Seaside Breakfast

Proudly Serving Cage-Free Eggs.

baked fresh

House-Made Cinnamon Roll 8
cream cheese icing, *1009 calories* V

Banana Nut Muffin 4
151 calories V

Blueberry Oat Muffin 4
370 calories V

from the farm

Served with Tri-Color Breakfast Potatoes and Choice of Meat

***All-American Breakfast 21**
two eggs any style, choice of toast, includes juice and coffee, *1080 calories* V

Western Omelet 17
ham, peppers, onions, bell peppers, shredded cheddar, salsa fresca, *783 calories*

Three-Meat Omelet 18
pork bacon, pork sausage, ham, shredded cheddar, *894 calories*

Veggie Egg White Omelet 17
tomatoes, mushrooms, onions, bell peppers, spinach, goat cheese, *669 calories* V

Build Your Own Omelet 19
choose from: sugar ham, applewood bacon, turkey bacon, pork sausage, chicken sausage, jalapenos, onions, bell peppers, tomatoes, mushrooms, spinach, kale, cheddar cheese, swiss cheese, goat cheese

signature breakfast bowls

The Anti-Oxi Bowl 14
acai, banana, strawberries, blackberries, blueberries, greek yogurt, house-made granola, *364 calories* V

Fresh Berries and Superfood Granola Bowl 14
greek yogurt, fresh berries, house-made superfood granola, *328 calories* V

***Avocado Bowl 17**
turkey bacon, tri-color breakfast potatoes, spinach, roasted tomatoes, goat cheese, sunny up egg, everything bagel seasoning, *568 calories*

Coastal Virginia Shrimp and Grit Bowl 25
savory sweet potato and kale stone ground grits, bell peppers, onions, tomato and jalapeño relish, *598 calories* GF, DF, K

Good Start Oatmeal Bowl 14
steel cut oatmeal, fresh berries, banana, choice of toast, includes juice and coffee, *221 calories* V

house specialties

***Classic Eggs Benedict 19**
toasted english muffin, canadian bacon, two soft poached eggs, holladaise, roasted tomatoes, tri-color breakfast potatoes, *1247 calories*

Avocado Toast 12
grilled multigrain, smashed avocado, pickled red onion, crumbled goat cheese, roasted tomatoes, micro greens, *482 calories* V

Berries and Bananas Smoothie Bowl 17
berrylicious smoothie, sliced banana, strawberries, blackberries, blueberries, tulu superfoods granola, toasted coconut, 450 *calories* GF, DF, K, V

Broken Yolk Sandwich 16
choice of bread, two over hard eggs, applewood bacon, cheddar cheese, tri-color potatoes, *811 calories* V

Veggie Egg White Frittata 17
spinach, mushrooms, tomato, avocado, swiss cheese, tri-color breakfast potatoes, *776 calories* V

from the griddle

Served with Fresh Berries and Choice of Breakfast Meat

Buttermilk Pancakes 14
1145 calories V

Belgian Waffle 15
1188 calories V

Tulu Crunchy French Toast 18
1382 calories V

etc.

Oatmeal, Brown Sugar, Raisins, Oat Milk 8 V
Cereal with Choice of Milk 5 V
Applewood Smoked Pork Bacon 5 GF
Turkey Bacon 5 GF
Country Pork Sausage 5 GF
Apple Chicken Sausage 5 GF
Tulu Breakfast Potatoes 3 V
Toast with Whipped Butter 3 V
Toasted Bagel and Cream Cheese 6 V
***Add a Cage-Free Egg 4** GF, V
Side Pancake 5 V
Fruit and Berry Bowl 6 GF, V

GF = Gluten-Free, V=Vegetarian, DF=Dairy-Free, K=Keto
For parties of 6 or more, a standard 20% tip has been applied for your convenience. You may add an additional tip or adjust at your discretion. All parties of 10 or more will receive one check at completion of the meal to ensure quality and timely service for our guests. *Consuming raw or undercooked meats, fish, shellfish or fresh shell eggs may increase your risk of foodborne illness, especially if you have certain medical conditions. If you have any concerns regarding food allergies, please alert your server prior to ordering. Revised 2/19/2026.

TULU SEASIDE BAR & GRILL

morning. morning. morning. morning. morning. morning. morning. morning. **good morning.** morning. morning.