

Session

AT THE
A/R/E CAFE

215 67th Street VB, VA 23451 757-457-7105

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
Fruit + Granola Parfait*.....	10
Vegan Parfait*.....	11
Garden Salad.....	5
1/2lb Chicken Salad.....	10
Dijon Cabbage Slaw.....	4
Chips.....	3

*contains tree nuts



SMOOTHIES
+ BEVS!

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 13 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 14 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 15

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

ROASTED VEG BOWL 14 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 10 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 (vv) | 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 12 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

THE HERBIE 14 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 16

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 15 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

HOT BOI 15

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 13 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 15

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

CHICKEN SALAD SAMMY 13

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 15

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 13 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

UP IN THE CLUB 16

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

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

CHICKEN CAES' 14

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 14 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,
unsweetened almond milk

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

DIGABLE PLANTS..... 8
carrot, baked sweet potato, pineapple,
orange, lemon, unsweetened almond
milk

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

JURASSIC FRUIT..... 9
dragon fruit, banana, peach, red beet, lime,
unsweetened almond milk

GING' + JUICE..... 9
ginger, mango, strawberry, lemon, cayenne
pepper, unsweetened almond milk

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

THE BLUE PRINT..... 9
blueberry, mango, banana, blue spirulina,
unsweetened almond milk

for the little ones

AQUEMINIS..... 5
• berries, banana, unsweetened almond milk
• pineapple, banana, unsweetened almond milk
• banana, cocoa powder, honey, unsweetened
almond milk

COCKTAILS

BLOODY MARY..... 9
waterman spirits organic vodka, zing zang, old bay rim - doesn't miss

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

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

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

MULE..... 10
waterman spirit organic vodka or espolòn, ginger beer

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

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

BEER

narragansett light lager4

buenaveza salt & lime lager5

allagash white witbier5

big wave golden ale5

wapatoolie tropical IPA7

CHAMPAGNE + WINE



mimosa | mimosa flights.....7|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

olivares rosé.....7|26
Murcia, Spain / vibrant, juicy, crushable

kind stranger rosé.....11|42
Washington, USA / strawberry, watermelon, bone-dry

drinks + dranks

COFFEE + CO.

drip coffee 3

cold brew 5

espresso 3

cortado 3.5

cappuccino 4

latte 5

signature latte 6

americano 4

add cold foam 1

add signature flavor € .50

fresh squeeze orange juice 4.5

fresh squeezed grapefruit juice 4

unsweet peach iced tea 3

hot tea 3