

# Session

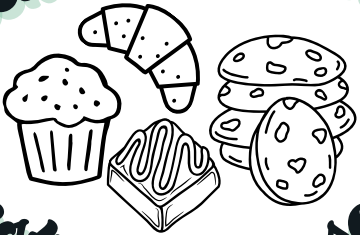
2973 Shore Drive VB, VA 23451 757-904-1492  
everything served all day!

## SIDE PIECES

- House Turkey Sausage.....4
- Bacon / Tempeh.....4
- Root Vegetable Hash.....4.5
- Two Eggs Your Way.....3.75
- Toast.....3
- Fruit.....4
- Bagel + Cream Cheese.....5
- Fruit + Granola Parfait\*.....6
- Vegan Parfait\*.....7
- 1/2# Chicken Salad.....10
- Dijon Cabbage Slaw.....3.5
- Chips.....2.5

\*contains tree nuts

ask about our



pastries + desserts

SMOOTHIES  
+ BEVS!

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

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

brown rice, broccoli, carrot, sweet onion,  
scrambled eggs, pickled red onion,  
scallion, gochujang aioli  
sub vegan just egg +1.5 | add fried egg +1 | add avocado +2  
house turkey sausage +2 | thicc bacon +2.5 | tempeh bacon +2.5 | chicken +4.5

## v THE HERBIE <sup>12</sup>

garlic herb crispy potatoes on a bed of arugula topped  
with a chili crunch egg, pickled red onion, scallion, shaved  
parmesan, citrus herb aioli + a dollop of ginger herb coulis  
sub vegan just egg +1.5 | sub nooch for parm +1 | add avocado +2  
house turkey sausage +2 | thicc bacon +2.5 | tempeh bacon +2.5 | chicken +4.5

## V|GF ROASTED VEG BOWL <sup>12</sup>

roasted broccoli, root vegetable hash,  
greens, apple, pickled red onion, egg,  
scallion, basil + chive dressing  
choose: scrambled egg | fried runny | fried hard | vegan egg +1.5  
house turkey sausage +2 | thicc bacon +2.5 | tempeh bacon +2.5 | chicken +4.5

## vv BELGIUM WAFFLE <sup>10</sup>

belgium style waffle served with fresh blueberry,  
strawberry + banana slices topped with sliced  
almonds, powder sugar and warm maple syrup  
turkey sausage +2 | thicc bacon +2.5 | tempeh +2.5

## THE CLASSIC <sup>9</sup>

a customizable breakfast sammy  
choose: plain bagel | everything bagel | croissant | sourdough  
choose: cheddar | swiss | pepper jack | vegan cheddar +.50  
choose : scrambled egg | fried runny | fried hard | vegan egg +1.5  
choose: basil dressing (vv) | lemon aioli | habanero crema  
gluten free bread +1 or bagel +2 | add avocado +2  
house turkey sausage +2 | thicc bacon +2.5 | tempeh bacon +2.5 | chicken +4.5

## v BREAKFAST BURRITO <sup>11.5</sup>

scrambled eggs, root vegetable hash, greens,  
cheddar, house pico, gochujang aioli, flour tortilla  
sub vegan just egg +1.5 | sub vegan cheddar +.50 | gluten free wrap +1  
house turkey sausage +2 | thicc bacon +2.5 | tempeh bacon +2.5 | chicken +4.5

ALL ITEMS SERVED WITH GREENS  
SUB ROOT VEGETABLE CHIPS \$1

## V|GF FRITTATA <sup>10</sup>

eggs, broccoli, crimini mushroom,  
red onion, spinach, dill, garlic,  
cheddar and swiss cheeses  
\*no modifications\*  
house turkey sausage +2 | thicc bacon +2.5 | tempeh bacon +2.5 | chicken +4.5

## LOX BAGEL <sup>14</sup>

lox, scallion cream cheese,  
cucumber slices, red onion, dill,  
capers, everything seasoning  
choose: plain bagel | everything bagel | gluten free bagel +2

## vv AVOCADO TOAST <sup>12</sup>

avocado, pickled red onion, carrot ribbons,  
radish, parsley, everything seasoning, basil +  
chive dressing on toasted sourdough  
add egg: scrambled +2 | fried runny +1 | fried hard +1 | vegan egg +2  
gluten free bread +1

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

roasted chicken, thicc peppered bacon,  
swiss, roasted bell peppers, greens,  
habanero crema, garlic flour tortilla  
gluten free wrap +1 | sub tempeh bacon +2 | avocado +2

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

roasted chicken, celery, carrot, green onion,  
parsley, lemon zest, greens, sesame baguette,  
topped with walnuts  
gluten free bread +1 | over greens +1 | avocado +2 | thicc bacon +2.5

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

chicken salad, turkey, thicc bacon,  
mozzarella, tomato, arugula + cashew  
pesto, greens, torched sourdough  
gluten free bread +1 | avocado +2

## vv VEGGIE BANH MI <sup>12</sup>

duxelles, roasted crimini mushrooms, pickled  
carrot, pickled red onion, jalapeño slices, cilantro,  
vegan gochujang aioli, sesame baguette  
thicc bacon +2.5 | tempeh bacon +2.5  
gluten free +1 | bread or over greens

## THE NANCY <sup>13</sup>

thicc cut turkey, swiss, dijon  
cabbage slaw, red onion,  
tangy russian dressing,  
torched sourdough  
thicc bacon +2.5 | gluten free bread +1

## CHICKEN CAES' <sup>13</sup>

roasted chicken, greens, cucumber, house  
broccoli sprouts, parmesan, house caesar  
choose: sourdough | flour tortilla wrap  
gluten free +1 | bread, wrap, over greens  
avocado +2 | thicc bacon +2.5

## CHICKEN FLORENTINE FLATBREAD <sup>15</sup>

roasted chicken, thicc bacon, tomato, greens, basil,  
mozzarella, parmesan, balsamic reduction  
sub tempeh bacon +2 | sub vegan cheese +1.5  
gluten free flatbread +1

## v SHROOM & PESTO FLATBREAD <sup>13</sup>

roasted crimini mushrooms, house pesto, cherry tomato,  
greens, goat cheese, hot honey drizzle  
sub vegan cheese +1.5  
house turkey sausage +2 | thicc bacon +2.5 | tempeh bacon +2.5 | chicken +4.5

## 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  
sub tempeh bacon +2 | chicken or chicken salad +4.5

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

arugula, blueberries, everything  
seasoned pistachios, beet juice  
whipped goat cheese, hemp seeds,  
arugula, honey dijon vinaigrette  
thicc bacon +2.5 | tempeh bacon +2.5 | chicken or chicken salad +4.5

## VV|GF THE GARDEN <sup>11</sup>

mixed greens, carrot ribbons,  
cucumber, cherry tomato, purple  
cabbage, sunflower seeds, lemon  
vinaigrette dressing  
thicc bacon +2.5 | tempeh bacon +2.5 | chicken or chicken salad +4.5

## SMOOTHIES

add vanilla or chocolate protein +2

make it a bowl topped with house granola + fruit + honey | +2

### The Warren\_G.....7.5

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,  
vanilla greek yogurt

### Jurassic Fruit.....8.5

dragon fruit, banana, peach, red beet, lime,  
house oat milk

### Ging' + Juice.....8.5

ginger, mango, strawberry, lemon, cayenne  
pepper, house oat milk

### Money Green Leather Sofa.....9

pineapple, banana, spinach, coconut,  
flaxseed, vanilla greek yogurt

### The Blue Print.....9

blueberry, mango, banana, blue spirulina,  
house oat milk

### Aqueminis.....5

for the littles:

berries+banana

pineapple+banana

banana+cocoa powder+honey

## COCKTAILS

### bloody mary.....8

tito's, zing zang, old bay rim - doesn't miss

### screwdriver.....9

tito's, fresh squeezed orange juice

### greyhound.....9

tito's, fresh squeezed grapefruit juice

### paloma.....9

espolòn, fresh squeezed grapefruit juice, salted rim

### mule.....10

tito's or espolòn, ginger beer

### fresh margarita.....11

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

### boozy bubbly.....12

mimosa of your choice + a shot of tito's

## WINE & CHAMPAGNE



### mimosa | mimosa flights.....6|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

### olivares jumilla rosado.....7|26

Murcia, Spain / vibrant, juicy, crushable

### w.v.v. whole cluster rose.....11|42

Willamette Valley, Oregon / dark cherry, floral, bright

# drinks+ dranks

## NON-ALCOHOLIC

### coffee.....3

### house cold brew.....5

### spindrift.....3

### iced tea.....3

### bottled water.....3

## BEER + HARD KOMBUCHA

### narragansett light lager.....4

### buenaveza salt & lime lager.....5

### purple haze fruited wheat lager.....5

### allagash white witbier.....5

### big wave golden ale.....5

### wapatoolie tropical IPA.....7

### midnight painkiller.....7

kombucha | coconut | pineapple | orange | nutmeg