

tulip noir

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

benedict

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

tulip's benedict: 11.5

two farm fresh poached eggs and housemade whole wheat biscuits topped with ham, and hollandaise on seasonal greens in house vinaigrette

sam's eggs benedict: 10.5

one farm fresh poached egg, heirloom tomato, grilled smoked fingerlings, summer squash, red bell pepper, green beans, and kale topped with our hollandaise (gf)

eggs

shakshouka: 12.5

harissa spiced red lentils, heirloom tomatoes stewed with onions, mushrooms, and kale served with two baked eggs topped with crumbled feta cheese, served with seasonal greens in house vinaigrette

otto's summer omelet: 11.5

two eggs farm fresh eggs, spinach, tomato, greek olives, feta, and walnuts drizzled with balsamic and a side of greens tossed in house vinaigrette (add \$1.25 for toast)

basic breakfast: 10.5

two farm fresh eggs, your choice of bacon, turkey sausage, or black bean cakes and toast with fresh fruit

arugula breakfast burrito: 10.

two sunny side up eggs and chopped bacon on a bed of arugula topped with shaved radishes, cilantro and cream fraiche wrapped in a whole wheat tortilla

breakfast favorites

blueberry pancakekeys: 9.5

five blueberry pancakekeys, raw almonds, chia seeds, hemp seeds, and ceylon cinnamon served with housemade blueberry syrup

veggie fritters: 10.5

three veggie fritters with spinach, artichokes, feta, and herbs served with chilled marinara on a bed of arugula (gf)

corn waffle: 10.5

topped with grilled sweet corn, peach puree, and chinese five spice sugar served with local maple syrup and two black bean patties (vegan)

french toast: 10.5

(available weekends only please)

challah french toast, served with seasonal fruit and local maple syrup

sides

overnight oats cereal: 8.5

organic oats soaked overnight in chamomile almond milk topped with stone fruit and pecans

toast: 1 slice: 1.25/2 slices: 2.5

butter on wheat, pumpernickel or sprouted bread

whole wheat biscuit: 2.25

housemade organic biscuit served with butter

crazy cinnamon toast: 6.5

butter, cinnamon, honey, fresh fruit, sliced raw almonds and whole wheat bread

smoked fingerling potatoes: 4. (gf/v)

cuban black beans: 4. (gf/v)

berry bowl and organic housemade granola: 7.

berries pureed to a smoothie with chia seeds, almond milk, spinach, and avocado topped with housemade granola and fresh fruit

please note:

we offer dinner once a month; it is our local artist dinner series ask your server for more information

we proudly source local/organic items from Good Earth Grocery, Bell's Farm, Fortune Farms, Oberweis Dairy, This Old Farm, Earthlink Farms, CUE Farms at Butler, Harvest Coffee, Kim's Grass Shack, Good Life Farms, Grateful Greens, and seasonally, our local farmer's markets. in addition, we would like you to know the majority of our ingredients have always been organic (ie flours, sugars, honey, syrups, teas, coffees, some fruits/veggies, oats and grains, beans, and sprouts, etc), while meats and eggs have always been local. thank you for supporting our endeavor in offering the best quality we can.

daily soups

(available after 11am weekdays only)

cup or bowl: 5.5/8.

ask your server what the chef has created today
usually gluten free, often vegan
(larger quantities available to-go)

lunch pairs

(available after 11am weekdays only)

soup, salad, sandwich, or protein: 10.75

choose two of the following: soups of the day, veggie panini, BLT but not, veggie fritter,
avery's salad, tomato/watermelon salad, chicken breast, trout, or black bean cakes

salad

heirloom tomato and watermelon salad: 12.5

sliced heirloom tomatoes and tangy marinated watermelon dressed
with olive oil and mint vinaigrette, served over grilled kale

avery's salad: 10.5

rainbow chard greens, shaved carrots, radish, strawberries, and toasted sunflower seeds
served with golden almond milk dressing (vegan)

fresh fruit cup: 5.

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

entrees and sandwiches

summer celebration saute: 13.5

it's all about freshness and availability of local produce

fresh veggie panini: 9.5

seasonal greens, spinach, cucumber, red bell pepper, zucchini, red onion, tomatoes,
sprouts, pepper jack cheese, hummus, and avocado sauce on wheat
served with fresh greens dressed in house vinaigrette

chicken ciabatta: 10.75

chicken breast, cucumber, provolone, tomatoes, spinach, and avocado sauce
on ciabatta bread, served with seasonal greens dressed in house vinaigrette

black bean quesadilla: 10.5

zucchini, spinach, mushrooms, onions, black beans, red bell pepper, organic corn, avocado sauce,
sweet potato, and pepper jack cheese wrapped in a whole grain tortilla with a side of housemade salsa

summer burger: 10.5

lentil burger topped with butter lettuce, heirloom tomato, goat cheese,
housemade mustard and sesame aioli on a gluten-free bun
served with seasonal greens dressed in house vinaigrette (gf)

local trout tacos: 12.

pan seared local trout topped with housemade kimchi, grilled organic corn, and chili-honey sauce
wrapped in two gluten-free corn tortillas, served with greens dressed in house vinaigrette.
+add two over-easy eggs for \$2.

BLT but not: 11.

heirloom tomatoes, peaches, bacon and pesto aioli with butter lettuce on wheat

proteins

your choice (gf): 5.5

cinnamon/ginger bacon (3 strips)

housemade turkey sausage (2 patties)

housemade black bean cakes (gf/v - 2 patties)

pan seared local trout (4oz)

lemon/pepper chicken (4oz)

gluten - free (gf) options

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!