

Session

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

SIDE PIECES

House Turkey Sausage.....	4
Bacon / Tempeh.....	5/4
Root Vegetable Hash.....	4.5
Two Eggs Your Way.....	3.75
Toast.....	3
Fruit.....	4
Bagel + Cream Cheese.....	5
Fruit + Granola Parfait*.....	6
Vegan Parfait*.....	7
1/2# Chicken Salad.....	10
Brussel Sprouts.....	4
Garden Salad.....	4
Dijon Cabbage Slaw.....	3.5
Chips.....	2.5

*contains tree nuts

CF BREAKFAST FRIED RICE ¹¹

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

VV PUMPKIN FRENCH TOAST ¹⁵

sourdough, organic pumpkin, roasted almonds, candied pepitas, baked honey crisp apples, powdered sugar + warm maple syrup
gluten free bread +1

CF ROASTED VEG BOWL ¹²

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

THE CLASSIC ^{8.5}

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

CF FRITTATA ^{9.5}

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

HOT BOI ¹⁴

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

VV VEGGIE BANH MI ¹¹

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

CHICKEN FLORENTINE FLATBREAD ¹⁵

roasted chicken, thicc bacon, tomato, greens, basil, mozzarella, parmesan, balsamic reduction
sub tempeh bacon +2 | sub vegan cheese +1.5

AVO BLT SALAD ^{13.5}

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

SERVED WITH GREENS | ROOT VEGETABLE CHIPS \$1

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

THE BAGELETTE ¹²

an everything bagel with a mushroom, red onion, greens and cheddar omelette ALL UP IN IT
minimum cooking time 15 minutes
sub vegan just egg +1.5 | sub vegan cheddar +.50 | gluten free bagel +1
house turkey sausage +2 | thicc bacon +2.5 | tempeh bacon +2.5 | chicken +4.5

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 | 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

LOX BAGEL ¹³

lox, scallion cream cheese, cucumber slices, red onion, dill, capers, everything seasoning
choose: plain bagel | everything bagel | gluten free bagel +2

VV AVOCADO TOAST ¹²

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

UP IN THE CLUB ¹⁶

chicken salad, turkey, thicc bacon, mozzarella, tomato, arugula + cashew pesto, greens, torched sourdough
gluten free bread +1 | avocado +2

CHICKEN CAES' ^{12.5}

roasted chicken, greens, cucumber, house broccoli sprouts, parmesan, house caesar
choose: sourdough | flour tortilla wrap
gluten free +1 | bread, wrap, over greens
avocado +2 | thicc bacon +2.5

V|VV THE BB FLATBREAD ¹³

garlic roasted brussels sprouts + beets, sweet onion, arugula, goat cheese, pickled carrots, parsley, chopped walnuts, herb citrus aioli
sub hummus for vegan | house turkey sausage +2 | thicc bacon +2.5 | tempeh bacon +2.5 | chicken +4.5

GF/VV IT'S BUTTER BABY! ¹³

mixed greens, roasted butternut squash + broccoli, shaved brussels sprouts, pickled red onion, sliced almonds, sprouts, roasted garlic vinaigrette
thicc bacon +2.5 | tempeh bacon +2.5 | chicken or chicken salad +4.5

GF THE FALL BACK ¹²

arugula, honey crisp apple, candied cayenne pecans + pepitas, hemp seeds, everything goat cheese balls, apple cider vinaigrette
thicc bacon +2.5 | tempeh bacon +2.5 | chicken or chicken salad +4.5



SMOOTHIES
+ BEVS!

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

CANNED COCKTAILS

midnight painkiller.....7

juneshine hard kombucha | coconut
pineapple | orange | nutmeg

hropical citrus.....7

juneshine hard kombucha | orange
pineapple | grapefruit | hops

grapefruit paloma.....7

juneshine hard kombucha | grapefruit
lime | green tea

tequila soda lime.....8

cut water tequila | lime juice | soda water

tequila paloma.....8

cut water tequila | grapefruit juice | soda water

vodka soda lime.....8

cut water vodka | lime juice | soda water

rum mint mojito.....8

cut water rum | lime juice
mint | soda water

whiskey mule.....8

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

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

olipop.....4.5

iced tea.....3

bottled water.....3

BEER

narragansett light lager4

buenaveza salt & lime lager6

birds of paradise moscow mule cider...7

dominga sour mimosa sour7

alter ego saison6

purple haze fruited wheat lager6

allagash white witbier6

big wave golden ale6

wapatoolie tropical IPA8

space dust IPA7

brooklyn lager amber lager6