

Session

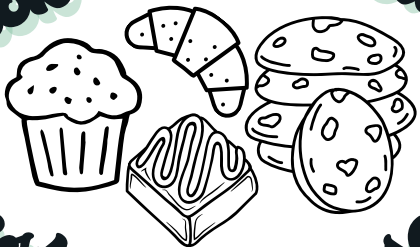
2973 Shore Drive VB, VA 23451 757-904-1492
everything served all day!

SIDE PIECES

- House Turkey Sausage.....4
- Bacon or 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
- Garden Salad.....4
- Dijon Cabbage Slaw.....3.5
- Chips.....2.5

*contains tree nuts

ask about our



pastries + desserts

SMOOTHIES
+ BEVS!

CF BREAKFAST FRIED RICE ¹¹

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 | tempeh bacon +2.5 | chicken +4.5

VV FRENCH TOAST ¹⁵

sourdough, cinnamon + vanilla almond
milk puree, strawberry slices, blueberries,
bananas brûlée, chopped walnuts,
powdered sugar, maple syrup
gluten free bread +1

CF ROASTED VEG BOWL ¹²

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 | tempeh bacon +2.5 | chicken +4.5

THE CLASSIC ^{8.5}

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 or bagel +1 | add avocado +2
house turkey sausage +2 | thicc bacon +2 | tempeh bacon +2.5 | chicken +4.5

SERVED WITH GREENS | ROOT VEGETABLE CHIPS \$1

BREAKFAST BURRITO ^{11.5}

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 | tempeh bacon +2.5 | chicken +4.5

LOX BAGEL ¹³

lox, scallion cream cheese,
cucumber slices, red onion, dill,
capers, everything seasoning
choose: plain bagel | everything bagel | gluten free bagel +1

CF FRITTATA ^{9.5}

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

THE BAGELETTE ¹²

an everything bagel with a mushroom, red onion,
greens and cheddar omelette ALL UP IN IT
minimum cooking time 15 minutes
sub vegan just egg +1.5 | sub vegan cheddar +.50 | gluten free bagel +1
house turkey sausage +2 | thicc bacon +2 | tempeh bacon +2.5 | chicken +4.5

VV AVOCADO TOAST ¹²

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 ¹⁴

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 ¹²

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

UP IN THE CLUB ¹⁶

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

VV VEGGIE BANH MI ¹¹

duxelles, roasted crimini mushrooms, pickled
carrot, pickled red onion, jalapeño slices, cilantro,
vegan gochujang aioli, sesame baguette
thicc bacon +2 | tempeh bacon +2.5
gluten free +1 | bread or over greens

THE NANCY ¹³

thicc cut turkey, swiss, dijon
cabbage slaw, red onion,
tangy russian dressing,
torched sourdough
thicc bacon +2 | gluten free bread +1

CHICKEN CAES' ^{12.5}

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

CHICKEN FLORENTINE FLATBREAD ¹⁴

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

SHROOM & PESTO FLATBREAD ¹³

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 | tempeh bacon +2.5 | chicken +4.5

AVO BLT SALAD ¹³

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

GF/VV CHOPPED & SCREWED ¹¹

mixed greens, carrot + red cabbage ribbons,
celery, red bell pepper, cucumber, ambrosia
apple slices, roasted spiced chickpeas,
peperoncini dressing
thicc bacon +2 | tempeh bacon +2.5 | chicken or chicken salad +4.5

GF THE 808 ¹²

arugula, roasted beets, pepita
goat cheese balls, walnuts, green
onion, pickled red onion,
honey dijon vinaigrette
thicc bacon +2 | 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

CANNED COCKTAILS

midnight painkiller.....7

juneshine hard kombucha | coconut pineapple | orange | nutmeg

hropical citrus.....7

juneshine hard kombucha | orange pineapple | grapefruit | hops

grapefruit paloma.....7

juneshine hard kombucha | grapefruit lime | green tea

tequila soda lime.....8

cut water tequila | lime juice | soda water

tequila paloma.....8

cut water tequila | grapefruit juice | soda water

vodka soda lime.....8

cut water vodka | lime juice | soda water

rum mint mojito.....8

cut water rum | lime juice mint | soda water

whiskey mule.....8

cut water bourbon | ginger beer lime juice | aromatic bitters

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

olipop.....4.5

iced tea.....3

bottled water.....3

BEER

narragansett light lager4

buenaveza salt & lime lager6

birds of paradise moscow mule cider...7

dominga sour mimosa sour7

alter ego saison6

purple haze fruited wheat lager6

allagash white witbier6

big wave golden ale6

wapatoolie tropical IPA8

space dust IPA7

brooklyn lager amber lager6