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 17.50

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 7/9/2021

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

Pick two toppings, strawberries, blueberries, dried tart cherries, agave, maple syrup, peanut butter, pumpkin seeds, apples

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.] 13.50 V

Crunchy French toast, berries, whipped cream, [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.] 21

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.] 12

Veggie egg white frittata, spinach, mushrooms, tomato, avocado, fat-free mozzarella, breakfast potatoes [457 cal.] 13.50 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.] 14.50

Three-meat omelet, bacon, sausage, ham, shredded cheddar cheese [841 cal.] 14.50

Jumbo crab omelet, jumbo lump crab, spinach, tomatoes, Swiss cheese [516 cal.] 18

Veggie egg white omelet, tomatoes, mushrooms, onions, mixed peppers, spinach, goat cheese [408 cal.] 14.50 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 3.95
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.