



## 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 **15**

◆ **HUMMUS WITH CRISPY VEGETABLES** v  
grilled pita bread, roasted red peppers, feta cheese, 240 calories **8**

◆ **CHICKEN & RICE MEATBALLS**  
scallions, garlic, firecracker sauce, 255 calories **12**

**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 **10**

**TULU STYLE SPINACH ARTICHOKE DIP**  
2% milk bechamel, goat cheese, feta cheese, grilled pita bread, 249 calories **11**

### APPETIZERS

**CRAB STUFFED SHRIMP**  
tulu crab cake mix, roasted yellow pepper coulis, 487 calories **15**

**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 **15**

**SEARED JUMBO LUMP CRAB CAKE**  
green tomato jam and old bay remoulade, 360 calories **13**

### SOUPS

cup 7 bowl 10

◆ **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 **9**

◆ **QUINOA & MIXED BERRY SALAD** v  
spinach, herbed quinoa, strawberries, blueberries, blackberries, sunflower seeds, crispy onions, blood orange vinaigrette, 484 calories **12**

**HONEY-ROASTED GOLDEN BEETS & GOAT CHEESE SALAD** v,GF  
toasted pistachios, micro basil, artisan mixed greens, cavalier honey-balsamic vinaigrette, 700 calories **12**

◆ **SUPERFOOD SALAD** v  
organic baby kale, roasted sweet potatoes, pepitas, pickled red onions, bulgar wheat, pecan crunch, tahini vinaigrette, 700 calories **12**

◆ **ROMAINE & KALE CAESAR**  
ciabatta croutons, shaved parmesan blend, 530 calories **10**

**CRAB STUFFED AVOCADO & TOMATO CARPACCIO** GF  
local tomato, artisan greens, champagne vinaigrette, avocado, lump crab meat salad, micro greens, 299 calories **15**

**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 **13**

◆ **MARKET-FRESH SALAD** v,GF  
mixed field greens, baby heirloom tomatoes, cucumber, red onion, carrot, celery, red wine vinaigrette, 530 calories **8**

◆ **SALAD TOPPERS**  
salmon salad, 430 calories **8**  
keto chicken salad, 370 calories **7**  
grilled chicken, 216 calories **7**  
grilled atlantic salmon\*, 276 calories **11**  
crab meat, 75 calories **13**



## 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 **14**
- ◆ **CALIFORNIA TURKEY BURGER\***  
avocado, arugula, pepper jack, local tomato, brioche bun, 680 calories **13**
- ◆ **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 **17**
- ◆ **CHESAPEAKE BAY LUMP CRAB CAKE SANDWICH**  
maryland-style, lettuce, local tomato, mustard sauce on brioche bun, 675 calories **16**
- GRILLED CHICKEN CAPRESE SANDWICH**  
local tomato, fresh mozzarella, organic greens, basil pesto, brioche bun, 644 calories **13**
- JERK CHICKEN SANDWICH**  
jerk marinated chicken breast, mango jicama slaw brioche bun, 628 calories **12**

### PIZZAS

crust: regular, whole wheat, cauliflower

- MIXED MUSHROOM** v  
goat cheese, truffle oil, scallions **12**  
regular, 680 calories whole wheat, 650 calories cauliflower crust, 555 calories
- ROASTED RED PEPPER PESTO & VEGETABLE** v  
roasted 10 vegetable blend, roasted red pepper pesto, shredded cheese, olive oil **13**  
regular, 510 calories whole wheat, 480 calories cauliflower crust, 410 calories
- FOUR-CHEESE** v  
fresh mozzarella, feta, goat, parmesan, basil **11**  
regular, 600 calories whole wheat, 570 calories cauliflower crust, 480 calories
- PESTO SHRIMP & FRESH MOZZARELLA**  
pesto sauce, balsamic glaze, sautéed onions, arugula, lemon oil **13**  
regular, 770 calories whole wheat, 740 calories cauliflower crust, 650 calories
- KOREAN BARBECUED CHICKEN**  
carrot ribbons, daikon, cilantro, mozzarella **12**  
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 **28**
- LEMONGRASS BRINED AIRLINE CHICKEN**  
garlic oil roasted vegetables, carnival cauliflower, cilantro lime cauliflower rice, 481 calories **19**
- ROASTED COD ZA'ATAR FISH AND CHIPS\*** GF  
roasted cod fillet, za'atar, castelvetrano olives, heirloom tomatoes, red onions, roasted sweet potatoes, 715 calories **19**
- CAULIFLOWER BOLOGNESE** v  
cauliflower and mushroom-based bolognese, chili, rosemary, parmesan tossed with rigatoni, 585 calories **17**
- BLACKENED ROCKFISH** GF  
3-bean ragout, celery, carrots, onions, lemon oil, sautéed spinach, 443 calories **25**
- ◆ **SESAME-GRILLED SALMON\***  
mango, jicama, lemongrass sauce, coconut rice, toasted sesame dressing, 685 calories **21**
- ◆ **JUMBO LUMP CRAB CAKES**  
roasted sweet potatoes, grilled asparagus, rémoulade, 860 calories **29**
- ◆ **PEPPER-GRILLED 6 OZ FILET OF GRASS-FED BEEF\***  
mashed cauliflower, roasted garlic, caramelized mushrooms, spring onions, brussels sprouts, peas, feta, 705 calories **29**
- 10 OZ SLOW ROASTED PRIME RIB**  
sweet potato wedges, cavalier honey flash-fried brussels sprouts, au jus, horseradish cream, 868 calories **32**
- GRILLED HANDLINE TUNA\***  
mint tabbouleh, tomato salad, preserved lemon hummus, 705 calories **24**

### SIDES

- mashed cauliflower, peas, green onions & feta, 190 calories **4** v, GF
- market-fresh green vegetable, 105 calories **4** v, GF
- fruit of the moment, 150 calories **8** v, GF
- cilantro lime cauliflower rice, 95 calories **4** v, GF
- flash-fried truffle-honey brussels sprouts, 230 calories **4** v
- sweet potato fries, 250 calories **4** v
- french fries, 210 calories **4**