TULU SEASIDE BAR & GRILL

LUNCH

At Tulu Seaside Bar & Grill, our Mission and Passion are focused on providing a vibrant and fresh approach to seaside cuisine with a Mediterranean twist. Hand-selected ingredients are locally sourced and sustainable, making for a creative tapestry of flavorful culinary treats.

PINZA

"ROMAN FLATBREAD"

Great to Share!

MEDITERRANEAN 18 V
kalamata olives | artichokes | spinach | roasted red peppers
goat cheese | pickled onion

FORAGED MUSHROOM 17 V
wild mushrooms | truffle cream | sharp provolone | shaved chives

PESTO, SHRIMP, AND FRESH MOZZARELLA 19
basil pesto | shrimp | house-pulled mozzarella | parmesan
roasted cipollini onions | arugula | lemon oil

MARGHERITA 16 V
heirloom tomatoes | house-pulled mozzarella | torn basil
extra virgin olive oil | balsamic reduction

PEPPERONI AND HOT HONEY 17
crispy pepperoni cups | whipped ricotta | torn basil | hot honey

FORMAGGIO 14 V
house tomato sauce | mozzarella | asiago | romano
parmesan reggiano

STARTERS

CRISP FRIED BRUSSELS SPROUTS 12 V
truffle honey | pepita pesto | parmesan | balsamic reduction

ROASTED GARLIC HUMMUS 16 V
grilled pita | heirloom tomatoes | roasted red peppers
pickled cucumbers | baby carrots | celery

FRITTO MISTO 19
crispy shrimp | calamari | fennel | pepperoncini | lemon aioli

CHARRED TUSCAN OCTOPUS 17 GF
fingerling potatoes | grilled artichokes | roasted red
pepper coulis | fried capers | charred lemon

LAMB MEATBALLS 17
white bean ragout | tuscan kale | rosemary broth

SICILIAN TUNA CRUDO 18 GF
sliced ahi tuna | citrus | shaved fennel | capers
calabrian chili oil | sea salt

CRISP EGGPLANT ROLLATINI 16 V
basil ricotta | roasted red pepper coulis | baby arugula

SOUPS & SALADS

CRAB AND SHRIMP BRODETTO 13
lump crab | shrimp | mirepoix | fennel | saffron tomato broth
focaccia crouton | rouille

CAESAR SALAD 7 | 14
romaine | focaccia croutons | shaved parmesan reggiano
heirloom tomatoes | caesar dressing

GARDEN GREENS 6 | 12 V GF
romaine | mixed greens | heirloom tomatoes | cucumbers | olives
radish | garden herb red wine vinaigrette

CAPRESE 14 V GF
burrata | heirloom tomatoes | basil | chive-infused olive oil
balsamic reduction | flaked salt

TOP YOUR SALAD grilled chicken **8** | grilled shrimp **14** | grilled salmon **15** | crab cake **18** | 6oz NY strip **18**

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V=Vegetarian, GF = Gluten Free 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 8/10/2026.

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PASTA

ORECCHIETTE CARBONARA 19
pancetta | parmesan reggiano | roasted garlic liaison
cracked black pepper

SAFFRON CAPELLINI 19 V
leeks | fennel | heirloom tomatoes | saffron lemon cream

POTATO GNOCCHI 19 V
roasted sweet peppers | wild mushrooms | cipollini onions
tomato fondue | creamy burrata | extra virgin olive oil

ENRICH YOUR PASTA chicken **8** | shrimp **14**
lamb meatballs **15** | scallop **25** | 6oz NY strip **18**

HANDHELDS

SERVED WITH A CHOICE OF: french fries or sweet potato fries
+ 1.50 side caesar | side garden greens salad | brussels sprouts | cup of brodetto | fruit cup

TUSCAN STEAK SANDWICH 22
balsamic-marinated ny strip | house-pulled mozzarella | arugula
heirloom tomatoes | kalamata olives | cucumber | hoagie roll

ROASTED PORK 17
slow-roasted pork shoulder | sharp provolone | arugula
hoagie roll

COASTAL CRAB CAKE SANDWICH 26
arugula | heirloom tomato | calabrian chili remoulade | brioche bun

GRILLED CHICKEN 17
house-pulled mozzarella | heirloom tomatoes | basil pesto aioli
giardiniera | hoagie roll

CRISP FRIED FLOUNDER SANDWICH 20
arugula | heirloom tomato | calabrian chili remoulade | brioche bun

BEEF STEAK BURGER 19
house blend of chuck, brisket & short rib | aged cheddar
heirloom tomato | pickled red onion | arugula | brioche bun

KIDS MENU

12 & UNDER

All meals include your choice of milk, juice, or soft drink.

GRILLED CHICKEN 12 GF
steamed broccolini

ORECCHIETTE PASTA 12 V
butter sauce

CRISP CHICKEN FINGERS 12
choice of: french fries | sweet potato fries | garden salad
or fruit cup

GRILLED CHEESEBURGER 12
choice of: french fries | sweet potato fries | garden salad
or fruit cup

GRILLED HAMBURGER 12
choice of: french fries | sweet potato fries | garden salad
or fruit cup

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