



DINNER

At Tulu Seaside Bar & Grill, our Mission and Passion are focused on providing vibrant, fresh, and healthy Seaside Cuisine. Hand-selected ingredients are locally-sourced and sustainable, and make for a creative menu of calorie-conscious, vegetarian, and gluten free options all packed with superfoods and beneficial nutrients. Here's To U Lovin' U.

STARTERS

MEDITERRANEAN NACHOS 15 **V**

Great to Share! roasted garlic hummus, crisp pita chips, mint quinoa tabbouleh, marinated garbanzo beans, chopped kalamata olives, baby heirloom tomatoes, diced cucumbers, feta cheese, tzatziki, *302 calories*

FRIED CAULIFLOWER POPPERS 17 **V**

batter fried cauliflower florets, zesty yogurt dipping sauce, feta cheese choice of glaze; buffalo, roasted garlic parmesan, *296 calories*

WATERMELON AND HEIRLOOM TOMATO 16 **GF, V, K**

arugula, heirloom tomatoes, compressed watermelon, feta cheese, toasted pine nuts, basil vinaigrette, *499 calories*

TULU STYLE SPINACH ARTICHOKE DIP 13 **V**

grilled pita, baby carrot, endive, snow peas, radish, *324 calories*

TULU HUMMUS PLATTER 16 **V, DF, K**

traditional hummus, grilled pita bread, marinated chickpeas, baby heirloom tomatoes, roasted red peppers, pickled cucumbers, roasted garlic cloves, roasted mushrooms, baby carrots, celery batons, *348 calories*

*ZA'ATAR SPICED LAMB MEATBALL 17

marinated cucumber relish, lemon scented yogurt, pesto, *724 calories*

*TUNA POKE TOSTADA 16 **K**

crisp corn tortilla, avocado, charred pineapple, wakame, toasted sesame seeds, ginger soy dressing, wasabi crema, *279 calories*

ANCHO CHILI SHRIMP COCKTAIL 17 **GF, DF**

avocado, pico de gallo, chipotle gazpacho, *128 calories*

TRUFFLE HONEY BRUSSELS SPROUTS 10 **DF, V, K** *382 calories*

SOUPS

TUSCAN WHITE BEAN AND KALE SOUP

BOWL 10 | CUP 6 **V, GF, DF, K**

cannellini beans, kale, tomatoes, *394 calories*

COCONUT CURRY CHICKEN AND

BROWN RICE SOUP 12 **GF**

slow poached chicken, brown rice, thai yellow curry, *520 calories*

BOUNTIFUL SALADS

SUPERFOODS 17 **V, GF, K**

chopped kale, quinoa tabbouleh, edamame, blueberries, grapes, dried cherries, feta, sunflower seeds, walnuts, yogurt orange poppyseed dressing, *495 calories*

GARDEN GREENS 5 | 11 **V, GF, DF, K**

spring mix, arugula, cucumber, baby heirloom tomatoes, radish, snow peas, endive, sunflower seeds, apple cider vinaigrette, *392 calories*

THE WEDGE 14 **V, K**

crisp iceberg, baby heirloom tomatoes, gorgonzola cheese, avocado, turkey bacon, creamy balsamic dressing, *494 calories*

VEGAN KALE CAESAR 6 | 13 **V, K**

chopped kale and romaine, flaked nutritional yeast, baby heirloom tomatoes, ciabatta croutons, vegan almond caesar dressing, *290 calories*

BERRY AND ARUGULA SALAD 16 **V, GF, K**

baby arugula, strawberries, blueberries, blackberries, orange segments, shaved fennel, pickled onions, feta cheese, orange poppyseed vinaigrette, *443 calories*

TOPPERS

6oz Chicken Breast \$8, *276 calories* | Grilled Shrimp \$12, *70 calories* | *Grilled Salmon \$12, *264 calories*

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V=Vegetarian, GF = Gluten Free, DF= Dairy Free, K= Keto Please advise your server of any food allergies.

For parties of 6 or more, a standard 20% tip has been applied for your convenience. You may add an additional tip or adjust at your discretion.

All parties of 10 or more will receive one check at completion of the meal to ensure quality and timely service for our guests.

*Consuming raw or undercooked meats, fish, shellfish or fresh shell eggs may increase your risk of foodborne illness, especially if you have certain medical conditions. Revised 3/9/2026.



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PIZZAS

choice of regular, wheat, or cauliflower (+\$2) crust

BRAISED SHORT RIB 18

5-hour braised short rib, cipollini onions, roasted mushrooms, herbed goat cheese, truffle hot honey, micro arugula

regular crust 683 calories, wheat crust 683 calories, cauliflower crust 683 calories

BUFFALO CHICKEN 17

buffalo glazed grilled chicken, fresh mozzarella, blue cheese crumbles, shaved celery, shaved carrot

regular crust 472 calories, wheat crust 472 calories, cauliflower crust 480 calories

PESTO SHRIMP AND FRESH MOZZARELLA 18

pesto, mozzarella, asiago, romano, parmesan, roasted onions, arugula, lemon oil

regular crust 770 calories, wheat crust 740 calories, cauliflower crust 650 calories

MARGHERITA 15 V

evoo, baby heirloom tomatoes, mozzarella, fresh basil, balsamic glaze

regular crust 620 calories, wheat crust 590 calories, cauliflower crust 510 calories

BUILD YOUR OWN PIZZA

no half & half options | 12 base price + price of toppings

Choose Crust: regular, wheat, cauliflower (+\$2) Choose One Sauce: tomato, pesto, olive oil

Toppings \$2 each: pork pepperoni, pork sausage, applewood smoked pork bacon, charred peppers, caramelized onion, baby heirloom tomatoes, roasted mushrooms, jalapeños, shaved cheese blend

Premium Toppings \$3 each: shrimp, turkey bacon, chicken sausage, grilled chicken, artichokes, fresh mozzarella cheese, goat cheese, parmesan cheese, feta cheese



TO LOVIN' YOU ENTRÉES

*COASTAL BOUILLABAISSE 32 DF, K

atlantic cod, shrimp, mussels, baby carrot, kale, cipollini onions, fingerling potatoes, saffron tomato broth, grilled ciabatta crouton, 671 calories

*LEMON GRILLED MAHI MAHI 30 GF, DF

roasted fingerling potatoes, asparagus, herb marinated baby heirloom tomatoes, romesco sauce, olive tapenade, 679 calories

*CHIPOTLE AGAVE GLAZED SALMON 28 GF, DF, K

roasted fingerling potatoes, asparagus, vegetable escabeche, red bell pepper coulis, aji amarillo, 691 calories

HARISSA HONEY GLAZED AIRLINE CHICKEN BREAST 28

moroccan spiced couscous, asparagus, cucumber relish, lemon mint crema, 699 calories

FENNEL POLLED DUSTED SHRIMP AND SCALLOPS 34 DF

toasted farro pilaf, asparagus, roasted mushrooms, cipollini onions, red bell pepper coulis, 592 calories

SIGNATURE CAULIFLOWER BOLOGNESE 18 V, GF

ground cauliflower, plant based italian sausage, fire roasted pomodoro, garden herbs, pepitas, roasted mushrooms, parmesan cheese, gluten free penne, 585 calories

SEASONAL INDULGENCES

COASTAL VIRGINIA CRABCAKES 39

local lump blue crab, roasted fingerling potatoes, southern edamame and corn succotash, red pepper coulis

*12OZ GARLIC AND HERB GRILLED RIBEYE 42 DF, GF, K

roasted fingerling potatoes, peruvian salsa, criolla, chimichurri emulsion, bordelaise sauce

*6OZ PEPPER GRILLED BEEF TENDERLOIN 38 GF

cauliflower scented mashed potatoes, asparagus, cipollini onions, roasted mushrooms, bordelaise sauce

*12OZ TARNISHED TRUTH SCENTED PORK CHOP 32 GF

cauliflower scented mashed potatoes, asparagus, charred peaches and basil, mustard scented jus

SIDES \$5

fresh fruit cup, 150 calories V, GF, DF, K

cauliflower mash, 106 calories V, GF

truffle honey brussels sprouts, 230 calories V, DF, K

sweet potato fries, 250 calories V, DF

french fries, 225 calories V, DF

asparagus, 98 calories

succotash, 120 calories

roasted fingerling potatoes, 102 calories

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