

tulip noir

winter brunch

e g g s

eggs in a crock: 11.5

marinara with white beans and zucchini topped with goat cheese, two poached eggs and sprouts served with a side of fresh greens and ciabatta bread

mediterranean frittata: 10.75

creamed spinach atop an herb frittata topped with feta, sundried tomatoes, artichokes, kalamata olives, and greens served with a slice of multi-grain baguette

otto's wicked winter omelet: 9.75

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

andy's eggs benedict: 9.75

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 (gf with corn english muffin option)

sam's eggs benedict: 10.5

one farm fresh egg atop our winter carrot/parsnip veggie fritter, and sauteed veggies topped with hollandaise, all on a bed of arugula (gf)

bart's basic breakfast: 9.5

two farm fresh eggs, your choice of bacon, sausage, turkey sausage or barbequed organic tempeh and toast (add \$2.5 for a side of potatoes)

p a n c a k e s

blueberry pancakekeys: 9.5

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

root veggie fritters: 10.5

three carrot/parsnip fritters with herbs and parm topped with horseradish creme fraiche

gingerbread waffle: 10.5

ginger buckwheat waffle topped with fresh pear slices, crystalized ginger, and raw walnuts served with a side of maple syrup (gf/vegan)

french toast: 10.5

two slices of our amazing challah french toast served with blueberry compote, raw sliced almonds, and lemon creme fraiche

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

b a k e s

scones: 2.

ask your server for flavor of the day

cookies or muffins: varies

ask your server as types and flavors change

winter brunch

s a n d w i c h e s

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

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 and it's vegan and a brown rice wrap option makes it gf) (add \$2. for a scrambled egg)

ron's open face egg sandwich: 11.5

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

bacon & egg panini sandwich: 9.5

one farm fresh fried eggs, bacon, spinach, and provolone, with pesto on a whole wheat bread; served with a side of greens

s i d e s

avery's breakfast salad: 10.5

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

bowl of fresh fruit: 5.

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

mark's creamy multi-grain oatmeal or john's quinoa: 6.5

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 peanut butter, bananas, sour cherries, and cinnamon served with maple syrup (add 3. for a bowl) (vegan)

bagel with cream cheese: 3.

4-grain honey toasted bagel with cream cheese

herb roasted potatoes: 2.5

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

toast: 2.5

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

crazy toast: 6.5

cinnamon, honey, sour cherries, pecans, and almonds on whole wheat bread

breakfast meats/proteins: 4.5

honey-herb bacon (3 strips)/ **pork** (2 links)/**turkey** (3 links) **sausage** or **organic barbequed 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:

two scrambled eggs/fruit, three pancakeys with toppings, or egg/bacon/pancakey

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:

-if a meal has been prepared as described on 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 more than 4 checks per table, this process backs up the computer and affects service for other customers. thank you for your understanding!