

Session

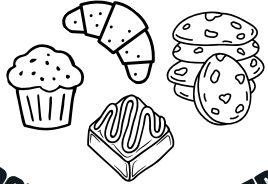
2973 Shore Drive VB, VA 23451 757-904-1492
everything served all day!

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*.....6
- Vegan Parfait*.....7
- Garden Salad.....5
- 1/2# Chicken Salad.....10
- Dijon Cabbage Slaw.....3.5
- Chips.....2.5

*contains tree nuts

ASK ABOUT OUR



PASTRIES + DESSERTS

SMOOTHIES
+ BEVS!

V|GF BREAKFAST FRIED RICE¹²

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 +2.5
house turkey sausage +2 | thicc bacon +2.5 | tempeh bacon +2.5 | chicken +4.5

V|GF THE HERBIE¹²

garlic herb crispy potatoes on a bed of arugula topped
with a chili crunch egg, pickled red onion, scallion, shaved
parmesan, citrus herb aioli + a dollop of ginger herb coulis

sub vegan just egg +1.5 | sub nooch for parm +1 | add avocado +2.5
house turkey sausage +2 | thicc bacon +2.5 | tempeh bacon +2.5 | chicken +4.5

V|GF ROASTED VEG BOWL¹²

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 +2.5 | tempeh bacon +2.5 | chicken +4.5

VV BELGIUM WAFFLE¹⁰

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

turkey sausage +2 | thicc bacon +2.5 | tempeh +2.5

THE CLASSIC⁹

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

V 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 +2.5 | tempeh bacon +2.5 | chicken +4.5

ALL ITEMS SERVED WITH GREENS
SUB ROOT VEGETABLE CHIPS \$1

V|GF FRITTATA¹⁰

eggs, broccoli, crimini mushroom,
red onion, spinach, dill, garlic,
cheddar and swiss cheeses

no modifications

house turkey sausage +2 | thicc bacon +2.5 | tempeh bacon +2.5 | chicken +4.5

LOX BAGEL¹⁵

lox, scallion cream cheese,
cucumber slices, red onion, dill,
capers, everything seasoning

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

VV AVOCADO TOAST¹²

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 BOI¹⁵

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

CHICKEN SALAD SAMMY¹²

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

UP IN THE CLUB¹⁶

chicken salad, turkey, thicc bacon,
mozzarella, tomato, arugula + cashew
pesto, greens, torched sourdough
gluten free bread +1 | avocado +2.5

VV VEGGIE BANH MI¹²

duxelles, roasted crimini mushrooms, pickled
carrot, pickled red onion, jalapeño slices, cilantro,
vegan gochujang aioli, sesame baguette

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

THE NANCY¹³

thicc cut turkey, swiss, dijon
cabbage slaw, red onion,
tangy russian dressing,
torched sourdough

thicc bacon +2.5 | gluten free bread +1

CHICKEN CAES'¹³

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

AVO BLT SALAD¹⁴

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 IT'S BUTTER BABY!¹³

warm butternut squash + broccoli,
sun dried tomato wild rice, mixed
greens, pickled red onion, pistachios,
roasted garlic vinaigrette
thicc bacon +2.5 | tempeh bacon +2.5 | chicken or chicken salad +4.5

GF THIS THAT GREYPOUPON¹²

arugula, roasted beets, apple slices
goat cheese crumble, cayenne spiced
dijon walnuts, green onion, honey dijon
vinaigrette
thicc bacon +2.5 | tempeh bacon +2.5 | chicken or chicken salad +4.5

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

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

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