



Thank you for your patience with our Service Team. If you know anyone that wants to work with us, please send them our way! We will reward YOU with a \$100 Gold Key Restaurants Gift Certificate once we hire them.

## DINNER

### SHAREABLES

*serves up to four guests, calories are per serving*

**SHRIMP & CRAB CORN FRITTERS**  
coconut milk, cornmeal batter, mixed peppers, roasted red pepper yogurt sauce, 286 calories **16.50**

**ROASTED CAULIFLOWER POPPERS** v  
tossed in your choice of buffalo, sweet and spicy, or garlic parmesan sauce, served with gorgonzola, or ranch dipping sauce, 265 calories **11.50**

◆ **HUMMUS WITH CRISPY VEGETABLES** v  
grilled pita bread, roasted red peppers, feta cheese, 240 calories **9**

**TULU STYLE SPINACH ARTICHOKE DIP**  
2% milk bechamel, goat cheese, feta cheese, grilled pita bread, 249 calories **12.50**

◆ **CHICKEN & RICE MEATBALLS**  
scallions, garlic, firecracker sauce, 255 calories **13.50**

### APPETIZERS

**CRAB STUFFED SHRIMP**  
tulu crab cake mix, roasted yellow pepper coulis, 487 calories **18**

◆ **PAN-SEARED TUNA\***  
seaweed salad, wasabi aioli, ponzu glaze, tobiko, 535 calories **17**

**ALASKAN SNOW CRAB LEGS** GF  
steamed, drawn butter, house cocktail, 870 calories **MP**

**SEARED JUMBO LUMP CRAB CAKE**  
green tomato jam and old bay remoulade, 360 calories **19**

### SOUPS

cup **8** bowl **11.50**

◆ **SWEET CORN & CRAB CHOWDER** GF  
coconut milk, fresh lime, cilantro  
cup 310 calories, bowl 520 calories

◆ **CHICKEN-LENTIL SOUP WITH JAMMY ONIONS** GF  
garlic, onion, red lentils, lemon juice, turmeric  
cup 435 calories, bowl 660 calories

### SALADS

◆ **WEDGE SALAD** GF  
crisp iceberg, grape tomatoes, gorgonzola cheese, avocado, turkey bacon, louis dressing, italian parsley, 490 calories **10**

**CRAB STUFFED AVOCADO & TOMATO CARPACCIO** GF  
local tomato, artisan greens, champagne vinaigrette, avocado, lump crab meat salad, micro greens, 299 calories **19**

◆ **QUINOA & MIXED BERRY SALAD** v  
spinach, herbed quinoa, strawberries, blueberries, blackberries, sunflower seeds, crispy onions, blood orange vinaigrette, 484 calories **13.50**

**MEDITERRANEAN CHOP SALAD** v  
organic chopped romaine, arugula, local tomatoes, feta, toasted falafel, almonds, lemon-dill chickpeas, red onion, pepperoncini, cucumber, olive oil, 715 calories **15**

**HONEY-ROASTED GOLDEN BEETS & GOAT CHEESE SALAD** v,GF  
toasted pistachios, micro basil, artisan mixed greens, cavalier honey-balsamic vinaigrette, 700 calories **13.50**

◆ **MARKET-FRESH SALAD** v,GF  
mixed field greens, baby heirloom tomatoes, cucumber, red onion, carrot, celery, red wine vinaigrette, 530 calories **9.50**

◆ **SUPERFOOD SALAD** v  
organic baby kale, roasted sweet potatoes, pepitas, pickled red onions, bulgar wheat, pecan crunch, tahini vinaigrette, 700 calories **13.50**

◆ **SALAD TOPPERS**  
salmon salad, 430 calories **9**  
keto chicken salad, 370 calories **8**  
grilled chicken, 216 calories **8**  
grilled atlantic salmon\*, 276 calories **12.50**  
crab meat, 75 calories **18**

◆ **ROMAINE & KALE CAESAR**  
ciabatta croutons, shaved parmesan blend, 530 calories **11.50**



## DINNER

### HANDHELDS

served with choice of sweet potato fries (184 calories), french fries (210 calories), or green salad with vinaigrette (140 calories)

◆ **BARBECUE BEYOND BURGER** v

plant-based soy-free burger, local tomato, organic greens, pickled cucumber, red onion, brioche bun, 805 calories **15.50**

◆ **CALIFORNIA TURKEY BURGER\***

avocado, arugula, pepper jack, local tomato, brioche bun, 680 calories **14.50**

◆ **TULU LEAN BURGER\***

blend of bison, elk, waygu beef and wild boar, aged cheddar, lettuce, local tomato, onion, organic greens, white balsamic vinaigrette, brioche bun, 700 calories **18.50**

◆ **CHESAPEAKE BAY LUMP CRAB CAKE SANDWICH**

maryland-style, lettuce, local tomato, mustard sauce on brioche bun, 675 calories **24**

**GRILLED CHICKEN CAPRESE SANDWICH**

local tomato, fresh mozzarella, organic greens, basil pesto, brioche bun, 644 calories **15**

**JERK CHICKEN SANDWICH**

jerk marinated chicken breast, mango jicama slaw brioche bun, 628 calories **13.50**

### PIZZAS

crust: regular, whole wheat, cauliflower

**MIXED MUSHROOM** v

goat cheese, truffle oil, scallions **13.50**  
regular, 680 calories whole wheat, 650 calories cauliflower crust, 555 calories

**FOUR-CHEESE** v

fresh mozzarella, feta, goat, parmesan, basil **12.50**  
regular, 600 calories whole wheat, 570 calories cauliflower crust, 480 calories

**ROASTED RED PEPPER PESTO & VEGETABLE** v

roasted 10 vegetable blend, roasted red pepper pesto, shredded cheese, olive oil **15**  
regular, 510 calories whole wheat, 480 calories cauliflower crust, 410 calories

**PESTO SHRIMP & FRESH MOZZARELLA**

pesto sauce, balsamic glaze, sautéed onions, arugula, lemon oil **15**  
regular, 770 calories whole wheat, 740 calories cauliflower crust, 650 calories

**KOREAN BARBECUED CHICKEN**

carrot ribbons, daikon, cilantro, mozzarella **13.50**  
regular, 680 calories whole wheat, 650 calories cauliflower crust, 555 calories

### ENTRÉES

**PAN-SEARED SHRIMP & ZOODLES** GF

shrimp, vegetable zoodles, hearts of palm pasta, coconut milk citrus cream sauce, 358 calories **31.50**

**LEMON GRASS BRINED AIRLINE CHICKEN**

garlic oil roasted vegetables, carnival cauliflower, cilantro lime cauliflower rice, 481 calories **21.50**

**ROASTED COD ZA'ATAR FISH AND CHIPS\*** GF

roasted cod fillet, za'atar, castelvetrano olives, capers, heirloom tomatoes, red onions, roasted sweet potatoes, 715 calories **23**

**CAULIFLOWER BOLOGNESE** v

cauliflower and mushroom-based bolognese, chili, rosemary, parmesan tossed with rigatoni, 585 calories **19.50**

**BLACKENED ROCKFISH** GF

3-bean ragout, celery, carrots, onions, lemon oil, sauteed spinach, 443 calories **28.50**

◆ **SESAME-GRILLED SALMON\***

mango, jicama, lemongrass sauce, coconut rice, toasted sesame dressing, 685 calories **23.50**

◆ **JUMBO LUMP CRAB CAKES**

roasted sweet potatoes, grilled asparagus, rémoulade, 860 calories **36**

◆ **PEPPER-GRILLED 6 OZ FILET OF GRASS-FED BEEF\***

mashed cauliflower, roasted garlic, caramelized mushrooms, spring onions, brussels sprouts, peas, feta, 705 calories **35**

**10 OZ SLOW ROASTED PRIME RIB**

sweet potato wedges, cavalier honey flash-fried brussels sprouts, au jus, horseradish cream, 868 calories **36**

**GRILLED HANDLINE TUNA\***

mint tabbouleh, tomato salad, preserved lemon hummus, 705 calories **27**

### SIDES

mashed cauliflower, peas, green onions & feta, 190 calories **5** v,GF  
market-fresh green vegetable, 105 calories **5** v,GF  
fruit of the moment, 150 calories **9** v,GF

cilantro lime cauliflower rice, 95 calories **5** v,GF  
flash-fried truffle-honey brussels sprouts, 230 calories **5** v  
sweet potato fries, 250 calories **5** v  
french fries, 210 calories **5**