# 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  $\,\mathbf{V}\,$ 

#### 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,  $669\ calories\ {
m V}$ 

#### 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  $\,{
m V}\,$ 

# 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

<sup>\*20%</sup> Gratuity is added to all parties of 6 or more.

<sup>\*</sup>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.