



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.

## LUNCH

### 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**

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

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

**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**

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

### APPETIZERS

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

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

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

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

**AVOCADO TOAST** v  
smashed avocado, pickled red onion, feta, microgreens, balsamic glaze, sourdough bread, 555 calories **10**

### 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**

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

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

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

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

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

**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**

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

◆ **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**

### POWER BOWLS

◆ **BRONZED SALMON & ANCIENT GRAINS BOWL\***  
atlantic salmon filet, green lentils, farro, quinoa, fennel, dill-mint yogurt sauce, 870 calories **18**

**SOUTHWEST CHICKEN BOWL** GF  
spiced rubbed chicken breast, corn kernels, black beans, mixed peppers, cilantro lime cauliflower rice, pico de gallo, 490 calories **16**

◆ **BT MASHED CAULIFLOWER BOWL** GF  
chicken breast, roasted garlic, caramelized mushrooms, spring onions, brussels sprouts, green peas, feta, truffle oil, balsamic glaze, 560 calories **15**



## LUNCH

### 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**

◆ **KETO CHICKEN SALAD WRAP**

tarragon mayonnaise, celery, avocado, organic lettuce sundried tomato wrap, 595 calories **12**

**SALMON SALAD SANDWICH**

salmon salad, yogurt, mayonnaise, dijon mustard, red onions, capers, dill, local tomato, lettuce, toasted croissant, 646 calories **16**

◆ **KALE, ROMAINE AND GRILLED CHICKEN CAESAR WRAP**

kale, romaine, grilled chicken, caesar dressing, parmesan cheese, sun-dried tomato wrap, 570 calories **12**

**JERK CHICKEN SANDWICH**

jerk marinated chicken breast, mango jicama slaw brioche bun, 628 calories **13**

**MEDITERRANEAN SHRIMP WRAP**\*

grilled shrimp, olive tapenade, heirloom tomatoes, cucumber, lettuce, feta, tzatziki, sun-dried tomato wrap, 450 calories **15**

◆ **BROKEN YOLK SANDWICH**

sourdough, cage-free eggs, cheddar, honey smoked ham, applewood smoked bacon, 803 calories **12**

### 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

**LEMON GRASS BRINED AIRLINE CHICKEN** GF

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

**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, sautéed spinach, 443 calories **28**

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

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

◆ **SESAME-GRILLED SALMON**\*

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

**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** v

TULUVB.COM • CAVALIERRESORTVB.COM J. David Edwards, Restaurant General Manager Paul Newman, Executive Chef

GF = Gluten-Free v=Vegetarian ◆ = Available at pool and beach for Tulu To-Go \*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 1/6/2022.