

tulip noir

autumn lunch

p a i r s

soups made daily:

cup: 5. bowl: 8.

ask your server for soup options of the day

soup, salad or sandwich: 10.5

choose two of the following:

veggie panini, roasted veggie sandwich, veggie fritter, or grilled cheese

wendy's autumn salad or winter squash salad

cup of soup or a chicken breast

s a n d w i c h e s

open face roasted veggie sandwich: 10.

eggplant, zucchini, yellow squash, garbanzo beans, sweet potatoes, and red bell pepper, onions and garlic atop whole grain baguette with spinach, pesto and a slice of provolone topped with sprouts

fresh veggie panini: 9.75

baby greens, spinach, cucumber, red bell pepper, zucchini, red onion, and pepper jack cheese with avocado sauce and baba gonoush on whole grain bread, grilled

chicken ciabatta: 10.5

natural chicken breast, cucumber, provolone, spinach, artichoke/sun dried tomato salsa, and avocado sauce on a ciabatta

black bean quesadilla: 10.

a multi-grain wheat tortilla with black beans, onions, mushrooms, red bell pepper, zucchini, sweet potatoes, corn, pepper jack cheese, and spinach with avocado sauce served with a side of salsa

grilled cheese: 9.50

cheddar, provolone and sour cherry/rosemary mustard on sprouted whole grain ezeikil bread

s a u t e s

autumn veggie saute: 13.

brussels sprouts, butternut, zucchini, yellow squash, onion, and kale topped with raw walnuts and dried cranberries on a bed of red quinoa

curry saute: 13.

kale, spinach, mushrooms, eggplant, garbanzo beans, and red bell pepper with curry topped with sliced raw almonds on a bed of red quinoa

(please note: we can omit an item however, cannot substitute other ingredients, thank you!!)

s i d e s

veggie fritters: 8.5

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

potstickers: 6.

4 vegetable potstickers cooked in olive oil on a flat griddle served with our soy-ginger sauce (vegan/df)

brussels sprouts: 4.5

sauteed with cranberries, pecans, shallots, maple and balsamic...truly a veggie treat!!!

curried spinach: 4.5

sauteed spinach and kale, with onion, and a touch of curry topped with goat cheese

autumn lunch

s a l a d s

wendy's autumn salad: 11.5

baby greens, spinach, red cabbage, apples, roasted beets, dried cranberries, raw pecans, sprouts, wild rice, and gorgonzola with our poppy seed vinaigrette

winter squash salad: 10.5

greens, cabbage, roasted squash, apple, squash seeds, crystalized ginger, pickled onion, radish and walnuts atop squash puree with our pomegranate vinaigrette

edamame salad: 13.5

baby greens, spinach, bok choy, red cabbage, spicy edamame, cucumber, sprouts, red onion and sliced raw almonds, with 2 potstickers and soy ginger vinaigrette

add to any salad above:

\$5 for chicken / add \$4 for shrimp or organic tempeh)

homemade salad dressings:

citrus vinaigrette: our house favorite, very light

poppy seed vinaigrette: lively...yet oh so tasty!

pomegranate vinaigrette: a mild earthy flavor...refreshing!

soy ginger dressing: a bit spicy and tangy

b a k e s

scones: 2.

ask your server for flavor of the day

blueberry yummy: 6.5

it's blueberry crisp,

with an oatmeal/walnut crunchy top (add \$2. for ice cream)

ice cream topped with espresso: 4.5

your choice of ice cream; vanilla, chocolate, or coffee

with a shot of espresso over the top

our weekly creation: varies

ask your server about the creation of the week

gluten free/dairy 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

children's special: 6.5

we are happy to create a children's item -

½ of an organic peanut butter and our house made jam sandwich with fruit, grilled cheese, or a variation of a menu item

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. every thursday gf baking day!

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, compost, 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!

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

© tulip noir 2013