

tulip noir

summer lunch

p a i r s

- 10.5 **soup & sandwich:** a cup of our housemade soup with your choice of a ½ of a fresh veggie panini, spinach fritter, tuna melt, or grilled cheese
- 10.5 **soup & salad:** a cup of our housemade soup and a ½ of a summer or kale salad
- 10.5 **salad & sandwich:** ½ of a summer, or kale salad and a ½ of a fresh veggie panini, spinach fritter, tuna melt, or grilled cheese
- 10.5 **salad and chicken:** ½ of a summer, or kale salad with a breast of natural chicken with a side of soy-ginger sauce

s o u p s

- 5./8. **cup or bowl:** soup of the day or the vegan/vegetarian soup of the day

s a n d w i c h e s

- 9.5 **fresh veggie panini:** lettuce, spinach, cucumber, red bell pepper, zucchini, red onion, farm grown tomatoes, and pepper jack cheese with hummus and avocado sauce on whole grain bread
- 10.5 **chicken ciabatta:** natural chicken breast, cucumber, provolone, tomato, spinach, and avocado sauce on a ciabatta with a side of fresh greens
10. **black bean quesadilla:** a whole wheat tortilla with black beans, onions, mushrooms, red bell pepper, zucchini, pepper jack cheese, roasted corn, spicy sweet potatoes, summer squash, spinach and avocado sauce served with salsa
- 9.75 **grilled cheese:** cheddar, provolone, pesto and sliced tomato on old world bread...ah yes, your favorite is back!
- 10.5 **tuna melt:** tuna salad made with our own garlic aioli, artichoke hearts and swiss cheese atop fresh arugula on a whole grain baguette... ah yes this one is back too!
11. **tuesday's special: turkey pastrami/egg sandwich:** two fried eggs, Boar's Head turkey pastrami, provolone cheese, arugula, and pineapple sun-dried tomato pesto on pumpernickel bread, served with a side of greens
- 9.5 **wednesday's special:** surprise wrap...chef's creation of the day!!
- 10.5 **thursday's special:** lentil veggie burger... our tangy rendition of the veggie burger made with curried lentils, edamame, walnuts, almonds, cranberries, and mushrooms served with pomegranate ketchup..... and a side of celery/fennel/cabbage slaw with a lemon aioli dressing
- varies **friday's specials...**our weekly creation

s a u t e s

13. **summer veggie saute:** create your own tasty blend of fresh veggies, sauteed to order. choose 3 to 5 of the following veggies: spinach, kale, carrots, eggplant, brussels sprouts, tomato, edamame, red cabbage, onion, zucchini, mushrooms, yellow squash, black beans, red pepper, or roasted potatoes atop a bed of fresh arugula and quinoa choose one of the following toppings: soy-ginger glaze, marinara, pesto, feta, parmesan, raw walnuts, or sliced raw almonds (gf/df) (add \$1. for additional nuts and cheeses)

summer lunch

s a l a d s

- 12.5 **summer salad:** baby greens, spinach, red cabbage, stone fruit, raw walnuts, and goat cheese topped with our poppy seed dressing (gf)
- 12.5 **kale salad:** kale topped with pear slices, cranberries, walnuts, gorgonzola, caramelized onions, with a side of grapefruit vinegar and olive oil (gf)
- 13.5 **niscoise salad:** baby greens, arugula, red cabbage, shallots, tuna, tomato, hard boiled egg, artichoke hearts and greek olives with our balsamic vinaigrette (gf)
- 10.5 **salad and chicken:** ½ of a summer or kale salad with a breast of natural chicken, shrimp, tuna salad, or barbecued tempeh (gf)

homemade salad dressings:

orange citrus vinaigrette: our house favorite, very light

balsamic vinaigrette: a light tulip rendition of an old favorite

poppy seed vinaigrette: a bit tangy...yet oh so tasty!

grapefruit vinegar and olive oil: a light summer inspired dressing

s i d e s

- 8.5 **spinach fritters:** two fritters with spinach, artichokes, feta, onion, and herbs served with chilled marinara on a bed of arugula (gf)
- 4.5 **black bean/corn salsa:** served with blue corn chips

b a k e s

2. **scones:** ask your server for flavor of the day
7. **ice cream sandwich:** ask your server about the creation of the week
- 4.5 **ice cream topped with espresso:** your choice of ice cream; vanilla, chocolate or coffee with a shot of espresso over the top
- 7.5 **fresh fruit shortcake:** ask your server about the creation of the week
- gluten free baking** on thursdays, ask your server for options
- vegan baking** on fridays, ask your server for options

c h i l d r e n

- 6.5 **children's special:** we are happy to create a children's item for you ½ of a peanut butter/jelly sandwich with fruit, grilled cheese, or a menu variation

add **gluten free (gf) options:** ask for gluten free bread (+\$1./slice) or a brown rice wrap (\$1.25) on all menu items and look for the (gf) to mark naturally gluten free items

Our menu empowers you to happily eat your fruits and veggies. To the best of our ability we aim to serve the purest, freshest food at our best price. Organic or natural, with nothing artificial: no preservatives, antibiotics or hormones. We make everything on site daily... clean food!

Much of our food is local, our eggs are fresh weekly and produce is delivered daily. We focus on seasonal foods and the super foods that nourish our body and soul. We want you to be the healthiest you can be. We're trying to do our part to form a healthier society.

In addition to our constant dedication to quality, we work to reduce our carbon footprint. We recycle, compost, conserve energy, and use green products. It has become apparent that we must be aware of the 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 need to use to-go items. We embrace the idea of bringing in your own containers for coffee etc.

eat well...be well,
Tulip Staff

*please note that consumption of raw or under cooked foods may cause serious illness or death
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