



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

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

**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

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

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

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

## APPETIZERS

**BLACKENED TUNA BITES** 327 calories KETO  
protein powerhouse ahi tuna | blackened & pan-seared | cilantro, lime, & honey yogurt sauce | frisse lettuce 18

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

**VEGAN QUESO DIP WITH ROOT VEGETABLE CHIPS** 542 calories  
butternut squash queso | jalapeno | pico de gallo | cilantro 14

◆ **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 & SHRIMP CHOWDER** GF  
cup 310 calories, bowl 520 calories coconut milk and corn stock | shrimp | 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

**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

◆ **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

**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

**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

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

◆ **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 17

◆ **SALAD TOPPERS**  
grilled chicken 6oz, 276 calories 8 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 19

**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

**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

◆ **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 17

◆ **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

**GRILLED CHICKEN CAPRESE SANDWICH** 644 calories  
all-natural chicken breast | fresh mozzarella | local tomato | organic greens | basil pesto | egg-washed brioche bun 18

◆ **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

## 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 15

**KOREAN BARBECUE CHICKEN**  
regular, 680 calories whole wheat, 650 calories cauliflower crust, 555 calories korean bbq sauce | carrot ribbons | daikon ribbons | fresh mozzarella | cilantro 15

**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 17

### 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 GF  
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 32

◆ **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