

# Tula Kitchen

Live to Eat – Eat to Live

41 East Main Street  
Bay Shore, New York 11706

631 539 7183

Our Hours are:

Tuesday-Wednesday: 5-10

Thursday: 11:30- 3:00 lunch 5-10 dinner

Friday: 11:30- 3:00 lunch 5-11 dinner

Saturday 5-11

Sunday 5-9

## Lunch

(salads)

ROASTED ASPARAGUS, STRING BEANS, CANNELLINI BEANS, RED ONIONS & CHOPPED TOMATOES,  
RED WINE VINAIGRETTE

\$10

BABY FIELD GREENS, GOAT CHEESE, ROASTED BEETS, CHERRY TOMATOES & TOASTED WALNUTS  
with a MAPLE BALSAMIC DRESSING

\$10

CAESAR SALAD TOPPED WITH SHAVED PARMEGIANO

\$8

ASIAN SALMON SALAD: GRILLED CHUNKS OF SALMON, SAUTEED MUSHROOMS, ROASTED ASPARAGUS,  
CHERRY TOMATOES, MIXED GREENS with an ASIAN SESAME DRESSING

\$14

ADD: GRILLED ALL NATURAL CHICKEN \$5 ~ MARINATED TOFU \$4 ~GRILLED SHRIMP

\$6

(mains)

FILO SPINACH PIE & GREEK SALAD with TZIKI DIPPING SAUCE

\$11

FUSILLI BOWL FIRE ROASTED VEGETABLES, GRILLED CHICKEN & SHAVED PARMEGIANO

\$12

HOMEMADE FAMOUS TURKEY LOAF BROWN ONION GRAVY & ROOT VEGETABLE PANCAKES

\$12

(alternatives)

MEDITERRANEAN SPREAD FOR TWO: FETA CHEESE, CHUNKED SPINACH PIE,  
HUMMUS, GRILLED PITA & GREEK SALAD

\$14

GRILLED CHICKEN WITH ARUGALA & GOAT CHEESE WRAP with CHICK PEA SALAD

\$12

TURKEY FETA BURGERS ... BABY GREENS SALAD

\$11

TUNA SALAD WRAP WITH A LEMON MUSTARD VINAIGRETTE ... ASIAN SLAW

\$12

TEMPEH REUBEN SANDWICH RUSTIC RYE, MELTED SWISS (vegan or finlandia)

SAUERKRAUT & RUSSIAN DRESSING... ASIAN SLAW

\$10

AVOCADO TOAST topped with ROASTED FETA CHEESE ... CHICK PEA SALAD

\$12

CHICKEN CEASAR SALAD SANDWICH ... SWEET POTATO FRIES

\$12

SOUP BOWL OF THE DAY

\$6

## DINNER

(salads)

BABY FIELD GREENS, GOAT CHEESE, ROASTED BEETS,

CHERRY TOMATOES TOASTED HONEY WALNUTS

MAPLE BALSAMIC DRESSING

\$9

ROASTED ASPARAGUS, STRING BEANS, CANNELLINI BEANS, RED ONIONS, F

ETA CHEESE, CHOPPED TOMATOES,

RED WINE VINAIGRETTE

\$11

GRILLED ASIAN SALMON SALAD, SAUTEED MUSHROOMS, ROASTED ASPARAGUS,

BABY GREENS, SESAME DRESSING

\$14

CAESAR SALAD TOPPED WITH SHAVED PARMEGIANO TOAST

\$8

ADD TO YOUR SALAD:

GRILLED CHICKEN

\$5

GRILLED ORGANIC TOFU

\$4

GRILLED SHRIMP

\$6

(mains)

\*SEARED TUNA~WASABI SOY DIPPING SAUCE SMASHED POTATOES & GRILLED BOK CHOY

\$22

FONDUE POT "BE YOUR OWN CHEF" SHRIMP & SCALLOPS with SEASONAL VEGGIES ASIAN BROTH

Price to be announced

COCONUT & BRAZIL NUT CRUSTED TILAPIA ROASTED LIME POTATOES & DAY VEGGIE

\$21

BLACK ANGUS BURGER TOPPED with FINLANDIA SWISS, SAUTEED ONIONS & MUSHROOMS GARLIC  
SEASONED ROASTED POTATOES

Priced to be announced

FUSILLI BOWL FIRE ROASTED VEGETABLES, GRILLED CHICKEN SMASHED GARLIC & SHAVED PARMEGIANO

\$15

BALSAMIC SALSA PARMESAN BAKED CHICKEN OVER BABY GREENS \$15 GRILLED CHICKEN KABOBS  
WITH HUMMUS DIP & TABOULEH SALAD

\$18

BAKED FRESH SALMON CAKES SPICY REMOULADE & ASIAN SLAW

\$15

GRILLED JUMBO SHRIMP BROCCOLI RABE & SHAVED PARMESAN OVER RIGATONI

\$20

JACKIE'S FAMOUS TURKEY LOAF ROOT VEGGIE PANCAKES, DAY VEGGIE, APPLE SAUCE

\$15

RAVIOLI of the MOMENT With our chef's "SPECIAL" SAUCE

\$ accordingly

TOFU VEGGIE CRAB CAKES DAIRY FREE TARTAR SAUCE, DAY VEGGIE, SMASHED SWEET POTATOES vegan

\$14

EDAMAME & VEGGIE STEW OVER UDON NOODLES vegan

\$15

(alternatives)

EDAMAME BOWL

\$7

ROASTED AUTUMN VEGETABLES TOPPED WITH FETA

\$8

MEDITERRANEAN SPREAD FOR TWO: FILO SPINACH PIE, VEGETABLE RICE, HUMMUS, GRILLED PITA &  
GREEK SALAD

\$17

BLACK BEAN TEX-MEX BURGER WITH GUACAMOLE & CHIPS vegan

\$12

TEMPEH REUBEN SANDWICH RUSTIC RYE , MELTED SWISS (vegan or finlandia)

SAUERKRAUT & RUSSIAN DRESSING,ASIAN SLAW

\$12

TURKEY IS NATURAL & FREE RANGE ALL OF OUR BEANS & GRAINS ARE ORGANIC ALL OF OUR DISHES  
ARE BAKED...NOT FRIED TO KEEP YOU HAPPY & HEALTH