

tulip noir

winter breakfast

pancakekeys, waffles, etc

- 8.5 **pancakekeys:** five pancakekeys topped with sliced bananas, sliced almonds, cinnamon, powdered sugar and honey
- 8.5 **whole wheat blueberry pancakes:** three blueberry pancakes topped with orange zest and powdered sugar served with blueberry/pomegranate syrup
- 9.25 **whole wheat waffle:** one waffle topped with a strawberry-blueberry compote, served with our blueberry/pomegranate syrup
- 8.5 **carrot fritters:** three fritters with carrots, parsnips, parmesan, onion and herbs served with horseradish crème fraiche on a bed of arugala (gf)
9. **corn fritters:** three savory fritters topped with salsa, cheddar cheese, green chilis and crème fraiche (gf)
- 9.50 **buckwheat pancakes:** three pancakes topped with strawberry-blueberry compote; served with blueberry-pomegranate syrup (gf)
- +1.5 **gluten free (gf) options:** ask for gluten free bread or a brown rice wrap on all menu items and look for the (gf) to mark naturally gluten free items.

eggs

- 8.5 **original eggs benedict:** two omega 3 eggs atop canadian bacon and a whole wheat english muffin with our divine hollandaise sauce
- 8.75 **deluxe eggs benedict:** one omega 3 egg atop a slice of grilled eggplant, topped with sautéed zucchini, onions, red bell pepper, and hollandaise all on a bed of arugala
- 8.75 **winter omelet:** two omega 3 eggs, arugala, artichokes, and parmesan with a side of fresh greens (add a slice of toast)
- +1.
- 8.75 **asparagus omelet:** two omega 3 eggs, spinach, asparagus, onions, feta cheese and walnuts 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 multigrain toast (add a side of potatoes)
- +2.
- 1.75 **omega 3 egg:** 1, 2, or 3 prepared any way (price per egg served)

sandwiches

- 8.75 **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
7. **original egg sandwich:** one omega 3 egg fried, topped with spinach, prosciutto and basil pesto on a whole wheat english muffin with a side salad
9. **breakfast hoagie:** sautéed spinach, kale and onions, dill, tomato, feta, and two eggs...grilled with a side salad
8. **grilled peanut butter and banana:** with our homemade fig jam on delicious whole grain bread...grilled!
- 8.75 **b.s.t. panini:** bacon, spinach, tomato and our incredible homemade pesto on whole grain bread ...grilled!
3. **bagel with cream cheese:** whole wheat, cinnamon raisin, or plain

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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!
7. **breakfast salad:** greens, spinach, red cabbage, sliced pears, walnuts and orange citrus vinaigrette in a bowl (gf)
- 5.75 **creamy oatmeal:** steel cut oats topped with strawberry-blueberry
+1.75 compote and crème fraiche served in a cup (or a bowl)
6. **warm quinoa:** a cup of quinoa served with rosemary honey topped
+1.75 with nuts and crystallized ginger (or a bowl) (gf)
- 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)
- 4.5 **deluxe cinnamon toast:** cinnamon toast with honey and pecans on brioche
- 4.25 **honey-herb bacon** (3 strips)
- 4.25 **pork sausage** (2 links)
- 4.25 **turkey sausage** (3 links):

bakes

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

children's menu

- 5.5 **children's special:** we are happy to create a children's item for you
 $\frac{1}{2}$ 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