

tulip noir

winter breakfast

pancakekeys, waffles, etc

- 8.75 **pancakekeys:** five pancakekeys made with organic wheat flour topped with bananas, raw sliced almonds, cinnamon, powdered sugar and honey... listed on Indianapolis Monthly's "Best of Indy" List this year!!
- 8.5 **whole wheat blueberry pancakes:** three blueberry pancakes made with organic wheat flour, organic sugar, and farm fresh eggs, topped with orange and lime zest, served with blueberry-pomegranate syrup
- 9.25 **crispy corn waffle:** made with organic corn meal, organic wheat flour and organic sugar topped with our yummy blueberry compote
9. **jeff's fritters:** three carrot parsnip fritters, with parmesan, onion and herbs served with horseradish creme fraiche on a bed of spinach (gf)
- 9.5 **banana buckwheat pancakekeys:** five tasty little pancakekeys made with organic buckwheat topped with cinnamon, bananas, and walnuts drizzled with agave (gf/vegan)

farm fresh eggs

9. **original eggs benedict:** a traditional dish made with two farm fresh poached eggs atop Boar's Head canadian bacon and a whole wheat english muffin crowned with our divine hollandaise sauce
9. **sam's eggs benedict:** one farm fresh poached egg perched atop a vegetable saute of kale, spinach, onion, mushrooms butternut squash, and potatoes, topped with our divine hollandaise
- 9.5 **wicked winter omelet:** two farm fresh egg omelet, with spinach, kale, artichokes, mushrooms, and parmesan, with a side of fresh greens (add \$1. for a slice of toast)
- 11.5 **winter veggie saute:** create your own tasty blend of fresh veggies, sauteed to order. choose from 3 to 5 of the following veggies: spinach, kale, artichokes, red pepper, butternut squash, red cabbage, onion, zucchini, eggplant, mushrooms, brussel sprouts, roasted potatoes or roasted beets
choose **one** of the following toppings: marinara, ginger-soy glaze or curry; **or** cheeses (parmesan, feta, or cheddar) **or** nuts (raw walnuts, raw pecans or sliced raw almonds), served with a side salad (add \$3. for organic quinoa or tempeh; or \$2. for an egg) (additional nuts and cheeses ..+\$1.)
9. **basic breakfast:** two farm fresh eggs any style, a choice of bacon, turkey sausage, pork sausage or organic tempeh, and a slice of multi-grain toast (add \$3. for a side of potatoes)
2. **farm fresh egg:** 1, 2, or 3 prepared any style (price per egg served)

sandwiches

- 9.75 **veggie quesadilla:** a multi-grain tortilla stuffed with zucchini, yellow squash, mushrooms, onion, red bell pepper, pepper jack cheese, avocado sauce and spinach, served with a side of salsa (add \$2. for a scrambled egg)
7. **original egg sandwich:** one farm fresh egg fried with spinach and prosciutto with a schmear of pesto on a whole wheat english muffin with a side of greens
- +1. **gluten free (gf) options:** please don't hesitate to request gf...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!
- 9.5 **avery's breakfast salad:** a bowl of greens, spinach, red cabbage,
pears and walnuts with our poppy seed vinaigrette (gf)
- 6.5 **creamy multi-grain oatmeal:** organic steel cut oats, barley, and flax
topped with blueberry compote served in a cup (add \$2. bowl) (vegan)
- 6.5 **warm quinoa of the week:** a cup of organic quinoa cooked
topped a treat of the week (add \$2. bowl) (gf/vegan)
3. **bagel with cream cheese:** your choice of 4 grain honey,
everything, cinnamon raisin or plain
- 3.5 **herb roasted potatoes:** yukon, red, and sweet potatoes
roasted with herbs (gf)
- 2.5 **toast:** two slices of bread with butter
(whole wheat, marble rye or old world white)
- 5.5 **deluxe toast:** two slices of whole wheat toast topped with cinnamon,
raw walnuts, raw pecans, raw almonds, and dried cranberries,
drizzled with honey
- 4.5 **honey-herb bacon** (3 strips) **pork/turkey sausage** (2/3 links)

bakes

we bake a variety of seasonal delights daily. ask about our freshly
baked items of the day... including gluten free and vegan choices.
note: all items are baked with organic flours and sugars, farm fresh eggs
and other quality ingredients

children's menu

- 6.5 **children's special:** we are happy to create a children's item -
a scrambled egg with fruit, a few pancakeys, or a variation
of a menu item

a note to our friends

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

thanks for choosing tulip