

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 +50
> 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

French Toast..... **15**

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

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

brown rice, broccoli, carrot, sweet onion, scrambled eggs, pickled red onion, 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 +50 | gluten free wrap +1
house turkey sausage +2 | thicc bacon +2 | tempeh bacon +2.5 | chicken +4.5

Avocado Sourdough Toast..... **13**

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 +50 | gluten free bagel +1
house turkey sausage +2 | thicc bacon +2 | tempeh bacon +2.5 | chicken +4.5

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

Frittata..... **9.5**

egg, broccoli, crimini mushroom, red onion, greens, dill, garlic, cheddar
no modifications
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

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 flour tortilla
gluten free wrap +1 | tempeh bacon +2 | avocado +1

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

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

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

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

Chopped & Screwed..... **12**

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

The 808..... **12.5**

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

drinks + dranks

canned cocktails

midnight painkiller	8
juneshine hard kombucha coconut pineapple orange nutmeg	
hopical citrus	8
juneshine hard kombucha orange pineapple grapefruit hops	
grapefruit paloma	8
juneshine hard kombucha grapefruit lime green tea	
rum mint mojito	9
cut water white rum lime juice mint soda water	
tequila paloma	9
cut water tequila grapefruit juice soda water	
vodka soda lime	9
cut water vodka lime juice soda water	
vodka soda cucumber	9
cut water vodka cucumber juice soda water	
whiskey mule	9
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	
ataliva malbec	7 26
Mendoza, Argentina / dark fruit, well balanced, structured	
les volets pinot noir	8 30
Languedoc-Roussillon, France / dark fruit, well balanced, structured	
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	

non-alcoholic

coffee	3
house cold brew	5
spindrifft	3
olipop	4.5
iced tea	3
hot tea	3.5
bottled water	3

beer

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