

LULU'S LUNCH • 11:30AM - 4PM

Starters

- CRAB & ARTICHOKE DIP** 13
Broiled with three cheeses and served with crisp tortilla chips.
- SEAFOOD FONDUE** 17
Shrimp and blue crab in creamy lobster sauce with melted Swiss, served with crostinis and tortilla chips.
- PEI MUSSELS** 15
Coconut red curry broth with cilantro, scallions, and crostini or bianca style with white wine, garlic, butter and chili flakes.
- AHI POKE** 16
Served in a bowl with jasmine rice, tossed in tataki sauce and drizzled with spicy mayo, topped with garlic flakes and served with cucumbers and avocado.
- LULU'S WINGS** MARKET
Buffalo, Island Jerk Dry Rub, or Lulu's Style with original Swamp Sauce and grilled.
- CARIBBEAN PORK EMPANADAS** 12
Served with spicy mango aioli.
- SPICED ISLAND CALAMARI** 13
Lightly fried with peppers and served with a spiced guava glaze.
- PEEL N EAT SHRIMP** 15 | 28
Dusted with Old Bay seasoning and steamed, served hot or cold with cocktail sauce and lemon. Half or whole serving.
- AHI TUNA** 14
Seared with sesame seeds and served on a bed of Asian-inspired coleslaw, tossed with ponzu and finished with a guava glaze, wasabi, and ginger on the side.
- STEAK TIPS** 11
Blackened tenderloin tips, cooked to temperature and served with a bourbon demi glaze sauce.
- HAND BREADED BUFFALO SHRIMP** 13
Shrimp tossed in our buffalo sauce and served on a bed of greens with blue cheese crumbles, ranch, or blue cheese to dip.
- NACHO PLATTER** 13
Tortilla chips topped with homemade chili or black beans, nacho cheese, and shredded cheese, lettuce, pico, jalapeños, and a side of sour cream. Add chicken: 3
- CHIPS & SALSA** 13
Served with tortilla chips and a mild salsa.
- QUESADILLA - JERK CHICKEN OR SHRIMP** 13
Roasted red peppers, mango salsa, cheddar and jack cheeses, and sour cream.
- FRIED GREEN TOMATOES** 13
Breaded with panko crumbs and served with our homemade Baja sauce.

Salads

Add Chicken: 6 Shrimp: 7 Steak: 8 Salmon: 10 Mahi: 10 Scallops: 8

- CARIBBEAN SALAD** 13
Mixed greens, roasted red peppers, mango, hearts of palm, red onion, blue cheese, and coconut curry vinaigrette.
- MEDITERRANEAN SALAD** 13
Arugula and spinach, roasted squash, mushrooms, red peppers, artichoke hearts, hearts of palm, goat cheese and balsamic vinaigrette.
- INSALADA CAPRESE** 10
Sliced mozzarella, vine ripe tomatoes, fresh basil, garlic and EVOO, drizzled with balsamic reduction.
- WARM SPINACH SALAD** 13
Red onion, roasted red peppers, pineapple, blue cheese and warm bacon vinaigrette.
- LULU'S HOUSE SALAD** 9
Mixed greens, avocado, tomato, red onion, cucumber, bacon, cheddar and jack cheeses, and balsamic vinaigrette.
- CAESAR SALAD** 7 | 9
Chopped romaine tossed in Caesar dressing, shredded Parmesan and croutons.
- CLASSIC WEDGE SALAD** 9
Iceberg topped with homemade blue cheese dressing and crumbles, diced tomato, bacon and topped with a drizzle of balsamic reduction.

Handhelds

Served with your choice of side.

- FAMOUS FRIED GREEN TOMATO BLT** 12
Hand cut and gently fried green tomatoes on your choice of bread with lettuce and thick cut smoked bacon, finished with our homemade avocado spread.
- CUBAN SANDWICH** 13
Tender pulled pork, ham, spicy mustard, dill pickle, and cheese on a toasted and pressed roll.
- MAHI SANDWICH** 16
Grilled or blackened with lettuce, tomato, red onion on a toasted brioche bun.
- LULU'S TACOS** 16
Haddock, salmon, or shrimp with lettuce, pico de gallo, shredded cheese and Baja sauce.
- FRIED HADDOCK SANDWICH** 15
Leaf lettuce, pico de gallo and tartar sauce on a toasted brioche bun.
- HAWAIIAN FRIED CHICKEN SANDWICH** 15
Spicy guava glaze, provolone cheese, caramelized pineapple and red onion on a toasted brioche bun.
- AMERICAN CLUB SANDWICH** 11
Served with lettuce, tomato, turkey, bacon, American cheese and mayo. Substitute with Chicken: 2
- BEEF TENDERLOIN SANDWICH** 16
Grilled to your liking on a hoagie roll with our house bourbon demi glaze on the side, finished off with grilled peppers and onions.
- PHILLY CHEESESTEAK SANDWICH** 14
Choice of chicken or shaved ribeye, grilled onions, bell peppers, and mushrooms on a hoagie roll topped with provolone cheese.

Wraps

Served with your choice of side.

- CHAR-GRILLED CHICKEN CAESAR** 13
Served in a flour tortilla with chopped romaine lettuce, parmesan cheese and tossed in caesar dressing. Substitute with Salmon: 4 Shrimp: 2 Mahi: 4 Steak: 3
- BUFFALO CHICKEN WRAP** 13
Grilled or fried chicken tossed in our famous buffalo sauce in flour tortilla shell over lettuce, tomato, and shredded cheese.
- SHRIMP WRAP** 14
Breaded and fried golden brown, then tossed in our famous Buffalo sauce and served in a flour tortilla shell with lettuce, tomato, and shredded cheese.
- CLUB WRAP** 11
Turkey, lettuce, tomato, bacon, mayo and shredded cheese in a flour tortilla. Substitute with Chicken: 2
- JAMACIAN JERK CHICKEN WRAP** 14
Rice, pico de gallo, cheddar and jack cheeses with our jerk sauce served on a flour tortilla with lettuce.

Vegan & Vegetarian

- ROASTED VEGGIE SANDWICH** 14
Summer squash, zucchini, roasted red peppers, mushrooms, goat cheese and arugula with balsamic vinaigrette on toasted Cuban bread. Served with choice of side.
- VEGAN VEGGIE TACOS** 12
Shaved cabbage slaw and seaweed salad topped with stir fry vegetables on a soft flour tortilla and topped with our guava glaze. Served with choice of side.
- BEYOND BURGER** 17
The world's first plant based burger with smashed avocado, lettuce, tomato, and red onion on a toasted brioche bun. Served with choice of side.
- VEGAN BLACK BEAN SAUTÉ** 14
Sautéed black beans, mushrooms, roasted red peppers, red onion, snap peas, and spinach with extra virgin olive oil.
- VEGETARIAN WOK STIR FRY** 15
Sautéed julienne vegetables, mushrooms, lite coconut red curry broth over seasoned jasmine rice.
- CAPRESE WRAP** 13
Spinach herb wrap, basil pesto with mozzarella cheese, tomatoes, spinach, and drizzled with balsamic reduction and extra virgin olive oil. Served with choice of side.
- BLACK BEAN SPINACH WRAP** 13
Spinach herb wrap with black beans, yellow rice, avocado spread, tomato, red onions, sliced carrots, and spinach. Served with choice of side.

Sides

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| Fresh Cut Fries 5 | Mashed Potatoes 5 | Spinach 5 |
| Sweet Potato Fries 6 | Yellow Rice 5 | Side Salad 5 |
| Black Beans & Rice 5 | Tropical Slaw 5 | Fresh Seasoned Vegetables 5 |
| Yucca Fries 5 | | |

Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of foodborne illness.

Ocean to Plate

FRESH CATCH OF THE DAY

Our fresh catch of the day grilled or blackened, served with seasoned rice, seasonal vegetables and mango salsa.

BLACKENED SALMON

Blackened salmon with seasoned rice and black beans, served with seasonal vegetables.

ISLAND GRILL MIX

Scallops and shrimp grilled, blackened or fried served with seasonal vegetables and seasoned rice.

WOK BLUE CRAB & SHRIMP

Blue crab and shrimp stir fried with mushrooms, julienne vegetables, light coconut curry broth over seasoned rice.

FISH N CHIPS

Hand-breaded North Atlantic haddock, served with fries, tropical slaw, and tartar sauce.

SEAFOOD PLATTER

Lightly fried haddock, shrimp, and scallops, served with fried, tropical slaw, cocktail and tartar sauce.

SHRIMP & CHICKEN CAVATAPPI

Sautéed chicken and shrimp with mushrooms, artichokes, roasted red peppers and spinach in a lemon Parmesan cream sauce over cavatappi pasta.

SURF N TURF

Grilled skirt steak and butterflied fried shrimp with fries and seasonal vegetables.

GARLIC SHRIMP MAC N CHEESE

Cavatappi pasta with a delicious creamy and silky-smooth blend of cheese topped with Parmesan and panko break crumbs.

MARKET

20

25

24

19

26

23

27

20

Land Lovers

HAWAIIAN CHICKEN DINNER

Two chicken breasts grilled to perfection with our signature guava glaze, provolone cheese, caramelized pineapple, and red onion, served with yellow rice and seasonal vegetables.

20

POT PIE

Slow simmered chicken, celery, onions, mushrooms, peas, and carrots, served in a sherry cream sauce topped with a freshly baked pastry puff.

15

LEMON CAPER CHICKEN

Pan roasted chicken breast with lemon caper cream sauce, with red bliss mashed potatoes and garlic spinach.

20

FILET MIGNON

Center cut tenderloin served to the temperature of your choice, topped with garlic herb butter. 6oz or 9oz.

29 | 37

HAWAIIAN STYLE SKIRT STEAK

Caramelized peppers, onions, and pineapple with a bourbon demi glaze sauce, served with red bliss mashed potatoes and seasonal vegetables.

26

LULU'S BURGER

1/2 lb Black Angus beef hand crafted patty grilled to temperature, served on a brioche bun with lettuce, tomato and onion.

15

BACON BBQ CHEDDAR MELT

1/2 lb Black Angus beef grilled to your liking, slathered with our homemade BBQ sauce, melted cheddar, and smoked bacon, served on a brioche bun. Add your choice of side.

16

BLACK & BLEU

Char-grilled Black Angus burger grilled to perfection, topped with blue cheese and blackened seasoning, served on a brioche bun. Add your choice of side.

16



Whites

WHITE HAVEN SAUVIGNON BLANC	42
SILVERADO SAUVIGNON BLANC	12 47
KENDALL JACKSON CHARDONNAY	10 39
SONOMA CHARDONNAY	14 55
GRADIS CIUTTA PINOT GRIGIO	10 39
CORVO MOSCATO	8 32
SANTA MARGHERITA PINOT GRIGIO	12 48

Reds

J LOHR CABERNET	9 35
MAULA VALLEY SEMI SWEET CABERNET	10 39
MAIRENA MALBEC	12 47
MEOIMI PINOT NOIR	45
RAYMOND RESERVE MERLOT	48

House

CANYON ROAD	7
Our house Cabernet, Chardonnay, Pinot Grigio, Merlot, Pinot Noir, White Zinfandel and Sauvignon Blanc	

Lulu's Specialty Cocktails

LULU JUICE

Malibu Coconut Rum, Bacardi black raspberry, banana liqueur, mixed with pineapple juice, a splash of sour and club soda. A refreshing drink for one and all. 8

LULU MARY

Our own twist on this classic. Stoli Gluten-Free Vodka, served straight up with a Cajun and sea salt rim, accompanied by a skewer of pepper-jack cheese, sliced pepperoni and a grilled shrimp. 8

LULU RITA

Our house margarita made with Gold Tequila, triple sec, fresh squeezed lime juice, and sour, served on the rocks or frozen with a margarita lime-rimmed glass. 7.5

STOLI® MULE

A refreshing combination of Stoli Gluten-Free Vodka and ginger beer, served in a traditional copper mug and garnished with a fresh lime. 8.5

30 SOUTH MOJITO

Only on South Atlantic can you experience this blend of freshly muddled mint, Bacardi Limon Rum, fresh squeezed lime juice and club soda. 7.5

Bottled Beer Ask your server for seasonal beer selections and drafts!

Domestic

Budweiser	Miller Lite	Red Stripe	Michelob ULTRA
Bud Light	Coors Light	Blue Moon	

Import

Corona	Corona Light	Guinness	Heineken	Heineken Zero
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Hard Cider & Seltzer

Angry Orchard
White Claw



Lulu's Shirts & Merch!

Don't forget to buy your favorite Lulu a shirt or koozie while you're here! Ask your server about our tee shirts and additional Lulu's swag!

LULU'S OCEANSIDE GRILLE

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