

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

L U N C H M E N U

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Small Plates & Soups

SESAME CAESAR SALAD

Wonton Rosmary Crisp, Cantabria Anchovies / 22

HERBACEOUS

Watercress, Red Cabbage, Chop Kale Endive,
Blue Berry, Shaved Radish, Cucumber, Strawberry / 22

MEDITERRANEAN

Roasted Eggplant, Hummus, Tomato, Cucumber Relish, Dill Yogurt, Crispy Chickpeas, Feta, Olive Mix / 26

ORGANIC BONE BROTH

Chicken, Broccoli, Carrots, Scallions / 20

MEDICINAL MUSHROOM CHOWDER

Farro, Parmesan Crisp, Extra Virgin Olive Oil, Truffle Emulsion / 18

Sandwiches

Choice of Farm Greens, French Fries

***WAGYU SLIDER**

Aged Cheddar, Tomato Relish, Roasted Shaved Onion / 30

***FLORIDA MAHI-MAHI SANDWICH**

Chipotle Avocado, Mayo, Lettuce, Tomato, Pickle, Red Onion / 27

TURKEY BLT

Artisanal Bread, Organic Turkey, Iceberg, Avocado Mash, Tomato / 25

***LOBSTER ROLL**

Citrus Aioli, Crispy Green Plantain / 28

Entrées

SALMON

Ponzu Stir-Fry Vegetable Quinoa, Broccoli, Chardonnay Lyonnaise / 35

***ORGANIC CHICKEN BREAST**

Asparagus, Goat Cheese, Herb Aromatic Potato Purée, House Mix / 30

SPAGHETTI SQUASH

Basil Pesto, Sweet Heirloom Tomato, Brazilian Nut Crumble / 28

Dessert

CHOCOLATE AVOCADO MOUSSE

Homemade Wild Berry Coulis / 15

PISTACHIO BAKLAVA

Poached with Rum and Lemon / 18

ORGANIC MARINATED STRAWBERRY

Mint Sorbet / 14

D I N N E R M E N U

TULĀ

Soups

Mushroom Chowder / 15 | Soup du Jour / 16

Salads

Add Chicken / 15 | Add Steak / 20 | Add Fish / MP

BURRATA AND HEIRLOOM TOMATO

Micro-Blend,
Pomegranate Balsamic / 21

FARRO AND MIXED GREENS

Spiced Cucumber, Pickled Carrot Ribbons,
Quinoa, Arugula, Water Cress, Baby Kale,
Charred Citrus Yogurt Dressing / 20

POACHED GALA APPLE

Frisée Arugula Blend, Chevre,
Mango Vinaigrette / 20

CAESAR SALAD

Romaine Hearts, White Anchovies,
Parmesan Crisp, Freshly Grated Parmesan, Smoked
Croutons, In-House Caesar Dressing / 22

Appetizers

AHI TUNA TARTARE*

Avocado, Yuzu, Mustard Oil, Peppercorn,
Cucumber, Wonton, Pickled Watermelon Relish / 25

HAMACHI CRUDO*

Spicy Caviar, Micro Basil, Crispy Tortilla Chips,
Avocado, Charred Citrus Vinaigrette / 28

SPAGHETTI SQUASH

Basil Pesto, Marinara, Toasted Pine Nuts / 22

CRISPY BRUSSELS SPROUTS

Bourbon Honey Molasses, Pickled Fresno, Onions,
Freshly Grated Parmesan / 19

WAGYU CARPACCIO*

Horseradish Cream, Crispy Capers, Arugula,
Gorgonzola Cheese / 34

COLOSSAL SEARED SCALLOP

Leek Purée, Foie Gras / 29

Entrées

JOYCE FARM AIRLINER CHICKEN - Heirloom Carrot Purée, Charred Lemon Caper Sauce, Herb Cous-Cous / 38

WILD MUSHROOM PASTA - Egg Pasta, Garlic, Parmesan, Wild Mushroom Blend / 29

CRISPY SPICED MARINATED TOFU - Spiced Cucumber, Spinach, Grilled Japanese Eggplant / 28

BUTTERNUT SQUASH RISOTTO - Toasted Seasonal Squash, Roasted Pepitas / 33

LOBSTER RAVIOLI - Roasted Pepper Cream Sauce, Poached Lobster, Slivered Fresno, Micro Lemon Basil, Chile Oil / 54

FISH OF THE DAY - Local Caught Fish of the Day / MP

1855 BRAISED SHORT RIB - Smoked Gouda Polenta, 72-hour Red Wine Reduction, Confit Carrots / 65

Grilled

Served with Wagyu Butter and Oven-Cured Tomatoes

14-OZ 1855 NEW YORK STRIP / 61

HERB-CRUSTED RACK OF LAMB / 60

16-OZ 1855 BONE IN RIBEYE / 68

8-OZ 1855 FILET / 58

DOUBLE FRENCH PORK CUTLET / 52

Sauces: Bordelaise, Au Poivre, Red Wine Reduction / 8

Sides

Crispy Brussels Sprouts / 14

Grilled Jumbo Asparagus, Chevre Mac Crumble / 15

Gouda Mac and Cheese / 14 | Add Fresh Maine Lobster / 20

Crispy Quinoa Ponzu / 12

Garlicky Lotus Rice / 14

Herb Roasted Fingerlings / 14

Pompous Purée / 15

B R U N C H M E N U

TULĀ

Meaning "balance" in Sanskrit, TULĀ combines global influences from the Mediterranean and Asian regions with a plant-forward philosophy. Inspired by the Blue Zones, TULĀ's menu follows the 70/30 principle, comprising 70% plant-based ingredients and 30% animal protein. Dishes feature nutrient-rich and immune-boosting ingredients to create an indulgent yet nourishing dining experience with panoramic views of the Atlantic Ocean.

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

Brunch Libations

Glass | 18 - Bottomless | 32

CARROT SUNRISE MIMOSA

Turmeric, Carrot, Prosecco

BLOODY BUNNY MARY

Carrot, Tomato, Pepper, Vodka

PEACHY BELLINI

Fresh Peach Purée, St. Germain, Prosecco

Brunch Dishes

SUNNY SIDE UP SHAKSHUKA: Heirloom Tomato, Bell Pepper, Crispy Potatoes / 21

CHEESE FONDUE: Bacon Crumble, Soft Boiled Eggs / 24

***CHARDBROILED ASPARAGUS:** Over-Easy Eggs, Truffle-Scented Parmesan Shaves / 22

PASTA BRUNCH: Cheese Pecorino, Organic Eggs, Crispy Bacon / 25

PLANTAIN PANCAKE: Agave Syrup, Berry Chutney / 23

GINGER MACERATED WATERMELON: Coconut Cream, Quinoa Popcorn / 22

***BRUNCH BURGER:** 8oz Prime Beef, Sunny-Side Eggs, Chipotle Avocado Sauce, Organic Salad / 24

TOFU SCRAMBLE: Roasted Seasonal Vegetables, Toasted Bagel, Vegan Cream Cheese / 20

***SMOKED SALMON BAGEL:** Artisanal Mixed-Leaf, Sliced Cucumbers, Lemon, Capers, Tomato, Pickled Onions / 25

***MULTI-GRAIN AVOCADO TOAST:** Poached Eggs, Pickled Tomatoes, Quinoa Popcorn, Dill, Greek Yogurt / 19

Desserts

CHOCOLATE AVOCADO MOUSSE: Homemade Wild Berry Coulis / 15

PISTACHIO BAKLAVA: Poached with Rum and Lemon / 18

ORGANIC MARINATED STRAWBERRY: Mint Sorbet / 14

Sides

FRESH FRUITS / 12

ROASTED POTATOES / 8

BUTTERMILK BISCUITS / 8

SOY TEMPEH / 6

GRILLED VEGETABLES / 8

Proteins

HAM / 7

BACON / 6

TURKEY BACON / 8

PORK SAUSAGE / 7

CHICKEN-APPLE SAUSAGE / 8