Seaside Breakfast

classic breakfast

All-American* [836 cal.] **with juice and coffee** [951 cal.]
Two eggs any style, breakfast potatoes, choose bacon, ham steak, sausage or Canadian bacon, choose toast, bagel or muffin. Includes juice and coffee 18

Good start oatmeal [455 cal.] **with juice and coffee** [570 cal.]
Oatmeal or house-made granola, fresh berries or bananas, skim milk, choice of toast, bagel or muffin. Includes juice and coffee 13

etc.

Oatmeal, brown sugar, raisins, milk 8
Cereal with choice of milk 5
Turkey sausage* 5
Applewood smoked bacon* 5
Sausage* 5
Breakfast potatoes 2.75
Blueberry muffin or toast 3.50
Toasted bagel and cream cheese 6
Fruit Cup 5
Fruit of the Moment Platter 9
Housemade giant cinnamon roll 8 V

GF = Gluten-Free V = Vegetarian

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J. David Edwards, Restaurant General Manager
Paul Newman, Executive Chef

*If you have any concerns regarding food allergies, please alert your server prior to ordering. *Consuming raw or under-cooked meats, fish, shellfish or fresh shell eggs may increase your risk of foodborne illness, especially if you have certain medical conditions.*

Revised 4/22/2022

signature acai-granola bowls

The Anti-Oxi, acai, strawberries, blueberries, banana, filtered water [420 cal.] 14 V

Protein, acai, peanut butter, blueberries, chai seeds, banana, filtered water [680 cal.] 14 V

Healthy heart, acai, coconut cream, strawberries, banana, blueberries, coconut milk [618 cal.] 14 V

from the griddle

Comes with choice of bacon, sausage or turkey sausage and breakfast potatoes

Pancake breakfast, choice of plain [395 cal.], blueberry [430 cal.], strawberry [427 cal.], chocolate [578 cal.] 12 V

Belgian waffle, berries, whipped cream, chopped pecans, [860 cal.] 13 V

Crunchy French toast, berries, powdered sugar, [895 cal.] 15 V

specialties

Avocado toast, smashed avocado, pickled red onion, feta, roasted tomatoes, microgreens, sourdough bread [552 cal.] 10 V

Chesapeake Bay, two poached cage-free eggs, blue crabmeat, onions, tomatoes, swiss cheese, hollandaise, breakfast potatoes [813 cal.] 22

Eggs Benedict*, toasted English muffin, Virginia cured ham, two soft poached cage-free eggs, hollandaise, breakfast potatoes [1004 cal.] 15

Broken yolk sandwich, choice of bread, two cage-free eggs, cheddar, honey-smoked ham, applewood smoked bacon, breakfast potatoes [803 cal.] 13

Veggie egg white frittata, spinach, mushrooms, tomato, avocado, fat-free mozzarella, breakfast potatoes [457 cal.] 14 V, GF

3-egg omelets

Comes with choice of bacon, sausage or turkey sausage and breakfast potatoes

Western omelet, chorizo, mixed peppers, onions, shredded cheddar cheese, topped with salsa [759 cal.] 14

Three-meat omelet, bacon, sausage, ham, shredded cheddar cheese [841 cal.] 14

Veggie egg white omelet, tomatoes, mushrooms, onions, mixed peppers, spinach, goat cheese [408 cal.] 14 V

Build your own three egg omelet, fillings: bacon, ham, sausage, chorizo, jalapeños, tomatoes, bell peppers, spinach, mushrooms, onions, cheddar jack cheese, Swiss, goat cheese 16

beverages

Fresh orange juice 6
Tomato, apple, cranberry or grapefruit 5
Segafredo Coffee: regular and decaffeinated 5
Espresso 6
Cappuccino 6
Latte 6
Assorted tea 4
Milk: whole, skim, 2%, almond 4
Soft Drinks: Pepsi, Diet Pepsi, Sierra Mist, Mountain Dew, Root Beer, Fanta Orange, Lemonade, Ginger Ale 4
Voss and Aqua Fina Bottled Water: still or sparkling 5

TULU® SEASIDE BAR & GRILL

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