

# Session

2973 Shore Drive VB, VA 23451 757-904-1492

## SIDE PIECES

- House Turkey Sausage..... 4
- Bacon / Tempeh..... 4
- Root Vegetable Hash..... 5
- Herb Crispy Potatoes..... 5
- Two Eggs Your Way..... 4
- Toast..... 3
- Bowl of Fruit..... 4
- Bagel + Cream Cheese..... 5
- Belgium Waffle..... 5
- Fruit + Granola Parfait\*..... 9
- Vegan Parfait\*..... 10
- Garden Salad..... 5
- 1/2lb Chicken Salad..... 10
- Dijon Cabbage Slaw..... 4
- Chips..... 3

\*contains tree nuts



everything served all day!

substitute egg whites in any meal for +3

V = vegetarian as is | VV = vegan as is | GF = gluten free as is

Consuming raw or undercooked meat, eggs, poultry or seafood increases your risk of contracting a food borne illness - especially if you have certain medical conditions. Please be aware that our food may contain or come into contact with common allergens, such as dairy, eggs, wheat, soybeans, tree nuts, peanuts, fish, shellfish or wheat

## I N A B R E A K F A S T M O O D

### BREAKFAST FRIED RICE <sup>12</sup> V|GF

brown rice, broccoli, carrot, sweet onion, two scrambled eggs, pickled red onion, scallion, gochujang aioli

'just egg' +2 | fried egg +1.5 | avocado +2.5 | chicken +4.5  
turkey sausage, thicc bacon or tempeh bacon +2.5

### BREAKFAST BURRITO <sup>13</sup> V

three scrambled eggs, root vegetable hash, arugula, cheddar, house pico, gochujang aioli, flour tortilla

'just egg' +2 | vegan cheddar +5.0 | chicken +4.5  
turkey sausage, thicc bacon or tempeh bacon +2.5  
gluten free wrap +1 | avocado +2.5

### YOUR DADS GO TO <sup>13</sup>

two eggs of your choice, bacon or turkey sausage, root vegetable hash or crispy potatoes, bagel, croissant or sourdough with greens

gluten free bread or bagel +1 | tempeh bacon +2  
'just egg' +2

### HOT BOI <sup>15</sup>

roasted chicken, thicc bacon, pepper jack, roasted bell peppers, arugula, habanero crema, garlic flour tortilla

gluten free wrap +1 | tempeh bacon +2 | avocado +2.5  
pro tip: try adding scrambled eggs +2

### MUSHROOM BANH MI <sup>12</sup> VV

duxelles, roasted mushrooms, pickled carrot, pickled red onion, jalapeno, cilantro, vegan gochujang aioli, ciabatta

thicc bacon or tempeh bacon +2.5 | chicken +4.5  
gluten free bread +1 | over greens +1 | avocado +2.5

### AVO BLT SALAD <sup>14</sup>

mixed greens, cherry tomato, thicc bacon, avocado, green onion, radish, house broccoli sprouts, everything seasoned croutons, basil + chive dressing

tempeh bacon +2 | chicken or chicken salad +4.5

### ROASTED VEG BOWL <sup>13</sup> V|GF

broccoli, root vegetable hash, arugula, apple, choice of egg, pickled red onion, scallion, basil + chive dressing

'just egg' +2 | chicken +4.5  
turkey sausage, thicc bacon or tempeh bacon +2.5

### THE CLASSIC <sup>10</sup> V|GF

a customizable breakfast sandwich

choose: plain bagel | everything bagel | croissant | sourdough  
choose: cheddar | swiss | pepper jack | vegan cheddar +5.0  
choose: scrambled | runny | medium | hard | 'just egg' +2  
choose: basil dressing (wv) | gochujang aioli | habanero crema  
gluten free bread +1 or bagel +2  
avocado +2.5 | chicken +4.5  
turkey sausage, thicc bacon or tempeh bacon +2.5

### FRITTATA <sup>11</sup> V|GF

egg, broccoli, crimini mushroom, red onion, spinach, dill, garlic, cheddar, served with house pico

**[no modifications]** | chicken +4.5  
turkey sausage, thicc bacon or tempeh bacon +2.5

### CHICKEN SALAD SAMMY <sup>12</sup>

roasted chicken, celery, carrot, green onion, parsley, lemon zest, thyme, arugula, chopped walnuts, ciabatta roll

gluten free bread +1 | over greens +1 | avocado +2.5  
thicc bacon +2.5

### THE NANCY <sup>14</sup>

thicc cut turkey, swiss, dijon cabbage slaw, red onion, tangy russian dressing, torched sourdough

gluten free bread +1 | thicc bacon +2.5

### BUTTER ME UP <sup>13</sup> VV|GF

warm butternut squash, mixed greens, quinoa crunch, pickled beet slices, chopped pumpkin seeds, parsley, roasted garlic dijon vinaigrette

thicc bacon or tempeh bacon +2.5  
chicken or chicken salad +4.5

### THE HERBIE <sup>13</sup> V|GF

herbed potatoes, arugula, choice of egg, chili crunch\*, pickled red onion, scallion, parmesan, herb aioli + ginger herb coulis

'just egg' +2 | nooch +1 | avocado +2.5 | chicken +4.5  
turkey sausage, thicc bacon or tempeh bacon +2.5

\*contains peanuts

### LOX BAGEL <sup>16</sup>

smoked salmon, scallion, cream cheese, cucumber slices, red onion, dill, capers, everything seasoning, lemon

choose: plain bagel | everything bagel  
gluten free bagel +2 | avocado +2.5

### AVOCADO TOAST <sup>14</sup> VV

avocado, pickled red onion, carrot, radish, parsley, everything seasoning, basil + chive dressing on sourdough

scrambled +2 | runny, medium, hard +1  
'just egg' +2.5 | gluten free bread +1

## F E E L I N ' M O R E L I K E L U N C H

### UP IN THE CLUB <sup>16</sup>

chicken salad, sliced turkey, thicc bacon, mozzarella, cashew pesto, arugula, torched sourdough

gluten free bread +1 | tempeh bacon +2  
avocado +2.5

### CHICKEN CAES' <sup>14</sup>

roasted chicken, arugula, cucumber, house broccoli sprouts, parmesan, house caesar

choose: sourdough | tortilla  
gluten free bread or wrap +1 | over greens +1  
avocado +2.5 | thicc bacon +2.5

### PURPLE RAIN <sup>13</sup> GF

arugula, red cabbage, blueberries, cucumber, sweet heat pecans, goat cheese crumbles, chia & flax seeds mixed berry vinaigrette

thicc bacon or tempeh bacon +2.5  
chicken or chicken salad +4.5

## SMOOTHIES

add vanilla or chocolate plant based protein +2  
make it a bowl topped with house granola + fruit + honey | +2

**THE WARREN\_G**..... 8  
strawberry, pineapple, banana, house  
oat milk

**C.R.E.A.M.**..... 8  
house cold brew, peanut butter, banana,  
cocoa powder, house oat milk

**DIGABLE PLANTS**..... 8  
carrot, baked sweet potato, pineapple,  
orange, lemon, house oat milk

**A TRIBE CALLED QUENCH**.... 8  
mango, pineapple, orange, lime, coconut,  
greek yogurt

**JURASSIC FRUIT**..... 9  
dragon fruit, banana, peach, red beet, lime,  
house oat milk

**GING' + JUICE**..... 9  
ginger, mango, strawberry, lemon, cayenne  
pepper, house oat milk

**MONEY GREEN LEATHER SOFA**... 9  
pineapple, banana, spinach, coconut,  
flaxseed, greek yogurt

**THE BLUE PRINT**..... 9  
blueberry, mango, banana, blue spirulina,  
house oat milk

for the little ones

**AQUEMINIS**..... 5

- berries+banana
- pineapple+banana
- banana+cocoa powder+honey

## COCKTAILS

**BLOODY MARY**..... 9  
waterman spirits organic vodka , zing zang, old bay rim

**SCREWDRIVER**..... 9  
waterman spirits organic vodka, fresh orange juice

**GREYHOUND**..... 10  
waterman spirits organic vodka, fresh grapefruit juice

**PALOMA**..... 10  
espolòn, fresh squeezed grapefruit juice, salted rim

**MULE**..... 10  
waterman spirits organic vodka or espolòn, ginger beer

**FRESH MARGARITA**..... 12  
espolòn, fresh lime juice, sugar in the raw simple,  
splash of lime soda water, salt + tajin rim

**BOOZY BUBBLY**..... 13  
mimosa of your choice + waterman spirits organic vodka

## WINE & CHAMPAGNE



**mimosa** .....7  
ask what juices we have today!

**mimosa flight**.....15  
ask what juices we have today!

**los monteros cava**.....6|22  
Catalonia, Spain / fine bubbles, fruity, dry

**prochaine chardonnay**.....7|26  
Languedoc-Roussillon, France / unoaked, light acidity, creamy

**three brooms sauvignon blanc**...8|30  
Marlborough, New Zealand / single vineyard, luscious, minerality

# drinks + dranks

## NON-ALCOHOLIC

coffee..... 3

house cold brew..... 5

spindrifft..... 3

hot tea..... 3

iced tea..... 3

## BEER

**narragansett** light lager .....4

**landshark** island lager .....5

**allagash white** witbier .....5

**big wave** golden ale .....5

**wapatoolie** tropical IPA .....7