

Session

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

SIDE PIECES

- House Turkey Sausage.....4
- Bacon / Tempeh.....4
- Root Vegetable Hash.....4.5
- Herbed Crispy Potatoes...4.5
- Two Eggs Your Way.....3.75
- Toast.....3
- Fruit.....4
- Bagel + Cream Cheese.....5
- Fruit + Granola Parfait*.....9
- Vegan Parfait*.....10
- Garden Salad.....5
- 1/2# Chicken Salad.....10
- Dijon Cabbage Slaw.....3.5
- Chips.....2.5

*contains tree nuts



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

BREAKFAST FRIED RICE 12 V|GF
brown rice, broccoli, carrot, sweet onion, two scrambled eggs, pickled red onion, scallion, gochujang aioli
'just egg' +1.5 | fried egg +1 | 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, greens, cheddar, house pico, gochujang aioli, flour tortilla
'just egg' +1.5 | sub vegan cheddar +.50 | chicken +4.5 | house turkey sausage, thicc bacon or tempeh bacon +2.5 | gluten free wrap +1

YOUR DADS GO TO 13
two eggs of your choice, bacon or turkey sausage, root vegetable hash or crispy potatoes, bagel or croissant or sourdough toast with greens
'just egg' +1.5 | tempeh bacon +2 | gluten free bread +1

OMELETTE MP V
three egg omelette of the day
egg whites +2 | chicken +4.5 | house turkey sausage, thicc bacon or tempeh bacon +2.5

HOT BOI 15
roasted chicken, thicc peppered bacon, swiss, roasted bell peppers, greens, habanero crema, garlic flour tortilla
'gluten free wrap +1 | sub tempeh bacon +2 | avocado +2.5 | 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, french baguette
thicc bacon + 2.5 | tempeh bacon +2.5 | gluten free +1 | bread or over greens

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

everything served all day!

ROASTED VEG BOWL 13 V|GF
broccoli, root vegetable hash, greens, apple, egg of your choice, pickled red onion, scallion, basil + chive dressing
scrambled | runny | medium | hard | *'just egg' +1.5 | chicken +4.5 | house turkey sausage, thicc bacon or tempeh bacon +2.5*

THE CLASSIC 9 V|GF
a customizable breakfast sandwich
choose: plain bagel | everything bagel | croissant | sourdough
choose: scrambled | runny | medium | hard | *'just egg' +1.5*
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 10 V|GF
egg, broccoli, crimini mushroom, red onion, spinach, dill, garlic, cheddar and swiss cheeses
'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 warm maple syrup
house turkey sausage, thicc bacon or tempeh bacon +2.5

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 +2.5 | thicc bacon +2.5

THE NANCY 13
thicc cut turkey, swiss, dijon cabbage slaw, red onion, tangy russian dressing, torched sourdough
thicc bacon +2.5 | gluten free bread +1

MANNIE FRESH 12 VV|GF
mandarin orange, french beans, red cabbage, pickled carrot, crispy black sesame chick peas, mixed greens, sesame ginger dressing
thicc bacon or tempeh bacon +2.5 | chicken or chicken salad +4.5

THE HERBIE 12 V|GF
herb crispy potatoes, arugula, chili crunch egg of choice, pickled red onion, scallion, shaved parmesan, herb aioli + ginger herb coulis
'just egg' +1.5 | nooch +1 | avocado +2.5 | chicken +4.5 | house turkey sausage, thicc bacon or tempeh bacon +2.5

LOX BAGEL 16
lox, 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 TOAST 13 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' +1.5 | gluten free bread +1*

OATMEAL BAR 9 VV|GF
baked oatmeal bar of the day
may contain nuts or tree nuts

UP IN THE CLUB 16
chicken salad, thick cut turkey, thicc bacon, mozzarella, tomato, basil + arugula + cashew pesto, greens, torched sourdough
gluten free bread +1 | avocado +2.5

CHICKEN CAES' 14
roasted chicken, greens, cucumber, house broccoli sprouts, parmesan, house caesar
choose: sourdough | flour tortilla wrap
gluten free +1 | bread, wrap, over greens
avocado +2.5 | thicc bacon +2.5

THE SWEETER THE JUICE 13 GF
blackberries, blueberries, sliced strawberries, candied nuts, arugula, mixed greens, basil, thyme goat cheese balls, lemon vinaigrette
thicc bacon or tempeh bacon +2.5 | chicken or chicken salad +4.5

F E E L I N ' M O R E L I K E L U N C H

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

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

drinks + dranks

NON-ALCOHOLIC

coffee.....3

house cold brew.....5

spindrifft.....3

hot tea.....3

iced tea.....3

BEER + HARD KOMBUCHA

narragansett light lager4

buenaveza salt & lime lager5

purple haze fruited wheat lager5

allagash white witbier5

big wave golden ale5

wapatoolie tropical IPA7

midnight painkiller.....7

kombucha | coconut | pineapple | orange | nutmeg