

# Session

2973 Shore Drive VB,VA 23451 | 7579041492

## 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**..... **8.5**  
house cold brew, peanut butter, banana, cocoa powder, vanilla, house oat milk

**Digable Plants**..... **8.5**  
carrot, baked sweet potato, pineapple, orange, lemon, house oat milk

**A Tribe Called Quench**..... **8.5**  
mango, pineapple, orange, lime, coconut, vanilla 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**..... **9.5**  
pineapple, banana, spinach, coconut, flaxseed, vanilla greek yogurt

**The Blue Print**..... **9.5**  
blueberry, mango, banana, blue spirulina, house oat milk

**Aqueminis**..... **5**  
for the littles:  
berries+banana | pineapple+banana | banana+cocoa powder

## side pieces

**Garden Salad**..... **4**

**Dijon Cabbage Slaw**..... **3.5**

**Cucumber Salad**..... **3.5**

**Potato Salad**..... **4**

**Root Vegetable Hash**..... **3.5**

**Bacon or Tempeh**..... **4**

**House Turkey Sausage**..... **4**

**Two Eggs Your Way**..... **3.75**

**Toast**..... **2.5**

**Bagel with Cream Cheese**..... **5**

**Chicken Salad (1/2# increments)**..... **10**

## other stuff

**Breads**..... **3.5**

**Croissant | Chocolate Croissant**..... **3|4**

**Muffins**..... **5**

**Cookies**..... **varies**

**Empowered Plant Cakes**..... **8**

**Brownies / Blondies**..... **5**

**The Classic**..... **8.5**

egg, cheese + greens  
choose:  
> plain bagel | everything bagel | croissant | sourdough  
> cheddar | swiss | pepper jack | vegan cheddar / pepper jack +5.0  
> scrambled egg | fried runny | fried hard | vegan just egg +1.5  
> sauce | basil dressing (vegan) | lemon aioli (df) | habanero crema (df)  
gluten free bread or bagel +1 | avocado +1  
house turkey sausage +2 | thicc bacon +2 | tempeh bacon +2.5 | chicken +4.5

**vv Strawberries + Cream French Toast**..... **15**

sourdough, strawberry + vanilla oat milk puree, blueberries, bananas brûlée, chopped walnuts, house blueberry + chia seed jam, powdered sugar, maple syrup  
gluten free bread +1

**cf Breakfast Fried Rice**..... **11**

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

**Breakfast Burrito**..... **11.5**

scrambled eggs, root vegetable hash, greens, cheddar, house pico, gochujang aioli, flour tortilla  
substitute vegan just egg +1.5 | substitute vegan cheddar +5.0 | gluten free wrap +1  
house turkey sausage +2 | thicc bacon +2 | tempeh bacon +2.5 | chicken +4.5

**vv Avocado Sourdough Toast**..... **12**

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

**The Bagelette**..... **11**

an everything bagel with a mushroom, red onion, greens and cheddar omelette ALL UP IN IT  
\*minimum cooking time 15 minutes\*  
substitute vegan just egg +1.5 | substitute vegan cheddar +5.0 | gluten free bagel +1  
house turkey sausage +2 | thicc bacon +2 | tempeh bacon +2.5 | chicken +4.5

**cf Roasted Vegetable Bowl**..... **12**

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

**cf Frittata**..... **9.5**

egg, mushroom, broccoli, red onion, greens, cheddar  
substitute vegan just egg base & vegan cheddar + 2  
house turkey sausage +2 | thicc bacon +2 | tempeh bacon +2.5 | chicken +4.5

**Lox & Cream Cheese Bagel**..... **12**

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

**cf We Can Parfait All Day**..... **9**

greek yogurt, vanilla extract, house granola\*, strawberry, blueberry, banana, manuka honey  
substitute dairy free yogurt +1  
\*contains tree nuts

**HOT BOI**..... **15**

roasted chicken, thicc peppered bacon, swiss, roasted bell peppers, greens, habanero crema, garlic tortilla  
tempeh bacon +2

**Chicken Salad Sandwich**..... **12**

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

**Up in the Club**..... **16**

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

**vv Banh Mi**..... **12**

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

**The Nancy**..... **13.5**

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 | over greens with croutons  
gluten free +1 | bread or wrap  
avocado +1 | thicc bacon +2

**Shroom & Pesto Flatbread**..... **12.5**

roasted crimini mushrooms, house pesto, cherry tomato, greens, goat cheese, hot honey drizzle  
choice of white or whole grain flat bread  
vegan nut cheese +1.5  
house turkey sausage +2 | thicc bacon +2 | tempeh bacon +2.5 | chicken +4.5

**Chicken Florentine Flatbread**..... **14**

roasted chicken, bacon, tomato, greens, basil, mozzarella, parmesan, balsamic reduction  
choice of white or whole grain flat bread

**Avo BLT Salad**..... **13**

mixed greens, cherry tomato, bacon, avocado, green onion, radish, house broccoli sprouts, everything seasoned croutons, basil + chive dressing  
tempeh bacon + 2 | chicken or chicken salad +4.5

**cf/vv Chopped & Screwed**..... **12**

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

**cf The 808**..... **12.50**

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

\*These foods are served raw or undercooked  
\*\*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

# drinks + dranks

## canned cocktails

<b>midnight painkiller</b> .....	<b>8</b>
juneshine hard kombucha   coconut   pineapple   orange   nutmeg	
<b>hopical citrus</b> .....	<b>8</b>
juneshine hard kombucha   orange   pineapple   grapefruit   hops	
<b>grapefruit paloma</b> .....	<b>8</b>
juneshine hard kombucha   grapefruit   lime   green tea	
<b>rum mint mojito</b> .....	<b>9</b>
cut water white rum   lime juice   mint   soda water	
<b>tequila paloma</b> .....	<b>9</b>
cut water tequila   grapefruit juice   soda water	
<b>vodka soda lime</b> .....	<b>9</b>
cut water vodka   lime juice   soda water	
<b>vodka soda cucumber</b> .....	<b>9</b>
cut water vodka   cucumber juice   soda water	
<b>whiskey mule</b> .....	<b>9</b>
cut water bourbon   ginger beer   lime juice   aromatic bitters	

## wine & champagne



<b>mimosa   mimosa flights</b> .....	<b>6   15</b>
ask what juices we have today!	
<b>los monteros cava</b> .....	<b>6   22</b>
Catalonia, Spain / fine bubbles, fruity, dry	
<b>prochaine chardonnay</b> .....	<b>7   26</b>
Languedoc-Roussillon, France / unoaked, light acidity, creamy	
<b>three brooms sauvignon blanc</b> .....	<b>8   30</b>
Marlborough, New Zealand / single vineyard, luscious, minerality	
<b>ataliva malbec</b> .....	<b>7   26</b>
Mendoza, Argentina / dark fruit, well balanced, structured	
<b>les volets pinot noir</b> .....	<b>8   30</b>
Languedoc-Roussillon, France / dark fruit, well balanced, structured	
<b>olivares jumilla rosado</b> .....	<b>7   26</b>
Murcia, Spain / vibrant, juicy, crushable	
<b>w.v.v. whole cluster rose</b> .....	<b>11   42</b>
Willamette Valley, Oregon / dark cherry, floral, bright	

## non-alcoholic

<b>coffee</b> .....	<b>3</b>
<b>house cold brew</b> .....	<b>5</b>
<b>spindrifft</b> .....	<b>3</b>
<b>olipop</b> .....	<b>4.5</b>
<b>iced tea</b> .....	<b>3</b>
<b>hot tea</b> .....	<b>3.5</b>
<b>bottled water</b> .....	<b>3</b>

## beer

<b>narragansett light lager</b> .....	<b>4</b>
<b>buenaveza salt &amp; lime lager</b> .....	<b>6</b>
<b>birds of paradise moscow mule cider</b> .....	<b>7</b>
<b>dominga sour mimosa sour</b> .....	<b>7</b>
<b>alter ego saison</b> .....	<b>6</b>
<b>purple haze fruited wheat lager</b> .....	<b>6</b>
<b>allagash white witbier</b> .....	<b>6</b>
<b>big wave golden ale</b> .....	<b>6</b>
<b>wapatoolie tropical IPA</b> .....	<b>8</b>
<b>space dust IPA</b> .....	<b>7</b>
<b>brooklyn lager amber lager</b> .....	<b>6</b>