

tulip noir

summer breakfast

pancakekeys, waffles, etc

- 8.75 **pancakekeys:** five pancakekeys made with organic flour topped with sliced bananas, sliced almonds, cinnamon, powdered sugar and honey
- 8.5 **whole wheat blueberry pancakes:** three blueberry pancakes made with organic flour topped with orange zest and powdered sugar served with blueberry-pomegranate syrup
- 9.25 **whole wheat waffle:** a waffle made with organic flour topped with fresh fruit, cinnamon and powdered sugar, served with maple syrup
- 8.5 **jeff's fritters:** three fritters with spinach, artichokes, feta, onion and herbs served with chilled marinara on a bed of greens (gf)
- 9.5 **buckwheat pancakes:** three pancakes made with organic flour topped with strawberry-blueberry compote and powdered sugar served with our blueberry-pomegranate syrup (gf)
- 9.5 **orange poppy seed vegan pancakes:** five pancakekeys made with organic flour topped with fresh fruit, sliced almonds, cinnamon, powdered sugar and agave

eggs

- 8.50 **original eggs benedict:** two (omega 3) eggs atop canadian bacon and a whole wheat english muffin with our divine hollandaise sauce
- 8.25 **sam's deluxe eggs benedict:** one (omega 3) egg atop a spinach fritter, and a slice of tomato topped with fresh dill and hollandaise all on a bed of baby greens
9. **summer omelet:** two (omega 3) eggs, spinach, tomato, greek olives, feta and walnuts topped with reduced balsamic vinegar with a side of fresh greens (add a slice of toast)
- +1.
9. **roasted potato omelet:** two (omega 3) eggs, kale, dill, roasted potatoes, cheddar cheese and mushrooms, w/ a side of fresh greens (add a slice of toast)
- +1.
8.5 **basic breakfast:** two (omega 3) eggs, a choice of bacon or sausage, and multi-grain toast (add a side of potatoes)
- +2.
1.75 **omega 3 egg:** 1, 2, or 3 prepared any way (price per egg served)

sandwiches

- 9.75 **veggie quesadilla:** a whole grain tortilla stuffed with zucchini, spinach, red bell pepper, and onions with our avocado sauce and a slice of pepper jack cheese and a side of salsa
7. **original egg sandwich:** one (omega 3) egg fried, with spinach, prosciutto, pesto on a whole wheat english muffin with a side salad
10. **breakfast hoagie:** sautéed spinach, kale and onions, dill, tomato, feta, and two (omega 3) eggs...grilled, with a side salad
10. **summer burrito:** spinach, tomato, onion, cheddar and bacon with two scrambled (omega 3) eggs in a whole wheat wrap...grilled!
11. **turkey pastrami/egg sandwich:** served with provolone cheese, spinach and pineapple sun dried tomato pesto on whole grain bread served with a side salad
- +1.5 **gluten free (gf) options:** ask for gluten free bread, english muffins or a brown rice wrap on all menu items and look for the (gf) to mark naturally gluten free items

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sides

- 4.5 **bowl of fresh fruit:** seasonal selections may vary from day to day...it's all about flavor and freshness!
8. **avery's breakfast salad:** a bowl of greens, spinach, red cabbage, strawberries, pecans and orange citrus vinaigrette in a bowl (gf)
6. **creamy oatmeal:** organic steel cut oats topped with fresh
+1.75 bananas, peanut butter, honey and cinnamon served in a cup (or a bowl)
6. **warm quinoa:** a cup of organic quinoa topped with fresh fruit, pecans
+1.75 and ginger honey (or a bowl) (gf)
3. **bagel with cream cheese:** multi-grain, cinnamon raisin or plain
- 3.5 **roasted potatoes:** yukon, red, and sweet potatoes roasted with herbs (gf)
- 2.5 **toast:** two slices of bread with butter (wheat, rye or white)
4. **cinnamon toast:** with cinnamon, honey and almonds on brioche
- 4.25 **cinnamon/ginger bacon** (3 strips)
- 4.25 **pork sausage** (2 links)
- 4.25 **turkey sausage** (3 links):

bakes

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
note: all items are baked with organic flours and top quality ingredients

children's menu

- 5.5 **children's special:** we are happy to create a children's item for you
½ of a peanut butter and jelly sandwich with fruit, grilled cheese, or a variation of a menu item

a note to our friends

at tulip noir we continue to aim to provide the best quality natural meats, produce, eggs, and dairy products. our coffees and teas continue to be organic. we offer as many organic and natural products that we can and keep it as cost effective as possible. in addition, we continue to work to find organic/natural options along the way. this is an issue that is very important to us, as well as the quality of the end product you receive. of course, as always it is up to the customer to select healthy options as organic foods are not necessarily diet foods.

thanks for choosing tulip