

Tula Kitchen

APPETIZERS

Wine Flight...Swirl-Sniff-Sip
Choice of Three Whites or Three Reds
Served with Roasted Almonds and
Aged Cheddar \$15

Olive "Love" Boat Platter
Fruits, Cheeses and Garlic Toast \$14

Mediterranean Spread for Two
Spinach Pie, Greek Salad, Hummus,
Grilled Pita & Tziki Sauce \$16

Honey Baked Brie
Garlic Toast & Fresh Fruit \$12

Spinach Pie with Tziki Sauce \$7

Edamame Bowl \$7

Skillet Veggie Cheese Toast
Roasted Veggies on Grilled Garlic Toast
Smothered in Melted Goat Cheese \$12

P.E.I. Mussels
In a Parmesan White Wine Broth with
Cherry Tomatoes, Fresh Herbs & Garlic Toast \$12

Hummus or Baba Ganoush
with Grilled Pita \$12

Quesadilla Love
Roasted Veggies, Feta Cheese,
Creamy Avocado Sauce \$10

Beans and Pita (1st serving on us) \$4

SALADS

Baby Field Greens, Goat Cheese,
Roasted Beets, Cherry Tomatoes,
Honey Walnuts, Maple Balsamic Dressing
sm\$7 lg\$13

Roasted Asparagus Salad
String Beans, Cannellini Beans,
Red Onions, Feta, Chopped Tomatoes,
Red Wine Vinaigrette
sm\$8 lg\$15

Grilled Asian Salmon Salad
Sautéed Mushrooms, Roasted Asparagus,
Baby Greens, Sesame Dressing \$20

Asian Noodle Salad
Grilled Chicken or Grilled Tofu
Baby Greens, Cilantro, Shredded Carrots,
Scallions, Peanuts, Asian Dressing \$18

Cobb Salad
Grilled Chicken or Shrimp
Roasted Corn, Turkey Bacon, Cherry Tomatoes,
Avocado, Carrots, Red Onion & Cheddar,
Creamy Chipotle Dressing \$19

Roasted Vegetable Salad
Broccoli, Squash,
Red Onion & Roasted Garlic
Fresh Lemon, Feta, Balsamic Dressing \$17

Mediterranean Salad
Grilled Chicken, Chick Peas,
Roasted Peppers, Olives,
Feta & Fresh Herbs
Lemon Vinaigrette \$17

Grilled Shrimp Salad
Bleu Cheese, Almonds, Pear Crisps,
Baby Spinach, Lemon Vinaigrette \$18

Roasted Edamame Salad
Red Onion, Wasabi Peas, Marinated Tofu,
Tahini Dressing \$18

Add To Your Salad:
Grilled Chicken \$5
Grilled Organic Tofu \$4
Grilled Shrimp \$8

Tula Law

All of our Grains & Greens are Organic
Our dishes are Baked not fried to keep you
Happy and Healthy
Many of our dishes are Gluten Free...Please ask

Tula Rules

There is a Corkage fee of \$15.00 per bottle
An 18% Gratuity will be added for parties of 6 or more
There is a \$5.00 plate charge for sharing
Good Food takes time to prepare...Please be patient...
It's coming!

*Consuming raw or undercooked meats, poultry, seafood, shellfish or egg may increase your risk of food borne illness
especially if you have certain medical conditions.

ENTREES

***Seared Sesame Crusted Tuna** ~ Smashed Garlic Potatoes, Grilled Asparagus,
Wasabi Dipping Sauce \$28

Coconut & Almond Crusted Tilapia ~ Roasted Potatoes & Mango Salsa \$23

Seafood Rigati ~ Shrimp, Little Neck Clams & Mussels, Garlic Parmesan Wine Sauce,
Spaghetti Rigati Pasta \$24

Ginger Butter Seared Shrimp ~ Sautéed Shitake Mushrooms & Bok Choy and Mashed \$22

Fusilli Chicken Bowl ~ Fire Roasted Vegetables, Smashed Garlic, Shaved Parmesan \$18

Gemelli Shrimp Pasta ~ Sun Dried Tomatoes, Baby Spinach, Calamata Olives, Feta Sauce \$19

Almond Crusted Chicken ~ Topped with Sweet Apricot Sauce, Shaved Parm over Baby Greens \$18

Grilled Marinated Chicken Kabobs ~ with Hummus Dip, Tabouleh Salad, Feta \$19
(have patience they take a while to cook)

Chicken Napoleon ~ Layers of Grilled Chicken, Broccoli Rabe & Sun Dried Tomatoes
Roasted Blue Cheese & Red Potatoes \$21

Greek Chicken Platter ~ Greek Salad with Marinated Grilled Chicken, Pita & Tziki Sauce \$18

Baked Fresh Salmon Cakes ~ Spicy Remoulade & Asian Slaw \$19

Sesame Crusted Tofu...vegan ~ Sautéed Broccoli Rabe & Coconut Basmati Rice \$18

Tofu Veggie Crab Cakes...vegan ~Smashed Sweet Potatoes & Roasted Carrots,
Dairy Free Tarter Sauce \$18

Tempeh Teriyaki...vegan ~ Sesame Broccoli & Carrots over Mashed Sweet Potatoes \$18

Seared Organic Seitan...vegan ~Asparagus, Roasted Red Peppers, Thai Peanut Sauce,
Coconut Basmati Rice \$19

Jackie's Famous Turkey Loaf ~Smashed Garlic Potatoes, Roasted Carrots & Apple Sauce \$19

BURGERS & SAMMICHES

Tula's Bean Burger...vegan ~ served with Hummus and Baked Sweet Fries \$14
(Burger Contains Walnuts)

Turkey, Feta & Roasted Tomato Burger ~ served with Hummus and Baked Sweet Fries \$15

Tempeh Reuben Sandwich ~ Rustic Rye, Melted Swiss (vegan or Finlandia)
Sauerkraut & Russian Dressing, Asian Slaw \$15

Turkey Burger or Grilled Chicken Reuben Sandwich ~ Rustic Marble Rye, Melted Swiss,
Sauerkraut & Russian Dressing, Asian Slaw \$15

The meaning of Tula...

"Each and every one of us has our own personal goals in life that we strive towards everyday. The most important things in my life have always been family, friends, love, laughter, health & belief in ones cause. The key to maintaining all of that is through "balance". When I discovered the word "Tula" which is the Sanskrit meaning for balance, I knew in my heart that it was the perfect name. To be surrounded by delicious, nutritious food, good company & enjoy oneself implicitly is to be at Tula. We thank you for allowing Tula to be part of your balance."

~ **Jacqueline Sharlup**