

# tulip noir

summer lunch

## pairs

- 9.50 **soup & sandwich:** a cup of soup with your choice of a ½ of a fresh veggie, tuna melt or grilled cheese
- 9.50 **soup & salad:** a cup of soup and a ½ of a house, summer or spinach/tomato salad
- 9.50 **salad & sandwich:** ½ of a house, summer, or spinach/tomato salad and a ½ of a fresh veggie, tuna melt or grilled cheese

## soup

- 4.25 soup of the day or the vegan/vegetarian soup of the day...**cup**
- 6.75 soup of the day or the vegan/vegetarian soup of the day...**bowl**

## sandwiches

- 10.75 **sour cherry chutney and chicken sandwich:** our fabulous natural chicken breast served with spinach, brie and sour cherry chutney on old world bread with a side of cole slaw
9. **fresh veggie panini:** lettuce, spinach, cucumber, red bell pepper, and pepper jack cheese w/ white bean hummus or avocado sauce on whole grain bread
- 10.75 **chicken ciabatta:** natural chicken breast, cucumber, provolone, tomato, spinach and avocado sauce on a ciabatta
11. **turkey pastrami/egg sandwich:** served with provolone cheese, spinach and pineapple sun dried tomato pesto on whole grain bread
- 10.75 **black bean quesadilla:** a whole wheat tortilla with black beans, onions, mushrooms, red bell pepper, zucchini, pepper jack cheese, spinach and avocado sauce served with a side of salsa
9. **grilled cheese:** cheddar, provolone, pesto and sliced tomato on old world bread...ah yes your favorite is back!
- 9.75 **portabello mushroom burger:** a marinated mushroom served on a whole wheat bun with goat cheese, tomato, onion, spinach and roasted bell pepper aoli
- 9.75 **tuna melt:** tuna salad made with our own garlic aoli, artichoke hearts and swiss cheese on whole grain baguette...ah yes this one is back too!

## something different

11. **summer veggie saute:** your option of four of the following veggies: spinach, kale, red pepper, red cabbage, onion, zucchini, green beans, mushrooms, roasted potatoes, fennel or carrots choose a topping of orange-soy glaze, cheese (parmesan, feta, or cheddar) or walnuts, served with a side salad (add quinoa)
- +1.5

## sides

7. **jeff's fritters:** three fritters with spinach, artichokes, feta, onion and herbs served with chilled marinara on a bed of spinach (gf)
4. **cole slaw:** white and red cabbage, carrots and fennel with a light honey mustard dressing
6. **pot stickers:** 4 vegetable pot stickers cooked in olive oil on a flat griddle served with our soy ginger sauce

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## salads

11. **house salad:** baby greens, spinach, red cabbage, tomato, red bell pepper, cucumber and almonds with our citrus vinaigrette
12. **summer salad:** fresh baby greens, spinach, red cabbage, strawberries, pecans and gorgonzola topped with our poppy seed dressing
- 12.5 **spinach and tomato salad:** baby greens, spinach, red cabbage, fresh mozzarella, tomatoes, and crispy prosciutto, with our honey balsamic dressing
- 14.5 **oriental salad:** baby greens, spinach, red cabbage, carrots, jicama, mandarin oranges, and almonds, topped with a seared tuna steak and crispy rice noodles with oriental dressing
- 10.5 **salad and chicken:** ½ of a house, summer, or spinach-tomato salad with a breast of natural chicken

## homemade salad dressings

- orange citrus vinaigrette:** our house favorite, very light
- honey balsamic:** a light tulip rendition of an old favorite
- poppy seed vinaigrette:** a bit tangy...yet oh so tasty!
- oriental dressing:** a light soy ginger dressing

## bakes

2. **scones:** ask your server for flavor of the day
6. **ice cream sandwich:** ask your server about the creation of the week
- 4.5 **ice cream topped with espresso:** your choice of ice cream; vanilla, chocolate or coffee with a shot of espresso over the top
6. **chocolate brownie:** ask your server about the creation of the week
6. **berry shortcake:** ask your server about the creation of the week
- gluten free baking on thursdays, ask your server for options*
- dairy free baking on fridays, ask your server for options*

## 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
- +1.5 **gluten free (gf) options:** ask for gluten free bread or a brown rice wrap on all menu items all soups, salads and dressings are gluten free.

## 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**