

tulip noir

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

p a i r s

soup, salad or sandwich

10.75

choose two of the following:

soup of the day

veggie panini, grilled cheddar, tuna melt, veggie fritter,
wendy's salad, local summer salad

chicken breast, barbequed tempeh, barbequed shrimp

s o u p s

cup or bowl

5.5/8.

soup of the day

(ask your server for larger quantities of soups to-go)

s a n d w i c h e s

fresh veggie panini

9.75

lettuce - spinach - cucumber - red bell pepper
zucchini - red onion - tomatoes - pepper jack cheese
hummus - avocado sauce - whole grain bread

chicken ciabatta

10.75

chicken breast - cucumber - provolone - tomato
spinach - avocado sauce - ciabatta
side of fresh greens

black bean quesadilla

10.5

whole wheat tortilla - black beans - onions - mushrooms
red bell pepper - zucchini - pepper jack cheese - corn
sweet potatoes - summer squash - spinach - avocado sauce - salsa

tuna melt

9.75

tuna salad - artichoke hearts - swiss cheese - arugula
whole grain baguette

please ask the waitstaff about chef ian's daily specials

s a u t e s

summer celebration saute

13.5

it's all about freshness and the availability of local produce
this entree is special every day

s a l a d s

wendy's salad

13.5

baby greens - spinach - red cabbage - stone fruit - raw walnuts - goat cheese
poppy seed vinaigrette (gf)

local summer salad

13.5

this salad changes as our local farmers harvest veggies
from their fields each week

housemade vinaigrettes:

orange citrus vinaigrette

our house favorite, very light

poppy seed vinaigrette

bit tangy...yet oh so tasty!

s i d e s

veggie fritters

10.5

spinach - artichokes - feta - herbs
chilled marinara - arugula (gf)

b a k e s

scones:

2.25

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 or udi's multi-grain bread

1.25

glutino corn english muffin:

3.5

available on all menu items for price listed above
thursdays are gluten free baking day!

please note

we offer dinner once a month; we call it *date night*
ask your server for more information

* please note:
pesto contains both cheese and nuts
consumption of raw or under cooked foods may cause serious illness or death
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