



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**

◆ **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 **17**

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 **15**

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 **17**

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 **15**



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 **18**

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 SEA SCALLOPS & ZOODLES GF

U-8 scallops, 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, heirloom tomatoes, red onions, roasted sweet potatoes, 715 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, 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 **32**

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

mashed cauliflower, roasted garlic, caramelized mushrooms, spring onions, brussels sprouts, peas, feta, 705 calories **33**

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**

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 7/9/2021.