

tulip noir

winter breakfast

p a n c a k e s

blueberry pancakekeys: 9.5

five blueberry pancakekeys made with organic flour and sugar topped with sliced bananas, sliced raw almonds, chia seeds and cinnamon, served with our delicious blueberry syrup

root veggie fritters: 10.5

three carrot/parsnip fritters with herbs and parm topped with horseradish creme fraiche

gingerbread waffle: 10.5

ginger buckwheat waffle topped with fresh pear slices, crystalized ginger, and raw walnuts served with a side of maple syrup (gf/vegan)

e g g s

otto's wicked winter omelet: 9.75

two farm fresh egg omelet with spinach, kale, zucchini, butternut squash, artichokes, parmesan, and raw walnuts with a side of fresh greens (gf)

andy's eggs benedict: 9.75

two farm fresh eggs atop boar's head brand canadian bacon on a whole wheat english muffin with our divine hollandaise sauce on a bed of greens (gf with corn english muffin option)

sam's eggs benedict: 10.5

one farm fresh egg atop our winter carrot/parsnip veggie fritter, and sauteed veggies topped with hollandaise, all on a bed of arugula (gf)

basic breakfast: 9.5

two farm fresh eggs, your choice of bacon, sausage, turkey sausage or barbequed organic tempeh and toast (add \$2.5 for a side of potatoes)

s a n d w i c h e s

veggie quesadilla: 9.75

multi-grain wheat tortilla stuffed with zucchini, yellow squash, mushrooms, onion, red bell pepper, pepper jack cheese, avocado sauce and spinach, served with a side of salsa (hold the cheese makes it vegan; and a brown rice wrap makes it gf) (add \$2. for a scrambled egg)

ron's open face egg sandwich: 11.5

two farm fresh scrambled eggs atop smoked salmon, spinach, sun dried tomato, provolone, and balsamic red onion marmalade, on whole grain baguette

bacon & egg panini: 9.5

one farm fresh fried egg, bacon, spinach, sprouts, and provolone, with pesto on a whole wheat bread; served with a side of greens

s a u t e s

because we need our veggies saute: 13.

kale, spinach, mushrooms, black beans, yellow squash, roasted cauliflower, broccoli, artichokes, and red bell pepper in pesto topped with parm on a bed of red quinoa and spinach (no substitutions please)

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. gf baking day is thursdays

winter breakfast

s i d e s

avery's breakfast salad: 9.5

a bowl of greens, spinach, red cabbage, dried cranberries, apples, and raw pecans with our poppy seed vinaigrette (gf/vegan)

bowl of fresh fruit: 5.5

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

mark's creamy multi-grain oatmeal or john's quinoa: 6.5

cup of your choice of either

cereal made up of organic steel cut oats, red quinoa, flax seed, sunflower seeds, and barley

or a cup of red quinoa(gf) topped with peanut butter, bananas, sour cherries, and cinnamon (add 3. for a bowl) (vegan)

bagel with cream cheese: 3.

4-grain honey toasted bagel with cream cheese

herb roasted potatoes: 2.5

yukon, red, and sweet potatoes

roasted with herbs and olive oil (gf/vegan)

toast: 2.5

two slices of bread with butter (whole wheat, pumpernickel, or sprouted ezekei)

crazy toast: 6.5

cinnamon, honey, sour cherries, pecans, and almonds on whole wheat bread

breakfast meats/proteins: 4.5

honey-herb bacon (3 strips)/ **pork** (2 links)/**turkey** (3 links) **sausage** or **organic tempeh**

farm fresh eggs: 2.

1, 2, or 3 prepared any style (price per egg served)

b a k e s

we bake a variety of seasonal delights daily. ask about our freshly baked items of the day... including gluten free and vegan choices.

note: we are proud to say, our items are baked with organic flours and sugars, farm fresh eggs and other quality ingredients

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. 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, composte, conserve energy, and use green products. 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.

please note:

-if a meal has been prepared as described on 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 more than 4 checks per table, this process 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*

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