



LUNCH

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 **15.75**

◆ HUMMUS WITH CRISPY VEGETABLES v

grilled pita bread, roasted red peppers, feta cheese, 240 calories **8.50**

◆ CHICKEN & RICE MEATBALLS

scallions, garlic, firecracker sauce, 255 calories **12.50**

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 **10.50**

TULU STYLE SPINACH ARTICHOKE DIP

2% milk bechamel, goat cheese, feta cheese, grilled pita bread, 249 calories **11.50**

APPETIZERS

CRAB STUFFED SHRIMP

tulu crab cake mix, roasted yellow pepper coulis, 487 calories **15.75**

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 **15.75**

SEARED JUMBO LUMP CRAB CAKE

green tomato jam and old bay rémoulade, 360 calories **13.75**

AVOCADO TOAST v

smashed avocado, pickled red onion, feta, microgreens, balsamic glaze, sourdough bread, 555 calories **9.50**

SOUPS

cup 7.50 bowl 10.50

◆ 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 **9.50**

◆ QUINOA & MIXED BERRY SALAD v

spinach, herbed quinoa, strawberries, blueberries, blackberries, sunflower seeds, crispy onions, blood orange vinaigrette, 484 calories **12.50**

HONEY-ROASTED GOLDEN BEETS & GOAT CHEESE SALAD v,GF

toasted pistachios, micro basil, artisan mixed greens, cavalier honey-balsamic vinaigrette, 700 calories **12.50**

◆ SUPERFOOD SALAD v

organic baby kale, roasted sweet potatoes, pepitas, pickled red onions, bulgar wheat, pecan crunch, tahini vinaigrette, 700 calories **12.50**

◆ ROMAINE & KALE CAESAR

ciabatta croutons, shaved parmesan blend, 530 calories **10.50**

CRAB STUFFED AVOCADO & TOMATO CARPACCIO GF

local tomato, artisan greens, champagne vinaigrette, avocado, lump crab meat salad, micro greens, 299 calories **15.75**

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 **13.75**

◆ MARKET-FRESH SALAD v,GF

mixed field greens, baby heirloom tomatoes, cucumber, red onion, carrot, celery, red wine vinaigrette, 530 calories **8.50**

◆ SALAD TOPPERS

salmon salad, 430 calories **8.50**
keto chicken salad, 370 calories **7.50**
grilled chicken, 216 calories **7.50**
grilled atlantic salmon*, 276 calories **11.50**
crab meat, 75 calories **13.75**

POWER BOWLS

◆ BRONZED SALMON & ANCIENT GRAINS BOWL*

atlantic salmon filet, green lentils, farro, quinoa, fennel, dill-mint yogurt sauce, 870 calories **16.75**

SOUTHWEST CHICKEN BOWL GF

spiced rubbed chicken breast, corn kernels, black beans, mixed peppers, cilantro lime cauliflower rice, pico de gallo, 490 calories **14.75**

◆ BT MASHED CAULIFLOWER BOWL GF

chicken breast, roasted garlic, caramelized mushrooms, spring onions, brussels sprouts, green peas, feta, truffle oil, balsamic glaze, 560 calories **13.75**

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.



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** v

plant-based soy-free burger, local tomato, organic greens, pickled cucumber, red onion, brioche bun, 805 calories **14.75**

◆ **CALIFORNIA TURKEY BURGER***

avocado, arugula, pepper jack, local tomato, brioche bun, 680 calories **13.75**

◆ **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 **17.75**

◆ **CHESAPEAKE BAY LUMP CRAB CAKE SANDWICH**

maryland-style, lettuce, local tomato, mustard sauce on brioche bun, 675 calories **16.75**

GRILLED CHICKEN CAPRESE SANDWICH

local tomato, fresh mozzarella, organic greens, basil pesto, brioche bun, 644 calories **13.75**

◆ **KETO CHICKEN SALAD WRAP**

tarragon mayonnaise, celery, avocado, organic lettuce sundried tomato wrap, 595 calories **11.50**

SALMON SALAD SANDWICH

salmon filet, yogurt, mayonnaise, dijon mustard, red onions, capers, dill, local tomato, lettuce, toasted croissant, 646 calories **14.75**

◆ **KALE, ROMAINE AND GRILLED CHICKEN CAESAR WRAP**

kale, romaine, grilled chicken, caesar dressing, parmesan cheese, sun-dried tomato wrap, 570 calories **11.50**

JERK CHICKEN SANDWICH

jerk marinated chicken breast, mango jicama slaw brioche bun, 628 calories **12.50**

MEDITERRANEAN SHRIMP WRAP*

grilled shrimp, olive tapenade, heirloom tomatoes, cucumber, lettuce, feta, tzatziki, sun-dried tomato wrap, 450 calories **13.75**

◆ **BROKEN YOLK SANDWICH**

sourdough, cage-free eggs, cheddar, honey smoked ham, applewood smoked bacon, 803 calories **11.50**

PIZZAS

crust: regular, whole wheat, cauliflower

MIXED MUSHROOM v

goat cheese, truffle oil, scallions **12.75**

regular, 680 calories whole wheat, 650 calories cauliflower crust, 555 calories

FOUR-CHEESE v

fresh mozzarella, feta, goat, parmesan, basil **11.50**

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 **13.75**

regular, 510 calories whole wheat, 480 calories cauliflower crust, 410 calories

PESTO SHRIMP & FRESH MOZZARELLA

pesto sauce, balsamic glaze, sautéed onions, arugula, lemon oil **13.75**

regular, 770 calories whole wheat, 740 calories cauliflower crust, 650 calories

KOREAN BARBECUED CHICKEN

carrot ribbons, daikon, cilantro, mozzarella **12.75**

regular, 680 calories whole wheat, 650 calories cauliflower crust, 555 calories

ENTRÉES

LEMON GRASS BRINED AIRLINE CHICKEN GF

garlic oil roasted vegetables, carnival cauliflower, cilantro lime cauliflower rice, 481 calories **20**

CAULIFLOWER BOLOGNESE v

cauliflower and mushroom-based bolognese, chili, rosemary, parmesan tossed with rigatoni, 585 calories **18**

BLACKENED ROCKFISH GF

3-bean ragout, celery, carrots, onions, lemon oil, sautéed spinach, 443 calories **26.50**

ROASTED COD ZA'ATAR FISH AND CHIPS* GF

roasted cod fillet, za'atar, castelvetro olives, heirloom tomatoes, red onions, roasted sweet potatoes, 715 calories **20**

◆ **SESAME-GRILLED SALMON***

mango, jicama, lemongrass sauce, coconut rice, toasted sesame dressing, 685 calories **22**

GRILLED HANDLINE TUNA*

mint tabbouleh, tomato salad, preserved lemon hummus, 705 calories **25**

SIDES

mashed cauliflower, peas, green onions & feta, 190 calories **4.25** v, GF

market-fresh green vegetable, 105 calories **4.25** v, GF

fruit of the moment, 150 calories **8.50** v, GF

cilantro lime cauliflower rice, 95 calories **4.25** v, GF

flash-fried truffle-honey brussels sprouts, 230 calories **4.25** v

sweet potato fries, 250 calories **4.25** v

french fries, 210 calories **4.25** v

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