



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.

STARTERS

MEDITERRANEAN NACHOS 15 **V**

Great to Share! roasted garlic hummus, crisp pita chips, mint quinoa tabbouleh, marinated garbanzo beans, chopped kalamata olives, baby heirloom tomatoes, diced cucumbers, feta cheese, tzatziki, *302 calories*

FRIED CAULIFLOWER POPPERS 14 **V**

batter fried cauliflower florets, zesty yogurt dipping sauce, feta cheese choice of glaze; buffalo, roasted garlic parmesan, *296 calories*

CHARRED CAULIFLOWER FLORETS 14 **V, K**

harissa tahini glaze, tzatziki crema, feta, pickled cucumbers, *248 calories*

TULU STYLE SPINACH ARTICHOKE DIP 13 **V**

grilled pita, baby carrot, endive, snow peas, radish, *324 calories*

TULU HUMMUS PLATTER 16 **V, DF, K**

traditional hummus, grilled pita bread, marinated chickpeas, baby heirloom tomatoes, roasted red peppers, pickled cucumbers, roasted garlic cloves, roasted mushrooms, baby carrots, celery batons, *348 calories*

TUNA POKE TOSTADA 16 **K**

crisp corn tortilla, avocado, charred pineapple, wakame, toasted sesame seeds, ginger soy dressing, wasabi crema, *279 calories*

CRISP CHICKEN KOFTA 14 **DF**

ground chicken, brown rice, zesty vegetable curry, *286 calories*

ANCHO CHILI SHRIMP COCKTAIL 17 **GF, DF**

avocado, pico de gallo, chipotle gazpacho, *128 calories*

TRUFFLE HONEY BRUSSELS SPROUTS 10 **DF, V, K** *382 calories*

SOUPS

TUSCAN WHITE BEAN AND KALE SOUP 10 **V, GF, DF, K**

cannellini beans, kale, tomatoes, *394 calories*

COCONUT CURRY CHICKEN AND BROWN RICE SOUP 12 **GF**

slow poached chicken, brown rice, thai yellow curry, *520 calories*

SALADS & BOWLS

GARDEN GREENS 11 **V, GF, DF, K**

spring mix, arugula, cucumber, baby heirloom tomatoes, radish, snow peas, endive, sunflower seeds, apple cider vinaigrette, *392 calories*

VEGAN KALE CAESAR 13 **V, K**

chopped kale, flaked nutritional yeast, baby heirloom tomatoes, ciabatta croutons, vegan almond caesar dressing, *290 calories*

THE WEDGE 14 **V, K**

crisp iceberg, baby heirloom tomatoes, gorgonzola cheese, avocado, turkey bacon, creamy balsamic dressing, *494 calories*

MEDITERRANEAN CHOP 15 **V, GF, K**

kale, arugula, spring mix, marinated chickpeas, baby heirloom tomatoes, roasted red peppers, artichokes, kalamata olives, pickled red onion, feta cheese, sliced almonds, lemon herb vinaigrette, *724 calories*

SUPERFOODS 17 **V, GF, K**

chopped kale, quinoa tabbouleh, edamame, blueberries, grapes, dried cherries, feta, sunflower seeds, walnuts, yogurt orange poppyseed dressing, *495 calories*

TUNA POKE BOWL 19 **GF**

ginger soy dressing, cilantro rice, avocado, arugula, radish, scallion, charred pineapple, wakame salad, sesame seeds, gochujang yogurt, *548 calories*

MOJO GRILLED CHICKEN BOWL 17 **GF**

cilantro rice, corn relish, black beans, charred peppers, charred pineapple, lime marinated cabbage, micro cilantro, chipotle crema, *628 calories*

BT MASHED CAULIFLOWER BOWL 17 **GF, K**

grilled chicken breast, quinoa salad, cauliflower rice, roasted garlic, roasted mushrooms, spring onions, brussel sprouts, feta, truffle oil, balsamic glaze, *628 calories*

TERIYAKI MISO GLAZED SALMON BOWL 22 **DF**

cilantro rice, edamame, spinach, avocado, roasted carrot, toasted sesame seeds, green onion, nori, miso lime vinaigrette, *647 calories*

ROASTED BEETS AND SPROUTS BOWL 16 **V, GF, K**

quinoa salad, kale, alfalfa sprouts, roasted sweet potatoes, brussel sprouts, caramelized onion, mushroom, feta, sunflower seeds, *614 calories*

TOPPERS

6oz Chicken Breast \$8, *276 calories* | Grilled Shrimp \$12, *70 calories* | Grilled Salmon \$12, *264 calories*

TULUVB.COM | Mitch Phipps, Restaurant General Manager | Kyle Woodruff, Executive Chef

V=Vegetarian, GF = Gluten Free, DF= Dair Free, K= Keto Please advise your server of any food allergies.

*20% Gratuity is added to all parties of 6 or more. All parties of 10 or more will receive one check at completion of 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 1/9/2023.



LUNCH

HANDHELDS

served with choice of side salad, cup of soup, sweet potato fries, or french fries

BARBECUE BEYOND BURGER 17 **V,DF**

plant-based patty, tomato, spring mix, pickled red onion, bbq sauce, sesame seed bun, 805 calories

CALIFORNIA TURKEY BURGER 15 **DF**

house-made turkey burger, avocado, tomato, alfalfa sprouts, arugula, sesame seed bun, 680 calories

TULU LEAN BURGER 20

bison, elk, beef, and boar patty, aged cheddar, tomato, pickled red onion, spring mix, sesame seed bun, 700 calories

HOUSE ROASTED TURKEY CLUB SANDWICH 16

herb roasted turkey, turkey bacon, arugula, tomato, goat cheese, avocado, balsamic glaze, wheatberry toast, 712 calories

GRILLED CHICKEN KALE CAESAR WRAP 15

grilled chicken breast, chopped kale, shaved parmesan cheese, vegan caesar dressing, sun-dried tomato wrap, 570 calories

PIZZAS

choice of regular, wheat, or cauliflower (+\$2) crust

MIXED MUSHROOM 15 **V**

mushroom cream, roasted mushrooms, goat cheese, truffle oil, micro arugula
regular crust 680 calories, wheat crust 650 calories, cauliflower crust 555 calories

PESTO SHRIMP AND FRESH MOZZARELLA 18

pesto, mozzarella, asiago, romano, parmesan, roasted onions, arugula, lemon oil
regular crust 770 calories, wheat crust 740 calories, cauliflower crust 650 calories

FOUR-CHEESE 15 **V**

traditional red sauce, mozzarella, romano, parmesan, asiago, fresh basil
regular crust 600 calories, wheat crust 570 calories, cauliflower crust 480 calories

MARGHERITA 15 **V**

evoo, baby heirloom tomatoes, mozzarella, fresh basil, balsamic glaze
regular crust 620 calories, wheat crust 590 calories, cauliflower crust 510 calories

BUILD YOUR OWN PIZZA

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

Choose Crust: regular, wheat, cauliflower (+\$2) Choose One Sauce: tomato, mushroom cream, pesto, olive oil

Toppings \$2 each: pork pepperoni, pork sausage, applewood smoked pork bacon, charred peppers, caramelized onion, baby heirloom tomatoes, roasted mushrooms, jalapenos, shaved cheese blend

Premium Toppings \$3 each: shrimp, turkey bacon, chicken sausage, grilled chicken, artichokes, fresh mozzarella cheese, goat cheese, parmesan cheese, feta cheese

SMALL PLATES

CAULIFLOWER BOLOGNESE 18 **V,GF**

ground cauliflower, plant based italian sausage, fire roasted pomodoro, garden herbs, pepitas, roasted mushrooms, parmesan cheese, gluten free penne, 585 calories

PAN ROASTED SHRIMP ZOODLES AND PALMINI 23 **GF**

carrot, yellow squash, zucchini, hearts of palm vegan pasta, coconut milk citrus sauce, 358 calories

CARAWAY AND ORANGE GRILLED CAULIFLOWER STEAK 20 **V,DF**

farro pilaf, flash sauteed kale, marinated tomato and herb salad, pesto, 415 calories

SIDES \$5

sesame glazed snow peas, 115 calories **V,GF,DF,K**

fresh fruit cup, 150 calories **V,GF,DF,K**

truffle honey brussels sprouts, 230 calories **V,DF,K**

sweet potato fries, 250 calories **V,DF**

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