



## 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**

#### ◆ 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**

#### AVOCADO TOAST **v**

smashed avocado, pickled red onion, feta, microgreens, balsamic glaze, sourdough bread, 555 calories **9**

### 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**

### POWER BOWLS

#### ◆ BRONZED SALMON & ANCIENT GRAINS BOWL\*

atlantic salmon filet, green lentils, farro, quinoa, fennel, dill-mint yogurt sauce, 870 calories **16**

#### SOUTHWEST CHICKEN BOWL **GF**

spiced rubbed chicken breast, corn kernels, black beans, mixed peppers, cilantro lime cauliflower rice, pico de gallo, 490 calories **14**

#### ◆ 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**

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

◆ **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

◆ **KETO CHICKEN SALAD**

tarragon mayonnaise, celery, avocado, organic lettuce sundried tomato wrap, 595 calories 11

**SALMON SALAD SANDWICH**

salmon filet, yogurt, mayonnaise, dijon mustard, red onions, capers, dill, local tomato, lettuce, toasted croissant, 646 calories 14

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

kale, romaine, grilled chicken, caesar dressing, parmesan cheese, sun-dried tomato wrap, 570 calories 11

**JERK CHICKEN SANDWICH**

jerk marinated chicken breast, mango jicama slaw brioche bun, 628 calories 12

**MEDITERRANEAN SHRIMP WRAP\***

grilled shrimp, olive tapenade, heirloom tomatoes, cucumber, lettuce, feta, tzatziki, sun-dried tomato wrap, 450 calories 13

◆ **BROKEN YOLK SANDWICH**

sourdough, cage-free eggs, cheddar, honey smoked ham, applewood smoked bacon, 803 calories 11

### 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

**FOUR-CHEESE** v

fresh mozzarella, feta, goat, parmesan, basil 11

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

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

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

**LEMON GRASS BRINED AIRLINE CHICKEN** GF

garlic oil roasted vegetables, carnival cauliflower, cilantro lime cauliflower rice, 481 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

**ROASTED COD ZA'ATAR FISH AND CHIPS\*** GF

roasted cod fillet, za'atar, castelvetro olives, heirloom tomatoes, red onions, roasted sweet potatoes, 715 calories 19

◆ **SESAME-GRILLED SALMON\***

mango, jicama, lemongrass sauce, coconut rice, toasted sesame dressing, 685 calories 21

**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

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