



## 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*

### CHARRED CAULIFLOWER FLORETS 17 **V, K**

harissa tahini glaze, tzatziki crema, feta, pickled cucumbers, *248 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*

### TUNA POKE TOSTADA 16 **K**

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

### CRISP CHICKEN KOFTA 14 **DF**

ground chicken, brown rice, zesty vegetable curry, *286 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 10 **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*

## SALADS & BOWLS

### GARDEN GREENS 11 **V, GF, DF, K**

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

### VEGAN KALE CAESAR 13 **V, K**

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

### THE WEDGE 14 **V, K**

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

### MEDITERRANEAN CHOP 15 **V, GF, K**

kale, arugula, spring mix, marinated chickpeas, baby heirloom tomatoes, roasted red peppers, artichokes, kalamata olives, pickled red onion, feta cheese, sliced almonds, lemon herb vinaigrette, *724 calories*

### SUPERFOODS 17 **V, GF, K**

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

### TUNA POKE BOWL 19 **GF**

ginger soy dressing, cilantro rice, avocado, arugula, radish, scallion, charred pineapple, wakame salad, sesame seeds, gochujang yogurt, *548 calories*

### MOJO GRILLED CHICKEN BOWL 17 **GF**

cilantro rice, corn relish, black beans, charred peppers, charred pineapple, lime marinated cabbage, micro cilantro, chipotle crema, *628 calories*

### BT MASHED CAULIFLOWER BOWL 17 **GF, K**

grilled chicken breast, quinoa salad, cauliflower rice, roasted garlic, roasted mushrooms, spring onions, brussel sprouts, feta, truffle oil, balsamic glaze, *628 calories*

### TERIYAKI MISO GLAZED SALMON BOWL 22 **DF**

cilantro rice, edamame, spinach, avocado, roasted carrot, toasted sesame seeds, green onion, nori, miso lime vinaigrette, *647 calories*

### ROASTED BEETS AND SPROUTS BOWL 16 **V, GF, K**

quinoa salad, kale, alfalfa sprouts, roasted sweet potatoes, brussel sprouts, caramelized onion, mushroom, feta, sunflower seeds, *614 calories*

### TOPPERS

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

TULUVB.COM | Gabrielle Ruma, Restaurant General Manager | Edric Lisicki, Executive Chef

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. Revised 6/24/2024.



## LUNCH

### HANDHELDS

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

#### BARBECUE BEYOND BURGER 17 **V,DF**

plant-based patty, tomato, spring mix, pickled red onion, bbq sauce, sesame seed bun, 805 calories

#### CALIFORNIA TURKEY BURGER 15 **DF**

house-made turkey burger, avocado, tomato, alfalfa sprouts, arugula, sesame seed bun, 680 calories

#### TULU LEAN BURGER 20

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, shaved parmesan cheese, vegan caesar dressing, sun-dried tomato wrap, 570 calories

### PIZZAS

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

#### MIXED MUSHROOM 15 **V**

mushroom cream, roasted mushrooms, goat cheese, truffle oil, micro arugula  
regular crust 680 calories, wheat crust 650 calories, cauliflower crust 555 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

#### FOUR-CHEESE 15 **V**

traditional red sauce, mozzarella, romano, parmesan, asiago, fresh basil  
regular crust 600 calories, wheat crust 570 calories, cauliflower crust 480 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 | 8 base price + price of toppings

Choose Crust: regular, wheat, cauliflower (+\$2) Choose One Sauce: tomato, mushroom cream, 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

### SMALL PLATES

#### 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

#### PAN ROASTED SHRIMP ZOODLES AND PALMINI 23 **GF**

carrot, yellow squash, zucchini, hearts of palm vegan pasta, coconut milk citrus sauce, 358 calories

#### CARAWAY AND ORANGE GRILLED CAULIFLOWER STEAK 20 **V,DF**

farro pilaf, flash sauteed kale, marinated tomato and herb salad, pesto, 415 calories

### SIDES \$5

sesame glazed snow peas, 115 calories **V,GF,DF,K**

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**

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