



215 67th Street VB, VA 23451 757-457-7105

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
Macaroni Salad.....	4
Potato Salad.....	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

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

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' +2 | fried egg +1.5 | avocado +2.5 | chicken +4.5
house turkey sausage, thicc bacon or tempeh bacon +2.5
salmon +6

BREAKFAST BURRITO

13
V

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

'just egg' +2 | sub vegan cheddar +50 | 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

ROASTED VEG BOWL

13
V|GF

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
salmon +6

THE CLASSIC

10
V|GF

a customizable breakfast sandwich

choose: plain bagel | everything bagel | croissant | sourdough
choose: cheddar | swiss | pepper jack | vegan cheddar +50
choose: scrambled | runny | medium | hard | 'just egg' +2
choose: basil dressing (vv) | gochujang 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
V|GF

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

THE HERBIE

13
V|GF

herbed 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
salmon +6

*contains peanuts

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

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
salmon +6

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
VV|GF

warm butternut squash, kale + mixed greens, quinoa crunch, pickled beet slices, chopped pumpkin seeds, parsley, roasted garlic dijon vinaigrette

thicc bacon or tempeh bacon +2.5
chicken or chicken salad +4.5 | salmon +6

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, arugula, shaved brussels sprout, spiced chopped pecans, pomegranate seeds, thyme goat cheese crumble, orange maple vinaigrette

thicc bacon or tempeh bacon +2.5
chicken or chicken salad +4.5 | salmon +6

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,
unsweetened almond milk

C.R.E.A.M...... 8
house cold brew, peanut butter, banana,
cocoa powder, unsweetened almond milk

DIGABLE PLANTS..... 8
carrot, baked sweet potato, pineapple,
orange, lemon, unsweetened almond
milk

A TRIBE CALLED QUENCH.... 8
mango, pineapple, orange, lime, coconut,
greek yogurt

JURASSIC FRUIT..... 9
dragon fruit, banana, peach, red beet, lime,
unsweetened almond milk

GING' + JUICE..... 9
ginger, mango, strawberry, lemon, cayenne
pepper, unsweetened almond milk

MONEY GREEN LEATHER SOFA... 9
pineapple, banana, spinach, coconut,
flaxseed, greek yogurt

THE BLUE PRINT..... 9
blueberry, mango, banana, blue spirulina,
unsweetened almond milk

for the little ones

AQUEMINIS..... 5
• berries, banana, unsweetened almond milk
• pineapple, banana, unsweetened almond milk
• banana, cocoa powder, honey, unsweetened
almond milk

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

BEER

narragansett light lager4

buenaveza salt & lime lager5

allagash white witbier5

big wave golden ale5

wapatoolie tropical IPA7

CHAMPAGNE



mimosa | mimosa flights.....6|15
ask what juices we have today!

los monteros cava.....6|22
Catalonia, Spain / fine bubbles, fruity, dry

drinks + dranks

COFFEE + CO.

drip coffee 3

cold brew 5

espresso 3

cortado 3.5

cappuccino 4

latte 5

signature latte 6

americano 4

green juice 9

immunity shot 5

fresh squeeze orange juice 4.5

fresh squeezed grapefruit juice 4

unsweet peach iced tea 3

hot tea 3