



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.

SHAREABLES

serves up to four guests, calories are per serving

MEDITERRANEAN NACHOS 266 calories V
plant-based, protein packed hummus | crispy pita chips | naturally vitamin-packed tabbouleh | marinated garbanzo beans | chopped kalamata olives | diced tomatoes | tzatziki **14**

◆ **HUMMUS WITH CRISPY VEGETABLES** 240 calories V
house-made hummus | grilled pita bread | crisp market vegetables | roasted red peppers | feta cheese crumbles **10**

◆ **CHICKEN & RICE MEATBALLS** 255 calories DF
brown rice | ground chicken | scallions | garlic | ginger and soy marinade | panko | house-made firecracker sauce **14**

CAULIFLOWER POPPERS 265 calories V
vitamin c-rich vegetable cure for a hot wing craving! cauliflower florets | dressing choice: buffalo, bee sting, garlic parmesan | gorgonzola or ranch dipping sauce **12**

TULU STYLE SPINACH ARTICHOKE DIP 249 calories
a lighter alternative to a traditional snack. skim milk béchamel | spinach | artichoke hearts | goat cheese | feta cheese crumbles | grilled pita bread **13**

APPETIZERS

BLACKENED TUNA BITES 327 calories KETO
protein powerhouse ahi tuna | blackened & pan-seared | cilantro, lime, & honey yogurt sauce | frisse lettuce **16**

CRAB STUFFED SHRIMP 487 calories
lump crab stuffing | local 16/20 shrimp | roasted yellow pepper **19**

SPICY THAI MUSSELS 297 calories KETO, DF
mussels | fresh garlic, shallots, ginger, red chilis, mushrooms, & lemongrass sautee | coconut milk lime juice | chopped cilantro **13**

◆ **PAN-SEARED TUNA*** 535 calories KETO, DF
thin sliced ahi tuna | wasabi aioli | ponzu glaze | tobiko | wasabi caviar | seaweed salad | toasted sesame seeds **17**

SOUPS

◆ **SWEET CORN & CRAB CHOWDER**
cup 310 calories, bowl 520 calories coconut milk and corn stock | crab meat | corn | red peppers | onions | celery | potatoes cup **10** bowl **14**

◆ **CHICKEN-LENTIL SOUP WITH JAMMY ONIONS** DF
cup 435 calories, bowl 660 calories broth base | slow roasted chicken | stew lentils | garlic | onion | celery | carrots | tomatoes cup **8** bowl **11**

SALADS

◆ **THE WEDGE** 490 calories KETO
crisp iceberg | baby heirloom tomatoes | gorgonzola cheese | avocado | turkey bacon | louis dressing | italian parsley **14**

◆ **QUINOA & MIXED BERRY SALAD** 484 calories V, DF
packed full of antioxidants and anti-inflammatories. fresh organic spinach | herbed quinoa | strawberries | blueberries | blackberries | sunflower seeds | crispy onions | blood orange vinaigrette **14**

HONEY-ROASTED BEET & GOAT CHEESE SALAD 700 calories V, GF
artisan mixed greens | anti-inflammatory rich red & golden beets | toasted pistachios | goat cheese | cavalier honey-balsamic vinaigrette **14**

◆ **12 SUPERFOODS SALAD** 634 calories V
nutrient rich & filling. organic baby kale | organic spinach | quinoa | edamame | blueberries | red grapes | goat cheese crumbles | sunflower seeds | chopped walnuts | broccoli florets | blood orange, olive oil & yogurt dressing **15**

CRAB STUFFED AVOCADO & TOMATO CARPACCIO 299 calories GF, DF
artisan greens | 1/2 avocado | jumbo lump crab meat salad | seasoned tomato carpaccio | champagne vinaigrette | micro green garnish **19**

MEDITERRANEAN CHOP SALAD 715 calories V
chopped romaine & arugula | local tomatoes | feta cheese crumbles | toasted falafel | sliced almonds | lemon-dill chickpeas | red onion | pepperoncini | cucumber | lemon oil **15**

◆ **ROMAINE & KALE CAESAR** 530 calories
organic baby kale | organic romaine hearts | shaved parmesan | caesar dressing | house-made ciabatta croutons **12**

◆ **SALAD TOPPERS**
grilled chicken 6oz, 276 calories **7** shrimp 4oz, 70 calories **12**
grilled atlantic salmon* 6oz, 264 calories **11**

POWER BOWLS

◆ **QUINOA TUNA BOWL*** 587 calories DF
light & filling rich in protein, amino acids, fiber, & iron. pan-seared tuna | ginger soy emulsion | red & golden fiber-rich whole-grain quinoa | mixed peppers | red onion | peas | julienne carrots | fanned avocado | fresh spinach | green onion garnish **18**

STUFFED POBLANO PEPPERS 540 calories V, GF
great source of vitamins a & c. roasted sweet potato | acorn squash | black beans | corn kernels | fire roasted salsa | toasted pumpkin seeds | poblano peppers | cheddar jack cheese | guajillo sauce **15**

SOUTHWEST CHICKEN BOWL 490 calories GF, DF
loaded with protein. spiced rubbed chicken breast | fresh corn kernels | black beans | diced mixed peppers | cilantro lime cauliflower rice | fresh daily pico de gallo **16**

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

HERB CRUSTED FLOUNDER & EGGPLANT PARM BITES 510 calories DF
herb crusted & baked local flounder | roasted vegetable ratatouille | fried eggplant parm **18**



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** 805 calories
loaded with b-12 and lycopene. plant-based, gluten & soy free patty | fresh local tomato | organic mixed greens | red onion | pickled cucumber | egg-washed brioche bun **16**

◆ **CALIFORNIA TURKEY BURGER*** 680 calories
house made turkey patty | avocado | arugula | pepper jack cheese | local tomato | egg-washed brioche bun **15**

◆ **TULU LEAN BURGER*** 700 calories
grass-fed, lean, & protein-rich bison, elk, wagyu beef, & wild boar blended pattie | aged cheddar | local tomato | red onion | organic greens | white balsamic vinaigrette | egg-washed brioche bun **20**

◆ **CHESAPEAKE BAY LUMP CRAB CAKE SANDWICH** 675 calories DF
seared tulu lump crab cake mix | lettuce | fresh local tomato | whole grain mustard sauce | egg-washed brioche bun **24**

◆ **KALE, ROMAINE & GRILLED CHICKEN CAESAR WRAP** 570 calories
6oz grilled all-natural chicken breast | organic baby kale and romaine | parmesan blend | caesar dressing | sundried tomato wrap **14**

JERK CHICKEN SANDWICH 628 calories DF
all-natural jerk-marinated chicken breast | fiber-rich mango jicama slaw | egg-washed brioche bun **14**

MEDITERRANEAN SHRIMP WRAP* 450 calories
selenium-rich north carolina shrimp | olive tapenade | local tomato | lettuce | cucumber | tzatziki | feta cheese crumbles | sundried tomato wrap **15**

◆ **BROKEN YOLK SANDWICH** 803 calories
power-packed to fuel the day. cage-free brown eggs (2) | cheddar cheese | honey smoked ham | apple wood smoked bacon | toasted sourdough bread **13**

GRILLED CHICKEN CAPRESE SANDWICH 644 calories
all-natural chicken breast | fresh mozzarella | local tomato | organic greens | basil pesto | egg-washed brioche bun **15**

PIZZAS

crust: regular, whole wheat, cauliflower +2

MIXED MUSHROOM v
regular, 680 calories whole wheat, 650 calories cauliflower crust, 555 calories antioxidant-armed shiitake, cremini, & oyster mushrooms | mixed mushroom cream | goat cheese | truffle oil | scallions **14**

FOUR-CHEESE v
regular, 600 calories whole wheat, 570 calories cauliflower crust, 480 calories traditional red sauce | shredded mozzarella | feta | goat cheese | shaved parmesan | fresh basil **14**

KOREAN BARBECUE CHICKEN
regular, 680 calories whole wheat, 650 calories cauliflower crust, 555 calories korean bbq sauce | carrot ribbons | daikon ribbons | fresh mozzarella | cilantro **14**

PESTO SHRIMP & FRESH MOZZARELLA
regular, 770 calories whole wheat, 740 calories cauliflower crust, 650 calories omega-3 & antioxidant-rich pesto sauce | balsamic sautéed onions | garden arugula | lemon oil **16**

BUILD YOUR OWN PIZZA

no half & half options **8 base price + price of toppings**

Choose One Crust: regular, wheat, cauliflower (add \$1) Choose One Sauce: tomato, korean bbq, pesto, mushroom cream

Toppings **\$2 each**: turkey/chicken pepperoni, turkey/sausage, chicken breast, peppers, onions, diced tomatoes, jalapenos, mushrooms, mozzarella cheese

Premium Toppings **\$3 each**: shrimp, italian turkey meatball, artichoke hearts, kalamata olives, sundried tomatoes, goat cheese, parmesan, feta cheese

ENTRÉES

"TULU STYLE" SHRIMP & GRITS 558 calories
lycopene and protein loaded. toasted cauliflower & grit cake | locally-sourced tomato-based sauce | fresh local shrimp | mixed bell peppers | roasted red & yellow tomatoes | red onions | garlic | creole seasoning | green onion garnish **23**

ZA'ATAR FISH & CHIPS* 715 calories GF, DF
super-spice za'atar seasoned, gluten-free, roasted not fried white cod | roasted sweet potato wedges | castelvetrano & kalamata olives | capers | red onions | baby heirloom tomato salad **23**

CAULIFLOWER BOLOGNESE 585 calories v
a healthy, vegetarian twist on a meat-lovers favorite. blend of ground cauliflower and beyond burger | fire roasted tomatoes | fresh herbs | pumpkin seeds | shiitake mushrooms | light cream | parmesan cheese | rigatoni pasta **19**

PAN-SEARED SHRIMP ZOODLES & PALMINI 358 calories GF, KETO
super low carb, light & filling. garlic sauteed local colossal shrimp | carrot and zucchini vegetable zoodles | hearts of palm low-carb pasta | coconut milk citrus cream sauce **26**

ROCKFISH PARMESAN 484 calories GF
locally sourced rockfish | parmesan & asiago crusted | hearts of palm low-carb pasta | fra diavolo spicy local tomato & red pepper sauce **28**

◆ **SESAME-GRILLED SALMON*** 685 calories KETO, DF
omega-3 fatty acid rich atlantic salmon | coconut rice | fiber-rich mango jicama slaw | lemongrass sauce **25**

GRILLED HANDLINE TUNA* 705 calories DF
sustainably caught 6 oz tuna steak | protein-packed & house-made hummus | high-fiber mint tabbouleh & heirloom baby tomato salad, **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 **5** v, GF, DF

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