



LUNCH

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 BOWL 12 | CUP 7 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

TULUVB.COM

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

*20% Gratuity is added to all parties of 6 or more. All parties of 10 or more will receive one check at completion of 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.



LUNCH

HANDHELDS

served with choice of side salad, cup of soup, sweet potato fries, or french fries

HOUSE-MADE BLACK BEAN BURGER 16 V,DF
avocado, hot-house tomatoes, spinach, tahini sauce,
house-made pickles, *482 calories*

CALIFORNIA TURKEY BURGER 15 DF
house-made turkey burger, avocado, tomato, alfalfa sprouts,
arugula, sesame seed bun, *680 calories*

***TULU LEAN BURGER 24**
bison, elk, beef, and boar patty, aged cheddar, tomato, pickled red onion,
spring mix, sesame seed bun, *700 calories*

HOUSE ROASTED TURKEY CLUB SANDWICH 16
herb roasted turkey, turkey bacon, arugula, tomato, goat cheese, avocado,
balsamic glaze, wheatberry toast, *712 calories*

GRILLED CHICKEN KALE CAESAR WRAP 15
grilled chicken breast, chopped kale and romaine, shaved parmesan cheese,
vegan caesar dressing, sun-dried tomato wrap, *570 calories*

SMASHED LAMB GYRO 18
ground lamb, tomato, cucumber, pickled red onion,
arugula, feta, tzatziki, crisp pita, *710 calories*



TO LOVIN' YOU ENTRÉES

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*

BEEF TENDERLOIN SUYA BOWL 24 DF
grilled beef tenderloin skewers, spinach, moroccan couscous salad,
crisp plantains, marinated cucumber and tomato salad,
toasted peanuts, shaved scallion, micro cilantro, *621 calories*

SLOW BRAISED PORK CARNITAS BOWL 18 GF
pulled pork carnitas, spanish yellow rice, black bean and tomato relish,
roasted garlic and cilantro crema, chili spiced tortilla crisps,
pickled red onion, avocado, crisp fried plantains, *832 calories*

BALSAMIC GLAZED GRILLED CHICKEN AND BERRY BOWL 19 K
baby arugula, farro pilaf, strawberries, orange supremes, fennel, feta cheese,
almonds, red onion, orange poppyseed vinaigrette, *764 calories*

***HARISSA HONEY GLAZED SALMON BOWL 22**
moroccan spiced couscous, spring mix, apple cabbage slaw,
marinated tomatoes, cucumber relish, lemon mint crema, *761 calories*

PIZZAS

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

BRAISED SHORT RIB 18
5-hour braised short rib, cipolini onions, roasted mushrooms,
herbed goat cheese, truffle hot honey, micro arugula
regular crust 683 calories, wheat crust 683 calories, cauli lower crust 691 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 770 calories, cauli lower crust 778 calories*

MARGHERITA 15 V
evoo, baby heirloom tomatoes, mozzarella, fresh basil, balsamic glaze
regular crust 620 calories, wheat crust 620 calories, cauli lower crust 628 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, jalapenos, shaved cheese blend
Premium Toppings \$3 each: shrimp, turkey bacon, chicken sausage, grilled chicken,
artichokes, fresh mozzarella cheese, goat cheese, parmesan cheese, feta cheese

SIDES \$5

fresh fruit cup, *150 calories* V,GF,DF,K
truffle honey brussels sprouts, *230 calories* V,DF,K

sweet potato fries, *250 calories* V,DF
french fries, *225 calories* V,DF

TULUVB.COM

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

*20% Gratuity is added to all parties of 6 or more. All parties of 10 or more will receive one check at completion of 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.