

B R E A K F A S T M E N U

TULĀ

Sanskrit for balance. Tula also is one of the twelve months in the Indian solar calendar. By balancing your diet through the 70/30 principle plants/meat, you can reach a new level of personal health and wellness. Tula blends the cuisines and beverages from the Mediterranean and Asia. Focused on modern earth-forward dishes in an elevated fine-dining ocean front setting.

Specialties

GINGER MACERATED WATERMELON

Coconut Cream Quinoa Popcorn Thai Basil | 22

*MULTIGRAIN AVOCADO TOAST

Avocado Mash, Poached Eggs, Pickle Tomato Relish Quinoa Popcorn Greek Yogurt / 19

*SAFFRON SPANISH TORTILLA

Potato, Zucchini, Roasted Pepper Shallots Romanesco / 18

*BUILD YOUR OWN EGGS

Choice of Onion, Tomato, Spinach, Asparagus, Mushroom, Avocado, Broccoli / 20
Select your Style: Over-easy, Poached, or Omelette Style

QUINOA PORRIDGE

Organic Cocoa, Coconuts Milk, Wild Berry / 16

PLANTAIN PANCAKE

Gluten Friendly Plantain Pancake, Agave Syrup, Berry Chutney / 23

*HOMEMADE LOX

Pink Peppercorn, Citrus, Ginger, Pumpernickel Bagel / 25

Breakfast Meats

HAM | 7

BACON | 6

TURKEY BACON | 8

PORK SAUSAGE | 7

CHICKEN- APPLE SAUSAGE | 8

Cold-Pressed Juices

GREEN DETOX (V)

Coconut, Cucumber, Celery, Kale, Fennel, Spinach | 18

TURMERIC CARROT (V)

Orange, Carrots, Coconut H2O, Lemon, Ginger, Turmeric | 16

ORGANIC JUICES

Orange, Cranberry, Apple, Tomato, Grapefruit / 9

Sides

FRESH FRUITS | 12

ROASTED POTATOES | 8

BUTTERMILK BISCUITS | 8

SOY TEMPEH | 6

GRILLED VEGETABLES | 8

Tula Signature Smoothies

FLORIDA TROPICAL

STRAWBERRY, BANANA, ORGANIC ALMOND BUTTER, COCONUT MILK / 15

ME ON GREEN

APPLE, KALE, BERRY, ORGANIC PEANUT BUTTER, OAT MILK / 15

GOLDEN HAND

DATES, ORGANIC APPLE, BANANAS, WHEY PROTEIN POWDER / 15

D I N N E R M E N U

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To Nibble

***SNAPPER CRUDO**

Avocado Mousse, Extra Virgin Olive Oil, Organic Sprouts / 25

WAGYU CARPACCIO

Wild Mushroom, Dijon Pumpernickel Toast, 50 Years Aged Balsamic / 48

MEDICINAL MUSHROOM CHOWDER FARRO

Parmesan Crisp, Extra Virgin Olive Oil, Truffle Emulsion / 22

ARTICHOKE SALAD

Avocado Mash, Aromatic Herbs, Parmesan Cheese, Spicy Caviar / 24

CRISPY QUINOA ARANCINI

Vegetable Aromatic Herbs Aioli / 18

SPAGHETTI SQUASH

Heirloom Tomato Chutney, Sweet Basil, Toasted Pignoli, Nutritional Yeast / 23

Healthful Dishes

ANGUS SHORT RIBS

Braised Vegetable, Whole Grain Creamy Polenta, Merlot Reduction / 35

LOCAL GRILLED SNAPPER

Serving Table Side Wilted Garlic Spinach, Wild Venere Rice, Aromatic Oil / 45

***SEAFOOD BEETROOT RISOTTO**

Sea Scallops, Urchin, Squid Ink Sauce / 38

GARBANZO ESTOFADO

Coconuts Milk Curry, Organic Kale, Wild Venere Rice / 28

WILD MUSHROOM EGG PASTA

Rosemary Scented, Roman Pecorino / 26

Holistic Vegetables & Grains

WILD VENERE RICE

Organic Marinated Vegetables / 14

MEDICINAL WILD MIX MUSHROOM

Ponzu Cilantro / 15

BRUSSEL SPROUTS

Miso Paste, Brown Sugar / 18

FENNEL GRATIN

Black Garlic Infusion / 14

ORGANIC LEAF

Radish, Herbs, Black Garlic Vinaigrette / 15

BRAISED TUSCAN KALE

San Marzano Ribollita / 15

CHARD GRILL ASPARAGUS

50 Years Aged Balsamic / 16

L U N C H M E N U

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Small Plates & Soups

SESAME CAESAR SALAD - 22

Wonton Rosmery Crisp, Cantabria Anchovies.

HERBACEOUS - 24

Watercress, Red Cabbage, Chop Kale Endive, Blue Berry, Shaved Radish, Cucumber, Strawberry

MEDITERRANEAN - 26

Roasted Eggplant, Hummus, Tomato, Cucumber Relish, Dill Yogurt, Crispy Chickpeas, Feta, Olive Mix

ORGANIC BONE BROTH - 20

Chicken, Broccoli, Carrots, Scallions

MEDICINAL MUSHROOM CHOWDER - 18

Farro, Parmesan Crisp, Extra Virgin Olive Oil, Truffle Emulsion

Sandwiches

Choice of Farm Greens, French Fries

***WAGYU SLIDER - 30**

Aged Cheddar, Tomato Relish, Roasted Shaved Onion

***FLORIDA SNAPPER SANDWICH - 27**

Chipotle Avocado, Mayo, Lettuce, Tomato, Pickle, Red Onion

TURKEY BLT - 25

Artisanal Bread, Organic Turkey, Iceberg, Avocado Mash, Tomato

***LOBSTER ROLL - 28**

citrus aioli, crispy green plantain

Entrées

***FAROE SALMON - 35**

Ponzu Stir-Fry Vegetable Quinoa, Broccoli, Chardonnay Lyonnaise

***ORGANIC CHICKEN BREAST - 30**

Asparagus, Goat Cheese, Herb Aromatic Potato Purée, House Mix

SPAGHETTI SQUASH - 28

Basil Pesto, Sweet Heirloom Tomato, Brazilian Nut Crumble

Dessert

CHOCOLATE AVOCADO MOUSSE

Homemade Wild Berry Coulis / 15

PISTACHIO BAKLAVA

Poached with Rum and Lemon / 18

ORGANIC MARINATED STRAWBERRY

Mint Sorbet / 14