

tulip noir

winter breakfast

e g g s

- 9.5 **andy's eggs benedict:** a traditional dish made with two farm fresh poached eggs, canadian bacon and a whole wheat english muffin crowned with our divine hollandaise sauce atop a bed of greens tossed in our house vinaigrette
- 9.75 **sam's eggs benedict:** one farm fresh poached egg perched on top of a fritter and vegetable saute of kale, spinach, onion, mushrooms, butternut squash, and potatoes, topped with our divine hollandaise (gf)
- 9.75 **wicked winter omelet:** two farm fresh eggs, with spinach, kale, artichokes, mushrooms, raw walnuts, and parmesan, with a side of fresh greens (+ \$1. for a slice of toast)
10. **winter veggie saute:** create your own tasty blend of fresh veggies, sauteed to order. choose 3 to 5 of the following veggies: spinach, kale, artichokes, red pepper, butternut squash, roasted beets, red cabbage, onion, zucchini, yellow squash, mushrooms, brussels sprouts, eggplant, black beans, garbanzo beans, fennel, or roasted potatoes
choose one of the following toppings if you like: parmesan, feta, raw pecans, raw walnuts, or sliced raw almonds (gf/df)
- 9.25 **basic breakfast:** two farm fresh eggs any style, a choice of bacon, turkey sausage, pork sausage, or organic tempeh, and a slice of multi-grain toast (+ \$3. for a side of potatoes)
2. **farm fresh egg:** 1, 2, or 3 prepared any style (price per egg served)

p a n c a k e s

- 8.75 **pancakekeys:** five pancakekeys made with organic wheat flour topped with bananas, raw sliced almonds, cinnamon, powdered sugar, and honey
- 8.75 **whole wheat mixed berry pancakes:** three mixed berry pancakes made with organic wheat flour, and farm fresh eggs served with blueberry syrup
10. **veggie fritters:** three carrot/parsnip fritters, with parmesan, onion, and herbs served with horseradish creme fraiche on a bed of spinach (gf)
- 9.5 **gingerbread buckwheat waffle:** made with organic buckwheat and rice flours topped with pear and walnuts, sprinkled with cinnamon served with maple syrup (gf/vegan)

s a n d w i c h e s

- 9.75 **veggie quesadilla:** a multi-grain tortilla stuffed with zucchini, yellow squash, mushrooms, onion, red bell pepper, pepper jack cheese, avocado sauce, and spinach, served with a side of salsa (+ \$2. for a scrambled egg)
- 10.5 **winter b(e)st sandwich:** bacon, two farm fresh fried eggs, spinach, sundried tomato, and pesto on whole wheat bread served with a side of greens

g l u t e n - f r e e

- +1.25 **gluten-free (gf) options:** please don't hesitate to request gf...ask for gluten-free bread or a brown rice wrap on all menu items and look for the (gf) to mark naturally gluten-free menu items (gf english muffins: +3.00)

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s i d e s

- 5.5 **bowl of fresh fruit:** seasonal selections may vary from day to day... it's all about flavor and freshness!
- 9.5 **avery's breakfast salad:** a bowl of greens, spinach, red cabbage, bosc pear, and raw walnuts with our poppy seed vinaigrette(gf/vegan)
- 6.5 **creamy multi-grain oatmeal or quinoa:** a cup of your choice of either a cereal made up of organic steel cut oats, flax seed, farro, and barley or a cup of quinoa (gf) topped with blueberry compote, almonds, and cinnamon (add 2. for a bowl) (vegan)
- 3. **bagel with cream cheese:** your choice of 4 grain honey, cinnamon raisin, or plain
- 3. **herb roasted potatoes:** yukon, red, and sweet potatoes roasted with herbs (gf)
- 2.5 **toast:** two slices of bread with butter (whole wheat, marble rye, pumpernickel, or old world white)
- 5.5 **crazy toast:** two slices of whole wheat toast topped with cinnamon, sour cherries, and raw almonds drizzled with rosemary honey
- 4.5 **honey-herb bacon** (3 strips) **pork/turkey sausage** (2/3 links)

b a k e s

varies we bake a variety of seasonal delights daily. ask about our freshly baked items of the day... including gluten free and vegan choices. note: all items are baked with organic flours and sugars, farm fresh eggs and other quality ingredients

c h i l d r e n

- 6.5 **children's special:** we are happy to create a children's item a scrambled egg with fruit, a few pancakekeys, or a variation of a menu item

a note to our friends:

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 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.

Much of our food is local, our produce, eggs, milk, meats, breads, and coffees are fresh daily or weekly. 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, composte, 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 need to use 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.
- consumption of raw or under cooked foods may cause serious illness or death