

# tulip noir

## summer brunch

### eggs

- 10.5 **otto's spinach melt:** spinach, kale, red bell pepper, mushrooms, and onion on a whole grain baguette topped with feta and walnuts  
+1.5 (add one scrambled egg)
- 13.5 **summer scramble:** two scrambled (omega 3) eggs with spinach, kale, basil, and feta, topped with fresh mozzarella and reduced balsamic vinegar on top of sliced tomatoes with a bed of greens
9. **make your own omelet:** two (omega 3) eggs...choose any 3 of the following options: spinach, kale, asparagus, red onion, tomato, cinnamon/ginger bacon, turkey pastrami, mushrooms, red bell pepper, zucchini, smoked gouda, parmesan, cheddar, provolone, horseradish, walnuts, pesto and/or salsa (add smoked salmon)
- +2. (add toast)
- +1.
- 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 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
- 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)

### 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 pancakekeys:** three blueberry pancakekeys made with organic flour topped with orange zest and powdered sugar served with blueberry-pomegranate syrup
- 9.25 **whole wheat waffle:** one 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 spinach (gf)
- 9.5 **buckwheat pancakekeys:** three pancakekeys made with organic flour topped with fresh strawberries, blueberries, cinnamon, and powdered sugar served with our blueberry-pomegranate syrup (gf)
- 9.5 **vegan pancakekeys:** five orange poppy seed pancakekeys made with organic flour topped with fresh fruit, sliced almonds, cinnamon, and agave
- 10.5 **dreamy french toast:** ok....so it had to stay...strawberry-blueberry compote over two amazing slices of our french toast; served with our blueberry-pomegranate syrup
- +1.5 **gluten free (gf) options:** ask for gluten free bread, english muffins or a brown rice wrap on all menu items; also look for the (gf) to mark naturally gluten free items.

### bakes & sweets

- scones:** ask your server for flavor of the day
- cookies or muffins:** ask your server as types and flavors change

# summer brunch

## salads & sandwiches

11. **house salad:** a large plate of baby greens, spinach, red cabbage, tomato, red pepper, cucumber and almonds with our citrus vinaigrette
8. **avery's breakfast salad:** a bowl of greens, spinach, red cabbage, strawberries and pecans with orange citrus vinaigrette
- 9.75 **smoked salmon sandwich:** smoked salmon with red onion marmalade, dill cream cheese, and capers served with a multi-grain bagel
- 9.75 **veggie quesadilla:** a multi-grain tortilla stuffed with zucchini, onion, red bell pepper, pepper jack cheese, avocado sauce and spinach, served with a side of salsa and avocado sauce  
(add a scrambled egg)
- +1.75
10. **summer burrito:** spinach, tomato, onion, cheddar and turkey pastrami with two scrambled (omega 3) eggs in a whole wheat wrap...grilled!
- 10.75 **open face egg sandwich:** sliced whole grain baguette, two omega 3 scrambled eggs atop smoked salmon, tomato, provolone and balsamic red onion marmalade
7. **original egg sandwich:** one (omega 3) fried egg, spinach, basil pesto, and prosciutto on a whole wheat english muffin and a side salad
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

## sides

- 4.5 **bowl of fresh fruit:** seasonal selections may vary from day to day...it's all about flavor and freshness!
6. **creamy oatmeal:** organic steel cut oats topped with fresh bananas, peanut butter, honey and cinnamon served in a cup (or a bowl)
- +1.75
6. **warm quinoa:** a cup of organic quinoa topped with fresh fruit, pecans and ginger honey (or a bowl) (gf)
- +1.75
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) pork/turkey sausage (2/3 links)**

## children's menu

**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

*thanks for choosing tulip*