

SMOOTHIES 10

BERRYLICIOUS GF,V

strawberry, blueberry, blackberry, raspberry, orange, almond milk, chia seeds, 218 calories

VB GREEN GODDESS V

avocado, spinach, dates, chia seeds, lemon, banana, pineapple, coconut milk, oat milk, 369 calories

TROPICAL OASIS V

banana, mango, pineapple, orange, coconut milk, oat milk, 345 calories

BANANA, BLUEBERRY, PEANUT BUTTER GF,V

banana, blueberry, peanut butter, whey protein, almond milk, 345 calories

ACAI AND STRAWBERRY GF,V

acai, strawberry, banana, almond milk, 249 calories

WATERMELON PEACH GF,V,DF

watermelon juice, peaches, almond milk, chia seeds 453 calories

ADD A BOOST

“Pump Up” Whey Protein \$2 140 calories GF,V

Green Superfood Powder \$2 30 calories GF,V

Organic Cocoa \$1 60 calories GF,V

COLD PRESSED JUICES

WAKE UP CALL 12

apple, lemon, ginger, cayenne pepper

PURE WATERMELON 12

watermelon, lemon

PURE GREENS 12

kale, spinach, cucumber, celery, zucchini, romaine

GOLDEN GIRL 12

pineapple, carrot, ginger, turmeric, lemon

COCONUT HYDRATE 12

TURMERIC AND TONIC SHOT 6

turmeric, carrot, pineapple, lemon, ginger, black pepper

IMMUNITY SHOT 6 100% ginger

BLUE BIOTIC SHOT 6

agave, ginger, lemon, blue algae, probiotic bacillus coagulans gbi-30 6086

BEVERAGES

Pepsi \$4 200 calories

Diet Pepsi \$4 0 Calories

Sierra Mist \$4 150 calories

Sweet Tea \$4 160 Calories

Unsweetened Iced Tea \$4 0 Calories

Milk \$4

Voss or Aquafina Bottled Water \$5
(Still) 0 calories

Voss or Aquafina Bottled Water \$5
(Sparkling), 0 calories

Apple Juice \$5

Orange Juice \$6

COASTAL CLASSIC COCKTAILS: CRUSHES, MOJITOS, MARGARITAS & MULES

VIRGINIA BEACH ORANGE CRUSH 12

orange vodka, fresh hand-pressed oranges, triple sec, lemon-lime soda

BLUEBERRY LEMONADE CRUSH 15

van gogh açai blueberry vodka, orange curaçao, lemon elixir, citrus bubbles

STRAWBERRY LEMON MOJITO 16

bacardi superior, macerated strawberry, muddled mint, hand-pressed lime

PRICKLY PEAR CACTUS MARGARITA 17

espolon blanco tequila, prickly pear nectar, orange curaçao, agave

JALAPEÑO MARGARITA 16

1800 blanco tequila, muddled jalapeño, cointreau, agave nectar, sun-kissed citrus

LAVENDER MARGARITA 17

lavender infused espolon reposado, lavender honey, grand marnier, hand-pressed lime

CHERRY BLACKBERRY MULE 16

effen black cherry vodka, muddled blackberry, hand-pressed lime, ginger beer floater

TARNISHED TRUTH INSPIRATIONS

AVA MULE 16

ava vodka, ginger beer, lime juice

TARNISHED TRUTH HIGH RYE MULE 25

tarnished truth 3yr high rye bourbon, ginger beer, lime juice

MISSING BELL 16

fourth handle gin, st. germain, lemon juice, honey syrup, lemon garnish

LAVENDER LEMON DROP 14

ava vodka, lavender syrup, lemon juice, lemon sugar rim

FRENCH 77 16

fourth handle gin, st. germain, champagne, lemon

ESPRESSO MARTINI 16

vanilla infused ava vodka, belle isle coffee liquor, espresso, kahlua

BEER, CIDER, CANNED COCKTAILS

Miller Lite 8

Budweiser 8

Heineken 10

Corona Extra 10

Bud Light 8

Wasserhund Unleashed 9

Kona Big Wave Golden Ale 8

Heineken 0 (NA) 8

Slyclyde Submersive (VA) 12

Back Bay Orange Crush IPA (VA) 8

Boysenberry Gose (VA) 9

Mango Cart (VA) 9

New Realm Hazy Like a Fox (VA) 9

COASTAL COCKTAILS

by Tarnished Truth Distillery

WINES BY THE GLASS

CHAMPAGNE & SPARKLING

CHARLES LE BEL BY BILLECART-SALMON, INSPIRATION ‘1818’ 28
Mareuil-sur-ay, FR

MARSURET, PROSECCO DOCG VALDOBBIADENE 14
Veneto, IT 14

AYNI, BRUT ROSÉ NATURE 15
Paraje Altamira, Uco Valley, AR

ELVIO TINTERO, ‘SORI GRAMELA’, MOSCATO D’ASTI 13
Piedmont, IT

WHITES

BODEGAS EMILIO MORO, ‘POLVORETE’, GODELLO 15
Bierzo, SP

CANTINA MESA, ‘GIUNCO’, VERMENTINO 16
Veneto, IT

TORRE DI LUNA, PINOT GRIGIO 14
della Venezia, IT

ST. CLAIR FAMILY ESTATES, SAUVIGNON BLANC 14
Marlborough, NZ

CAVE DE LUGNY, ‘LA CARTE’, MACON-LUGNY 14
Maconnaise, FR

PANTHERA BY HESS COLLECTION, CHARDONNAY 18
Russian River Valley, CA

ROSÉ

CHATEAU D’ESCLANS, ‘WHISPERING ANGEL’ 16
Côte du Provence, FR

REDS

DELILLE CELLARS, ‘METIER’, CABERNET SAUVIGNON 14
Columbia Valley, WA

OCTOPODA, CABERNET SAUVIGNON 18
Napa Valley, CA

TENTADORA, MALBEC 12
Cafayate, Mendoza, AR

BLOCK NINE, ‘CAIDEN’S VINEYARDS’, PINOT NOIR 15
Sonoma County, CA

DEPARTMENT 66, ‘THE OTHERS’, GRENACHE 16
IGP Cotes Catalanes, FR

SELLA ANTICA 12
Toscana IGT



• ROOM SERVICE •

• RESTAURANT TAKEOUT •

• PICK-UP •

TO PLACE AN ORDER:



Tulu Seaside Bar & Grill

4201 Atlantic Avenue, Virginia Beach, VA 23451

Inside the Marriott Resort • www.TuluVB.com

Room Service and 42 Ocean deliveries will have a \$3.00 delivery charge.
All transactions will have 20% gratuity added.

BREAKFAST 7AM - 11AM

FROM THE FARM

Served with Tri-Color Breakfast Potatoes and Choice of Meat

*ALL-AMERICAN BREAKFAST 21 **V**
two eggs any style, choice of toast, includes juice and coffee, 951 calories

WESTERN OMELET 17
ham, peppers, onions, bell peppers,
shredded cheddar, salsa fresca, 759 calories

THREE-MEAT OMELET 18
pork bacon, pork sausage, ham, shredded cheddar, 841 calories

VEGGIE EGG WHITE OMELET 17 **V**
tomatoes, mushrooms, onions, bell peppers,
spinach, goat cheese, 426 calories

HOUSE SPECIALTIES

AVOCADO TOAST 12 **V**
grilled multigrain, smashed avocado, pickled shallot,
crumbled goat cheese, roasted tomatoes, micro greens, 698 calories

BROKEN YOLK SANDWICH 16 **V**
choice of bread, two over hard eggs, applewood bacon,
cheddar cheese, tri-color potatoes, 803 calories

ETC.

Oatmeal, Brown Sugar, Raisins, Oat Milk \$8 **V**
House-Made Cinnamon Roll \$8 **V**
Banana Nut Muffin \$4 **V**
Blueberry Oat Muffin \$4 **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**



ALL DAY MENU, BEGINNING 11AM

STARTERS

TULU HUMMUS PLATTER 16 **V,DF,K**
traditional hummus, grilled pita bread, marinated chickpeas, baby heirloom
tomatoes, roasted red peppers, pickled cucumbers, roasted garlic cloves,
roasted mushrooms, baby carrots, celery batons, 348 calories

TULU STYLE SPINACH ARTICHOKE DIP 13 **V**
grilled pita, baby carrot, endive, snow peas, radish, 324 calories

ZA'ATAR SPICED LAMB MEATBALL 17
marinated cucumber relish, lemon scented yogurt, pesto, 724 calories

TUNA POKE TOSTADA 16 **K**
crisp corn tortilla, avocado, charred pineapple, wakame,
toasted sesame seeds, ginger soy dressing, wasabi crema, 279 calories

SOUPS, SALADS, & BOWLS

TUSCAN WHITE BEAN AND KALE SOUP 10 **V,GF,DF,K**
cannellini beans, kale, tomatoes, 394 calories

COCONUT CURRY CHICKEN AND BROWN RICE SOUP 12 **GF**
slow poached chicken, brown rice, thai yellow curry, 520 calories

GARDEN GREENS 11 **V,GF,DF,K**
spring mix, arugula, cucumber, baby heirloom tomatoes, radish, snow peas,
endive, sunflower seeds, apple cider vinaigrette, 392 calories

VEGAN KALE CAESAR 13 **V,K**
chopped kale, flaked nutritional yeast, baby heirloom tomatoes, ciabatta
croutons, vegan almond caesar dressing, 290 calories

THE WEDGE 14 **V,K**
crisp iceberg, baby heirloom tomatoes, gorgonzola cheese, avocado, turkey
bacon, creamy balsamic dressing, 494 calories

BERRY AND ARUGULA SALAD 16 **V,GF**
baby arugula, strawberries, blueberries, blackberries, orange segments,
shaved fennel, pickled onions, feta cheese, orange poppyseed vinaigrette, 443 calories

SUPERFOODS 17 **V,GF,K**
chopped kale, quinoa tabbouleh, edamame, blueberries,
grapes, dried cherries, feta, sunflower seeds, walnuts,
yogurt orange poppyseed dressing, 495 calories

TOPPERS
6oz Chicken Breast \$8, 276 calories
Grilled Shrimp \$12, 70 calories | Grilled Salmon \$12, 264 calories

+ \$1 Surcharge Added to Menu Items Containing Eggs.
V=Vegetarian GF=Gluten Free DF=Dairy Free K=Keto *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. Revised 5/14/2025.

PIZZAS

BRAISED SHORT RIB 18
5-hour braised short rib, cipollini onions, roasted mushrooms,
herbed goat cheese, truffle hot honey, micro arugula
regular crust 683 calories, wheat crust 653 calories, cauliflower crust 585 calories

FOUR-CHEESE 15 **V**
traditional red sauce, mozzarella, romano, parmesan, asiago, fresh basil
regular crust 600 calories, wheat crust 570, cauliflower crust 480 calories

PESTO SHRIMP AND FRESH MOZZARELLA 18
pesto, mozzarella, asiago, romano, parmesan,
roasted onions, arugula, lemon oil
regular crust 770 calories, wheat crust 740 calories, cauliflower crust 650 calories

MARGHERITA 15 **V**
evoo, baby heirloom tomatoes, mozzarella, fresh basil, balsamic glaze
regular crust 620 calories, wheat crust 590 calories, cauliflower crust 510 calories
calories

BUFFALO CHICKEN 17
buffalo glazed grilled chicken, fresh mozzarella, blue cheese crumbles,
shaved celery, shaved carrot
regular crust 472 calories, wheat crust 683 calories, cauliflower crust 480 calories

HANDHELDS

served with choice of side salad, cup of soup, sweet potato fries,
or french fries

HOUSE-MADE BLACK BEAN BURGER 16 **V,DF**
avocado, hot-house tomatoes, spinach, tahini sauce,
house-made pickles, 482 calories

CALIFORNIA TURKEY BURGER 15 **DF**
house-made turkey burger, avocado, tomato, alfalfa sprouts,
arugula, sesame seed bun, 680 calories

*TULU LEAN BURGER 24
bison, elk, beef, and boar patty, aged cheddar, tomato, pickled red onion,
spring mix, sesame seed bun, 700 calories

GRILLED CHICKEN KALE CAESAR WRAP 15
grilled chicken breast, chopped kale, shaved parmesan cheese, vegan caesar
dressing, sun-dried tomato wrap, 570 calories

SIDES 5

cauliflower mash, 106 calories **V,GF,**
fresh fruit cup, 150 calories **V,GF,DF,K**
truffle honey brussels sprouts, 230 calories **V,DF,K**
sweet potato fries, 250 calories **V,DF**
french fries, 225 calories **V,DF,**
asparagus, 98 calories **V,DF,K**
roasted fingerling potatoes, 102 calories **V,DF,**
succotash, 120 calories **V,DF**

AFTER 5PM ENTREES & INDULGENCES

SIGNATURE CAULIFLOWER BOLOGNESE 18 **V,GF**
ground cauliflower, plant based italian sausage, fire roasted pomodoro,
garden herbs, pepitas, roasted mushrooms, parmesan cheese,
gluten free penne, 585 calories

*CHIPOTLE AGAVE GLAZED SALMON 28 **GF,DF,K**
roasted fingerling potatoes, asparagus, vegetable escabeche,
red bell pepper coulis, aji amarillo, 691 calories

HARISSA HONEY GLAZED AIRLINE CHICKEN BREAST 28 **GF**
moroccan spiced couscous, asparagus, cucumber relish, lemon mint crema
699 calories

*LEMON GRILLED MAHI MAHI 30 **GF,DF**
roasted fingerling potatoes, asparagus, herb marinated baby heirloom
tomatoes, romesco sauce, olive tapenade
charred tomato & scallion relish, 705 calories

COASTAL VIRGINIA CRABCAKES 39
local lump blue crab, roasted fingerling potatoes, southern edamame,
corn succotash, red pepper coulis

*6OZ PEPPER GRILLED BEEF TENDERLOIN 38 **GF**
cauliflower mash, asparagus, cipollini onions, roasted mushrooms,
bordelaise sauce

*12OZ TARNISHED TRUTH SCENTED PORK CHOP 32 **GF**
cauliflower scented mashed potatoes, asparagus, charred peaches and basil,
mustard scented jus

DESSERTS, 11AM - CLOSE

CHOCOLATE LAVA CAKE 10
triple berry coulis, vanilla whipped cream, strawberry, mint
463 calories

VEGAN COCONUT VANILLA RASPBERRY CAKE 11 **GF,DF**
gf vanilla cake, aquafaba frosting, raspberry coulis, strawberry, toasted
coconut, 466 calories

OREO CHERRY CHEESECAKE 11
vanilla cheesecake, oreo crust, red wine cherry gastrique,
772 calories

ATLANTIC BEACH PIE 10
saltine crust, lemon curd filling, flaked sea salt, raspberry coulis,
784 calories

KIDS MENU, 11AM - CLOSE

GRILLED CHICKEN BREAST 11 **GF**
steamed green beans

GRILLED HAMBURGER 11
french fries, sweet potato fries, garden salad, or fruit cup

GRILLED CHEESEBURGER 11
french fries, sweet potato fries, garden salad, or fruit cup

GLUTEN FREE PENNE PASTA 11 **GF,V**
butter sauce

CRISPY CHICKEN FINGERS
french fries, sweet potato fries, garden salad, or fruit cup