

Session

2973 Shore Drive VB, VA 23451 757-904-1492

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*..... 9
- Vegan Parfait*..... 10
- Garden Salad..... 5
- 1/2lb Chicken Salad..... 10
- Dijon Cabbage Slaw..... 4
- Chips..... 3

*contains tree nuts



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

I N A B R E A K F A S T M O O D

BREAKFAST FRIED RICE 12 VIGF

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
house turkey sausage, thicc bacon or tempeh bacon +2.5

BREAKFAST BURRITO 13 V

three scrambled eggs, root vegetable hash, arugula, cheddar, house pico, gochujang aioli, flour tortilla

'just egg' +2 | sub vegan cheddar +5.0 | chicken +4.5
house turkey sausage, thicc bacon or tempeh bacon +2.5
gluten free wrap +1 | avocado +2.5

YOUR DADS GO TO 13

two eggs of your choice, bacon or turkey sausage, root vegetable hash or crispy potatoes, bagel, croissant or sourdough toast with greens

gluten free bread or bagel +1 | tempeh bacon +2 | 'just egg' +2

CAPRESE OMELETTE 14 VIGF

three egg omelette with pesto, mozzarella, tomato, basil + balsamic glaze

avocado +2.5 | chicken +4.5
house turkey sausage, thicc bacon or tempeh bacon +2.5

ROASTED VEG BOWL 13 VIGF

broccoli, root vegetable hash, arugula, apple, choice of egg, pickled red onion, scallion, basil + chive dressing

scrambled | runny | medium | hard | 'just egg' +2 | chicken +4.5
house turkey sausage, thicc bacon or tempeh bacon +2.5

THE CLASSIC 10 VIGF

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 (w) | lemon aioli | habanero crema
gluten free bread +1 or bagel +2 | avocado +2.5 | chicken +4.5
house turkey sausage, thicc bacon or tempeh bacon +2.5

FRITTATA 11 VIGF

egg, broccoli, crimini mushroom, red onion, spinach, dill, garlic, cheddar, served with house pico

'no modifications' | chicken +4.5
house turkey sausage, thicc bacon or tempeh bacon +2.5

BELGIUM WAFFLE 10 VV

belgium style waffle served with fresh blueberry, strawberry + banana slices topped with sliced almonds, powdered sugar and syrup

house turkey sausage, thicc bacon or tempeh bacon +2.5

THE HERBIE 13 VIGF

herb crispy potatoes, arugula, choice of egg, chili crunch, pickled red onion, scallion, shaved parmesan, herb aioli + ginger herb coulis

'just egg' +2 | nooch +1 | avocado +2.5 | chicken +4.5
house turkey sausage, thicc bacon or tempeh bacon +2.5

LOX BAGEL 16

smoked salmon, scallion cream cheese, cucumber slices, red onion, dill, capers, everything seasoning, lemon, on your choice of bagel

choose: plain bagel | everything bagel | gluten free bagel +2
avocado +2.5

AVOCADO TOAST 14 VV

avocado, pickled red onion, carrot ribbons, radish, parsley, everything seasoning, basil + chive dressing on toasted sourdough

scrambled +2 | runny, medium, hard +1 | 'just egg' +2.5
gluten free bread +1

SAMOA COOKIE OATMEAL BAR 9 VVIGF

oats, dark chocolate chips, shredded coconut, peanut butter, almond milk, banana, flax seed, house caramel, dark chocolate drizzle

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 12 VV

duxelles, roasted mushrooms, pickled carrot, pickled red onion, jalapeño, cilantro, vegan gochujang aioli, ciabatta roll

thicc bacon or tempeh bacon +2.5 | chicken +4.5
gluten free bread +1 | over greens +1 | avocado +2.5

AVO BLT SALAD 14

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 12

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 14

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 VVIGF

warm butternut + acorn squash, kale + mixed greens, quinoa crunch, pickled beet, 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 | flour tortilla wrap
gluten free bread or wrap +1 | over greens +1
avocado +2.5 | thicc bacon +2.5

BONITA APPLEBUM 12 GF

honey crisp apple, spiced chopped nuts, shaved brussel sprout, arugula, thyme goat cheese crumble, chipotle maple vinaigrette

thicc bacon or tempeh bacon +2.5
chicken or chicken salad +4.5

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

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

THE BLUE PRINT..... 9
blueberry, mango, banana, blue spirulina,
house oat milk

for the little ones

AQUEMINIS..... 5

- berries+banana
- pineapple+banana
- banana+cocoa powder+honey

COCKTAILS

BLOODY MARY..... 9
tito's, zing zang, old bay rim - doesn't miss

SCREWDRIVER..... 9
tito's, fresh squeezed orange juice

GREYHOUND..... 10
tito's, fresh squeezed grapefruit juice

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

MULE..... 10
tito's 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 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

drinks + dranks

NON-ALCOHOLIC

coffee..... 3

house cold brew..... 5

spindrifft..... 3

hot tea..... 3

iced tea..... 3

BEER

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