

Tula Kitchen

\$10 Lunch Menu

Tula Cobb Salad

Grilled Shrimp, Avocado, Romaine, Cheddar,
Roasted Corn, Turkey Bacon & Shredded Carrots,
Creamy Chipotle Dressing

Grilled Shrimp Caesar Salad Pyramid with Parmesan Toast

Baby Green Grilled Chicken Salad

Goat Cheese, Roasted Beets, Cherry Tomatoes,
Honey Walnuts & Maple Balsamic Dressing

Mediterranean Salad

Grilled Chicken, Eggplant, Chick Peas, Roasted Peppers,
Feta & Calamata Olives in our Lemon Vinaigrette

Asian Noodle Salad

Grilled Chicken or Tofu,
Baby Greens, Cilantro, Shredded Carrots,
Scallions, Peanuts, Asian Dressing

Roasted Vegetable Salad

Broccoli, Eggplant, Squash, Red Onion,
Roasted Garlic topped w/ Fresh Lemon & Feta

Tempeh or Grilled Chicken Reuben

Rustic Rye, Swiss (Vegan or Finlandia) Sauerkraut, Russian
Dressing & Served w/ Asian Slaw

Roasted Feta Turkey Burger or Lentil Bean Burger Served w/ Hummus & Sweet Potato Fries

Chipotle Chicken Wrap

Grilled Chicken, Diced Red Onion, Romaine,
Cherry Tomato & Chipotle Spread over Dressed Greens

Tula Turkey Sandwich

Grilled Turkey, Baked Brie, Fresh Sliced Apples,
Dijon Honey Sauce & Roasted Lemon Potato Salad

Mediterranean Spread

Spinach Pie, Greek Salad, Hummus,
Grilled Pita & Tziki Sauce

Quesadilla Love

Roasted Veggies, Feta Cheese & Creamy Avocado Sauce

P.E.I. Mussels

In a Parmesan White Wine Broth with Cherry Tomatoes
& Garlic Toast

Honey Baked Brie

Garlic Toast & Fresh Fruit

Soup of The Moment

\$5

Soup and Half Sandwich

Grilled Swiss with Caramelized Onions on Marble Rye

Soup and Spinach Pie

with Tziki Sauce

Soup and Salad

(Choice of)

Baby Greens Salad

Caesar Salad

Roasted Asparagus Salad

Tusa Law

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

Tusa Kitchen Hosts all types of Events from Baby Showers to
Rehearsal Dinners, in our House or Yours...Book your next Affair
with Us

**We Now Deliver
\$20 Minimum**