

LULU & BLU

KITCHEN • BAR

ITALIAN INSPIRED CUISINE

LUNCH

SOUPS AND SALADS

ADDITIONS:

Quinoa: 4 • Broiled Tofu: 4 • Chicken: 6
Shrimp: 8 • Salmon: 8 • Crab Cakes: 8

SOUP DEL GIORNO	5
SOUP & HALF SALAD	9
CAPRESE ^{GF}	8
buffalo mozzarella, baby greens, heirloom tomatoes, pesto, citrus balsamic vinaigrette	
HOUSE ^V ^{GF}	7
mixed greens, sunflower seeds, cucumbers, olives, grape tomatoes, radish, feta, grapefruit brown sugar vinaigrette	
BLU ^{GF}	9
iceberg, smoked pork belly, boiled egg, gorgonzola, peppadew, pickled red onion, roasted squash, basil buttermilk dressing	
CHOPPED ^V ^{GF}	8
romaine, kale, sopresetta, fontina, tomatoes, caperberries, cucumbers, artichokes, olives, chickpeas, roasted garlic-chianti emulsion	
ARUGULA ^V ^{GF}	8
roasted beets, orange supremes, heart of palm, pistachios, gorgonzola, dried cranberries, citrus balsamic vinaigrette	
SHAVED KALE ^V ^{GF}	7
roasted squash, cucumbers, dried cherries, crispy prosciutto, candied pecans, romano, limoncello vinaigrette	
CAESAR ^V ^{GF}	7
romaine, grape tomatoes, white anchovies, grana padano, focaccia croutons	

WRAPS

SPINACH OR SUN-DRIED TOMATO

ROASTED PORTABELLO ^V	9
quinoa, caramelized onions, baby spinach, yellow squash, roasted red peppers, roasted garlic-chianti emulsion	
CAPTAIN AHAB	13.5
crabcakes, shrimp, bacon, heirloom tomatoes, baby greens, key lime aioli	
SHRIMP CAPRESE	11
marinated shrimp, buffalo mozzarella, heirloom tomatoes, baby greens, pickled red onion, basil buttermilk dressing	
SMOKED CHICKEN ^V	9
romaine, heirloom tomatoes, romano, heart of palm, caesar dressing	
CHICKEN MARSALA ^V	9
roasted portabella, caramelized onions, spinach, sun-dried tomatoes, marsala vinaigrette	
CHICKEN PICCATA ^V	9
baby greens, roasted red peppers, artichokes, lemon caper vinaigrette	

SANDWICHES

MEATBALL PARM ^V	10
marinara, mozzarella, toasted baguette	
CHICKEN PARM ^V	10
marinara, mozzarella, toasted baguette	
SAUSAGE & PEPPERS	9
grilled sweet italian sausage, stewed in onions and peppers, au jus, toasted baguette	
JOE DIRT	10
pulled pork, smoked provolone-pimento cheese, pickled green tomatoes, brioche	
WALLEY	12
house pastrami, mozzarella, braised kale, smoked pimento remoulade, rye	
PAT LA FRIEDA BURGER	14
ground short rib and chuck, smoked provolone-pimento cheese, pickles, brioche	

PANINIS

CHOICE OF WHITE OR RYE

HOUSE PASTRAMI	12
½ pound, sauerkraut, whole grain mustard	
BEEF SHORT RIB & GORGONZOLA	12
caramelized onions and mushrooms, au jus	
PESTO CHICKEN ^V	10
roasted red peppers, spinach, artichokes, mozzarella	
SHRIMP SCAMPI	11
spinach, heirloom tomatoes, feta, lemon caper vinaigrette	

FLATBREADS

BENJI ^{GF}	12
house pastrami, pork belly, sauerkraut, smoked provolone, smoked pimento remoulade	
SOUTHERN BELLE ^V ^{GF}	12
beef short rib, roasted red peppers, yellow squash, pickled red onion, smoked white cheddar, fresh basil, port gastrique	
HERBIVORE ^V ^{GF}	10
mushrooms, asparagus, spinach, tomatoes, vegan mozzarella, vegan pesto	
CRUSTACEAN ^{GF}	13
shrimp, crab, langostino, peppadew, smoked provolone, feta, pesto	
PUCCI ^{GF}	11
sopressata, capicola, prosciutto, smoked bacon, mozzarella, fontina, balsamic reduction	

PLATES

FRITATTA ^{GF}	11
chef's daily selection, served with your choice of side	
RISOTTO ^V	MP
chef's daily selection	
SALMON ^{GF}	19
grilled or blackened, asparagus, tomato-heart of palm relish, pesto vinaigrette	
GRILLED SHRIMP & SCALLOPS ^{GF}	22
romesco sauce, asparagus, goat cheese-pastrami polenta	

PASTA

SUB GLUTEN FREE PASTA 2

BOLOGNESE ^V ^{GF}	16
cavatappi, veal and pork ragu	
CARBONARA ^V ^{GF}	16
bucatini, harmony ridge farms™ guanciale, mushrooms, peas, braised chicken, fried egg	
MEATBALLS AND PAPPARDELLE ^V ^{GF}	14
marinara, grana padano	
LULU LASAGNA	16
beef short rib, harmony ridge™ guanciale, italian sausage, ricotta, asiago	
VEGETABLE LASAGNA	14
spinach, sun-dried tomatoes, squash, mushrooms, alfredo, mozzarella, marinara	

SIDES

SHOESTRING FRIES ^V	3
PASTA SALAD ^V	3
SIDE SALAD ^V	4
BRAISED KALE ^V	4
PINEAPPLE AND BERRIES ^V	4

*May be cooked to order. Consumer Advisory: Consuming Raw or undercooked Beef, Pork, Poultry, or Seafood may cause illness. This risk may be higher in people with certain medical conditions. BREAD SERVICE AVAILABLE UPON REQUEST

Items marked with ^V ^{GF} can be altered to be vegan, gluten free or both