

tulip noir

winter lunch

pairs

- 9. **soup & sandwich:** a cup of soup with your choice of a ½ of a fresh veggie, peanut butter, or grilled cheese
- 9. **soup & salad:** a cup of soup and a ½ of a house, winter or white bean salad
- 9. **salad & sandwich:** ½ of a house, winter, or white bean salad and a ½ of a fresh veggie, peanut butter, or a grilled cheese

soup

soup of the day or the vegan/vegetarian soup of the day

- 4. **cup**
- 6.75 **bowl**

sandwiches

- 11.5 **tulip's version of the cuban sandwich:** created with both pulled pork & ham, swiss cheese, dill pickles and dijon mustard on a soft hogie bun....grilled!
- 8. **grilled peanut butter and banana:** with Tulip's fig jam on our delicious whole grain bread...grilled!
- 9. **fresh veggie panini:** lettuce, spinach, cucumber, red bell pepper, and pepper jack cheese w/ red bell pepper hummus or avocado sauce on whole grain bread
- 10.75 **chicken ciabatta:** a natural breast of chicken, dill, cucumber, provolone, tomato, spinach and avocado sauce on ciabatta bread...simple yet oh so tasty!
- 10.75 **hamburger:** a buffalo burger with lettuce, tomato and roasted garlic red bell pepper aoli..... served with a side of roasted potatoes
- 10.75 **black bean quesadilla:** a whole wheat tortilla with black beans, onions, mushrooms, red bell pepper, pepper jack cheese, spinach and avocado sauce served with a side of salsa and avocado sauce
- 8.75 **grilled cheese:** cheddar, swiss and sautéed mushrooms and onions with dijon mustard on our whole grain bread

something different

- 11.75 **ratatouille with quinoa:** veggie stew with tomato, zucchini, eggplant, red bell pepper and onion over quinoa served with a side salad
- 12.5 **wild mushroom pasta:** creamy wild mushroom marsala sauce tossed with red bell pepper, curly pasta topped with arugala

sides

- 7. **carrot fritters:** created with carrots, parsnips, parmesan, onion and herbs served with horseradish crème fraiche on a bed of arugala (gf)
- 5.5 **pesto macaroni and cheese:** made with our homemade pesto and feta cheese
- 4. **sautéed spinach:** with kale, onion, and dill topped with feta (gf)

winter lunch

salads

- 10.25 **house salad:** baby greens, spinach, red cabbage, tomato, red bell pepper, cucumber and almonds with our citrus vinaigrette
- 10.75 **winter salad:** fresh baby greens, sliced pears, gorgonzola cheese, beets, red cabbage, walnuts w/ poppy seed dressing
- 12.5 **chicken and roasted potato salad:** baby greens, spinach, a natural breast of lemon chicken, our fabulous roasted potatoes, shaved parmesan, and walnuts with orange citrus vinaigrette
- 12.75 **edamame and shrimp salad:** baby greens, spinach, red cabbage, spicy edamame, pot stickers, almonds and shrimp with soy dressing
- 11.5 **white bean salad:** spinach, white beans, asparagus, red onion, red bell pepper and walnuts tossed with a red wine vinaigrette
10. **salad and chicken:** ½ of a house, winter, or white bean salad with a breast of natural chicken

homemade salad dressings

- orange citrus vinaigrette:** our house favorite, very light
- poppy seed vinaigrette:** a light tulip rendition of an old favorite
- soy ginger:** a bit spicy...yet oh so tasty!
- red wine vinaigrette:** crisp, light and fresh

bakes

2. **scones:** ask your server for flavor of the day
- 5.75 **blueberry crisp:** blueberries topped with an oatmeal and walnut crisp (its best ala mode)
- +1
- 4.5 **ice cream topped with espresso:** your choice of ice cream; vanilla, chocolate or coffee with a shot of espresso over the top
- 6.75 **bread pudding:** ask your server for 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