 10.

one poached egg - butternut/sweet potato fritter - vegetable saute of
kale, spinach, red bell pepper, onion, mushrooms, roasted potatoes
hollandaise (gf)

e g g s

otto's omelet : 11.5

two eggs - spinach - kale - zucchini - butternut squash
parmesan - raw walnuts - fresh greens in house vinaigrette (gf)
(add \$1.25 for toast)

basic breakfast : 10.

two eggs - toast
choice of bacon, sausage, turkey sausage or barbecued tempeh
(add \$3. for potatoes)

p a n c a k e s

blue whole wheat pancakes: 9.5

bananas - almonds - cinnamon - blueberries
chia seeds - hemp seeds
blueberry syrup

autumn veggie fritters : 10.5

butternut squash - sweet potato - curry - corn - golden raisins - parmesan
raw almonds - mango chutney - spinach (gf)

sweet potato waffle: 10.5

sweet potato - buckwheat/brown rice flour
fruit compote - raw pecans - maple syrup (gf/v)

s i d e s

fresh fruit : 5.

seasonal selections vary from day to day
it's all about flavor and freshness! (gf/v)

hot cereal : 7.

choice of either oat/farro/quinoa/barley/quinoa/flax cereal
or tri-colored quinoa(gf)

fruit compote - raw sliced almonds - cinnamon (v)

roasted potatoes: 3.

yukon - red - sweet potatoes - herbs (gf/v)

toast: 1 slice: 1.25/2 slices: 2.50

butter or avocado sauce on wheat, pumpernickel or sprouted wheat

crazy cinnamon toast: 6.5

butter - cinnamon - honey - dried cranberries - raw walnuts
whole wheat bread

house bacon (2 strips) **house pork or turkey sausage** (2 patties)
or **barbecued tempeh** (gf): 5.

give a gift of tulip

we offer personalized gift cards
please inquire with our waitstaff

may you have a day above the clouds!

s o u p s

(available after 11am weekdays only)
cup or bowl: 5.5/8.
soup of the day (gf)
(ask your server for larger quantities of soups to-go)

p a i r s

(available after 11am weekdays only)
soup, salad or sandwich: 10.75
choose two of the following:
soups of the day
veggie panini, grilled cheddar, veggie fritter,
avery's salad, squash salad
chicken breast, shrimp or barbequed tempeh
...

s a u t e

autumn celebration saute: 13.5
sauteed veggies created daily with our freshest produce

s a l a d s

avery's autumn salad: 13.
baby greens - spinach - red cabbage - apples - roasted beets - dried cranberries
raw pecans - sprouts - wild rice - gorgonzola - poppy seed vinaigrette (gf)
squash salad: 13.
greens - cabbage - brussels sprouts - apple - squash seeds - ginger - pickled onion
radish - raw walnuts - squash puree - pomegranate vinaigrette (gf)

s a n d w i c h e s

fresh veggie panini: 9.75
lettuce - spinach - cucumber - red bell pepper
zucchini - red onion - sun-dried tomatoes - pepper jack cheese
hummus - avocado sauce - whole grain bread
chicken ciabatta: 10.75
chicken breast - cucumber - provolone - artichoke/sundried tomato salsa
spinach - avocado sauce - ciabatta
side of fresh greens in house vinaigrette
black bean quesadilla: 10.5
whole grain tortilla - zucchini - spinach - mushrooms - onions - corn
black beans - red bell pepper - avocado sauce - pepper jack cheese - salsa
(+ \$2. for a scrambled egg)
egg sandwich: 9.75
one egg - turkey pastrami - provolone cheese - spinach
artichoke/sun-dried tomato pesto - corn english muffin (gf)

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

brown rice wrap or udi's multi-grain bread: 1.25 each
glutino corn english muffin: 3.5
available on all menu items for price listed above
please note: thursday is gluten free baking day/friday vegan baking day

le nectar

our sidekick next door ... please enjoy fresh juices, smoothies and a few grab and go delights;
juices are available during your visit to tulip as well as next door
please place your order with our waitstaff