

tulip noir

summer brunch

e g g s

15. **otto's crab and spinach melt:** lump crab meat, spinach, kale, onion, and red bell pepper topped with two scrambled farm fresh eggs and parmesan atop sliced whole grain baguette
10. **summer omelet:** two farm fresh eggs, spinach, tomato, greek olives, feta and walnuts topped with a balsamic reduction on top of a bed of fresh greens (add \$1.25 for a slice of toast)
10. **roasted potato omelet:** two farm fresh eggs, arugula, dill, cheddar, roasted potatoes, and mushrooms on top of a bed of fresh greens (add \$1.25 for a slice of toast)
- 9.5 **original eggs benedict:** two farm fresh eggs atop canadian bacon and a whole wheat english muffin with our divine hollandaise sauce
10. **sam's eggs benedict:** one farm fresh poached egg perched on top of a veggie fritter and vegetable saute of kale, spinach, red bell pepper, onion, and roasted potatoes on a bed of arugula topped with our divine hollandaise (gf)
- 9.5 **basic breakfast:** two farm fresh eggs, a choice of bacon, sausage, turkey sausage, or tempeh; and multi-grain toast (add \$3. for a side of potatoes)
2. **local farm fresh eggs:** 1, 2, or 3 prepared any way; price per egg served

p a n c a k e y s

- 8.75 **blueberry pancakekeys:** five pancakekeys made with organic flour topped with sliced bananas, sliced almonds, cinnamon, and blueberry syrup
- 10.5 **spinach fritters:** three fritters with spinach, artichokes, feta, onion, and herbs served with chilled marinara on a bed of arugula (gf)
- 10.5 **corn waffle:** topped with our black bean corn salsa, avocado sauce, and refried black beans served with a side of tomato salsa (gf/vegan) (add \$2. to top with an egg...poached, fried or scrambled)
- 10.5 **dreamy french toast:** amazing challah french toast topped with blueberry compote, served with our blueberry syrup

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

b a k e s

we bake all sorts of seasonal delights daily. ask about our freshly baked items of the day... including gluten free, dairy free or vegan items

summer brunch

s a n d w i c h e s

- 9.75 **veggie quesadilla:** a whole grain tortilla stuffed with zucchini, spinach, summer squash, red bell pepper, and onions with our avocado sauce and a slice of pepper jack cheese with a side of salsa
(+ \$2. for a scrambled egg)
11. **turkey pastrami/egg sandwich:** two fried eggs, Boar's Head turkey pastrami, provolone cheese, arugula, and pineapple sun-dried tomato pesto on marble rye bread, served with a side of greens

s i d e s

- 5.5 **bowl of fresh fruit:** seasonal selections vary from day to day... it's all about flavor and freshness!
10. **avery's breakfast salad:** a bowl of greens, spinach, red cabbage, fresh fruit, raw pecans and poppy seed vinaigrette in a bowl (gf)
- 6.5 **creamy multi-grain oatmeal or quinoa:** your choice of either a cereal made up of organic steel cut oats, flax seed, and barley or a cup of quinoa(gf) topped with fresh fruit, walnuts, and cinnamon drizzled with rosemary honey (vegan) (+ 3. for a bowl)
3. **roasted potatoes:** yukon, red, and sweet potatoes roasted with herbs (gf)
- 2.5 **toast:** two slices of bread with butter ... wheat, pumpernickel or old world white; gluten free bread also available upon request at an additional cost
6. **crazy cinnamon toast:** buttered toast topped with cinnamon, honey, dried sour cherries, and sliced raw almonds on whole wheat bread
- 4.5 **cinnamon-ginger bacon** (3 strips), **pork or turkey sausage** (2/3 links) or **barbecued tempeh**

c h i l d r e n

- 6.5 **children's special:** we are happy to create a meal (for a child 10 or under)
- eggs/bacon:** two scrambled eggs and a slice of bacon
- pancakey/egg:** two pancakeys and a scrambled egg
- egg/bacon/pancakey:** one egg/one slice of bacon/and one pancakey
- pancakeys/fruit:** two pancakeys and a small cup of fruit

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, composte, 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