

LUNCH

SHAREABLES

serves up to four guests, calories are per serving

FRIED CARROT, APRICOT & PINE NUT FRITTERS 9

with pistachio sauce, 260 calories **V**

◆ HUMMUS, CRISP VEGETABLES 8

pita chips, marinated roasted peppers, feta cheese, 240 calories **V**

CHICKEN & RICE MEATBALLS 12

scallions, garlic, firecracker sauce, 255 calories

ROASTED CAULIFLOWER POPPERS 10

tossed "buffalo-style", gorgonzola dipping sauce, 265 calories **V**

APPETIZERS

◆ GRILLED JUMBO SHRIMP & AVOCADO CORN COCKTAIL* 13

chili & cumin-rubbed, olive oil, fresh cilantro, 445 calories **GF**

AVOCADO TOAST 9

smashed avocado, pickled red onion, feta, microgreens, balsamic glaze, sourdough bread, 555 calories **V**

ALASKAN SNOW CRAB LEGS **MP**

steamed, drawn butter, house cocktail, 870 calories **GF**

PAN-SEARED TUNA* 13

seaweed salad, frisée, wasabi aioli, ponzu glaze, tobiko, 535 calories

SEARED JUMBO LUMP CRAB CAKE 13

green tomato jam and old bay rémoulade, 360 calories

SOUPS

cup 7 bowl 10

◆ SWEET CORN & CRAB CHOWDER

coconut milk, fresh lime, cilantro
cup 310 calories, bowl 520 calories **GF**

◆ CHICKEN-LENTIL SOUP WITH JAMMY ONIONS

garlic, onion, red lentils, lemon juice, turmeric
cup 435 calories, bowl 660 calories **GF**

SALADS

BRIGHT & SPICY SHRIMP NOODLE SALAD* 13

lime juice, cavalier honey, serrano chile, greens, english hothouse cucumber, bean thread noodles, peanuts, 730 calories

THE BACKFIN CRAB WEDGE 14

crisp iceberg, jumbo lump crab, grape tomatoes, gorgonzola cheese, avocado, turkey bacon, crab louis dressing, italian parsley, 490 calories **GF**

HERITAGE TOMATO & ONION 10

crumbled gorgonzola, red onions, red wine vinaigrette, frisée, 410 calories **V, GF**

◆ SHAVED CAULIFLOWER & ARUGULA 11

dried apricots, dried cranberries, greens, toasted almonds, mint vinaigrette, 420 calories **V, GF**

◆ HONEY-ROASTED GOLDEN BEETS & GOAT CHEESE SALAD 12

toasted pistachios, micro basil, greens, cavalier honey-balsamic vinaigrette, 570 calories **V, GF**

◆ SUPERFOOD SALAD 12

organic chopped kale, roasted sweet potatoes, pepitas, pickled red onions, sprouted buckwheat, pecan crunch, tahini vinaigrette, 700 calories **V**

◆ ROMAINE & KALE CAESAR 10

ciabatta croutons, shaved pecorino, 530 calories

MEDITERRANEAN CHOP SALAD 12

organic chopped romaine, arugula, local tomatoes, feta, toasted falafel, almonds, lemon-dill chickpeas, red onion, pepperoncini, cucumber, olive oil, 715 calories **V**

◆ MARKET-FRESH SALAD 7

mixed field greens, red onion, cucumber, grape tomatoes, carrot, celery, red wine vinaigrette, 530 calories **V, GF**

◆ SALAD TOPPERS

paleo tuna salad, 240 calories **8**
keto chicken salad, 370 calories **7**
grilled chicken, 300 calories **7**
grilled atlantic salmon*, 305 calories **9**

POWER BOWLS

BRONZED SALMON & ANCIENT GRAINS BOWL* 14

norwegian salmon fillet, red lentils, farro, quinoa, fennel, dill-mint yogurt sauce, 870 calories

CHICKEN CASHEW PENNE BOWL 11

lentil penne, cremini mushrooms, organic spinach, parmesan, lemon zest, cashew cream alfredo, 710 calories

BT MASHED CAULIFLOWER BOWL 12

mashed cauliflower, roasted garlic, caramelized mushrooms, spring onions, brussels sprouts, chicken, peas, feta, 560 calories **GF**

SIDES 4 each

mashed cauliflower, peas, green onions & feta, 190 calories **V, GF**
fruit of the moment, 150 calories **V, GF**

market-fresh green vegetable, 105 calories **V, GF**

cauliflower rice with roasted vegetables, 95 calories **V, GF**

flash-fried truffle-honey brussels sprouts, 230 calories **V**

sweet potato fries with balsamic drizzle, 250 calories **V**

HANDHELDS

served with choice of sweet potato fries (184 calories), french fries (210 calories), or green salad with vinaigrette (140 calories)

BARBECUE BEYOND BURGER 11

plant-based soy-free burger, local tomato, organic greens, pickled cucumber, red onion, brioche bun, 805 calories **V**

CALIFORNIA TURKEY BURGER* 13

avocado, arugula, pepper jack, local tomato, brioche bun, 680 calories

TULU LEAN BURGER* 14

blend of bison, elk, waygu beef and wild boar, aged cheddar, lettuce, local tomato, onion, organic greens, white balsamic vinaigrette, brioche bun, 700 calories

CHESAPEAKE BAY LUMP CRAB CAKE SANDWICH 14

maryland-style, lettuce, local tomato, mustard sauce on brioche bun, 675 calories

GRILLED CHICKEN CAPRESE SANDWICH 11

local tomato, fresh mozzarella, organic greens, basil pesto, brioche bun, 675 calories

HANDLINE TUNA SANDWICH* 13

grilled or bronzed, roasted corn relish, spinach, lettuce, local tomato, brioche bun, 710 calories

KETO CHICKEN SALAD 11

feta, chopped cilantro, avocado, lettuce, local tomato, sun-dried tomato wrap or multi-grain bread, 870 calories

◆ PALEO TUNA SALAD* 10

fresh dill, paleo mayo, parsley, lettuce, local tomato, multi-grain bread or sun-dried tomato wrap, 595 calories

◆ ROASTED TURKEY 10

ginger-avocado relish, lettuce, local tomato, multi-grain bread or sun-dried tomato wrap, 620 calories

◆ KALE, ROMAINE AND GRILLED CHICKEN CAESAR WRAP 11

kale, romaine, grilled chicken, caesar dressing, parmesan cheese, sun-dried tomato wrap, 570 calories

◆ MEDITERRANEAN SHRIMP WRAP* 13

grilled shrimp, olive tapenade, heirloom tomatoes, cucumber, lettuce, feta, tzatziki, sun-dried tomato wrap, 450 calories

PIZZAS

crust: regular, whole wheat, cauliflower

MIXED MUSHROOM 11

goat cheese, truffle oil, scallions
regular, 680 calories whole wheat, 650 calories cauliflower crust, 555 calories **V**

FOUR-CHEESE 10

fresh mozzarella, feta, goat, parmesan, basil
regular, 600 calories whole wheat, 570 calories cauliflower crust, 480 calories **V**

KOREAN BARBECUED CHICKEN 12

carrot ribbons, daikon, cilantro, fresh mozzarella
regular, 785 calories whole wheat, 755 calories cauliflower crust, 660 calories

PESTO SHRIMP & FRESH MOZZARELLA 12

balsamic cipollini onions, arugula, basil pesto
regular, 770 calories whole wheat, 740 calories cauliflower crust, 650 calories

ENTRÉES

PAN-SEARED FREE-RANGE CHICKEN PAILLARD 22

arugula, crisp cucumber, tomato salad, 520 calories

SHRIMP ZOODLE SCAMPI* 19

vegetable zoodles, lemon, fresh herbs, garlic, crushed red pepper, white wine, parmesan cheese, 290 calories

ZA'ATAR FISH & CHIPS* 19

roasted cod fillet, za'atar, castelvetrano olives, heirloom tomatoes, red onions, mint, apple cider vinaigrette, roasted sweet potatoes, 715 calories **GF**

CAULIFLOWER BOLOGNESE 17

cauliflower and mushroom-based bolognese, chili, rosemary, parmesan tossed with rigatoni, 585 calories **V**

SESAME-GRILLED SALMON* 21

mango, jicama, lemongrass sauce, coconut rice, toasted sesame dressing, 685 calories

GRILLED HANDLINE TUNA* 24

mint tabbouleh, tomato salad, preserved lemon hummus, 705 calories

DESSERTS

nice cream is banana-based ice cream that is dairy-free, vegan, with no artificial flavors and is delicious!

CHOCOLATE AVOCADO PUDDING 8

fresh berries, toasted coconut, 284 calories

NICE CREAM SUNDAE "TULU-STYLE" 9

nice cream, cacao nibs, chopped dates, coconut whipped cream, 393 calories

NICE CREAM BROWNIE 8

nice cream, greek yogurt brownie, agave chocolate sauce, 513 calories

KEY LIME GREEK YOGURT CHEESECAKE 9 246 calories

APPLE FRITTER TARNISHED TRUTH BREAD PUDDING 11
old cavalier bourbon-caramel sauce, old cavalier bourbon cream, crème anglaise

PURE GREEN COLD-PRESSED JUICES 10

100% cold pressed, 3-5 lbs of fresh vegetables and fruits per bottle, no added sweetener, nutrient-rich

WAKE UP CALL apple, lemon, ginger, cayenne

COCONUT HYDRATE coconut water, pineapple, lemon, chia

PURE WATERMELON watermelon, lemon

PURE GREENS kale, spinach, cucumber, celery, zucchini, romaine

TURMERIC & TONIC IMMUNITY SHOT 3

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

SMOOTHIES 10

add a vanilla plant protein and high fiber chia seeds to any smoothie +215 calories

TRIPLE BERRY ANTIOXIDANT blueberries, blackberries, strawberries, coconut nectar, almond milk, lemon, 209 calories

GINGERBREAD WORKOUT RECOVERY greek yogurt, banana, almond butter, ginger, nutmeg, cardamom, molasses, cinnamon, 944 calories

VB GREEN GODDESS banana, spinach, ginger, chia seeds, coconut milk, fresh oj, almond butter, 874 calories **V, GF**

MOCHA-MACA MADNESS raw cacao, maca root, espresso, almond milk, dates, almond butter, cacao nibs, 1590 calories **V, GF**

ADD A BOOST

green superfood powder, 30 calories **2**, organic cacao, 60 calories **1**

COFFEE

ESPRESSO, CAPPUCCINO OR LATTE 5

TIRAMISU MARTINI 9

baileys, kahlua and vanilla vodka with heavy cream and segafredo espresso

THE MONTE CARLO 9

sambuca and crème de menthe with whipped cream, brown sugar and segafredo espresso

ITALIAN COFFEE 8

amaretto and kahlua with cane sugar and segafredo espresso topped with whipped cream and three espresso beans

IRISH COFFEE 8

irish whiskey and segafredo espresso with brown sugar, topped with whipped cream, a drizzle of crème de menthe and three espresso beans

FRESH HAND-CRAFTED MOJITOS 11

THE CLASSIC

Superior rum, muddled with fresh lemons, limes, classic syrup and mint leaves, topped with a splash of seltzer and lemon-lime soda

STRAWBERRY LEMON

Superior rum, muddled with fresh strawberries, lemons, classic syrup and mint leaves, topped with a splash of lemon-lime soda

CILANTRO LIME 151

rum, muddled with cilantro, limes, classic syrup and mint leaves, topped with a splash of ginger ale

CUCUMBER BASIL

Superior rum, muddled with fresh cucumbers, limes, classic syrup, basil and mint leaves, topped with a splash of seltzer

BLUEBERRY LAVENDER

Black rum, muddled with fresh blueberries, lemons, lavender syrup, classic syrup and mint leaves, topped with a splash of lemon-lime soda

SOUTHERN WATERMELON

Spiced rum, muddled with fresh watermelon, lemons, limes, classic syrup and mint leaves, topped with a splash of lemon-lime soda

APPLE GINGER

Superior rum, muddled with fresh seasonal apples, ginger, lemons and limes, classic syrup, mint leaves, topped with a splash of ginger ale

MOSCOW MULES 10

ARIZONA MOSCOW MULE

Tulu-Infused Jalapeño vodka, fresh hand-pressed limes, Prickly Pear Syrup, Goslings ginger beer

CHERRY BLACKBERRY MOSCOW MULE

Cherry vodka, fresh hand-pressed limes, muddled blackberries, Goslings ginger beer

BLUEBERRY LEMON MOSCOW MULE

Blueberry vodka, fresh hand-pressed limes and lemons, Goslings ginger beer

CARROT GINGER MOSCOW MULE

Vodka, cold-pressed carrot juice, fresh hand-pressed limes, oranges and lemons, Goslings ginger beer

THE ORIGINAL MOSCOW MULE

Vodka, fresh hand-pressed limes, Gosling's ginger beer

MIMOSAS

CLASSIC 8 piper sonoma and fresh hand-pressed orange juice

STRAWBERRY CRUSH 9 piper sonoma and strawberry purée

IPA 7 samuel adams new england ipa and fresh hand-pressed grapefruits

TEQUILA SUNRISE 10 tequila, piper sonoma, fresh hand-pressed orange juice and grenadine

CRUSHES 10

ORIGINAL ORANGE

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

CREAMSICLE

Vanilla Bean vodka, fresh hand-pressed oranges, lemon-lime soda and triple sec

ORANGE COCONUT

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

TEXAS GRAPEFRUIT

Texas Grapefruit vodka, fresh hand-pressed grapefruits, lemon-lime soda and triple sec

PINEAPPLE ORANGE

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

BLUEBERRY LEMONADE

Blueberry vodka, fresh hand-pressed lemons, lemon-lime soda and triple sec

MARGARITAS 10

CLASSIC MARGARITA

Gold tequila and made the traditional way with a salted rim

LAVENDER MARGARITA

Gold tequila, triple sec and lavender syrup, with fresh hand-pressed oranges and limes

CUCUMBER MARGARITA

Silver tequila, agave nectar, muddled cucumbers, with fresh hand-pressed limes

PRICKLY PEAR CACTUS MARGARITA

Silver tequila, triple sec, prickly pear syrup, agave nectar, with fresh hand-pressed limes and lemons

JALAPEÑO MARGARITA

Silver tequila, triple sec, a dash of honey and agave nectar, with fresh hand-pressed limes and lemons, and freshly sliced jalapeños

BLOOD ORANGE MARGARITA

Gold tequila, blood orange syrup and agave nectar, with fresh hand-pressed limes

TARNISHED TRUTH SIGNATURES

THE AVA MARTINI AVA 12

vodka, dry vermouth, orange blossom water

NO MORE THYME 11

Thyme-Infused Fourth Handle gin, lemon, sugar, lemon-lime soda

TURBO GIN AND TONIC 12

Fourth Handle Coastal American gin, cold brew coffee, tonic water, slice of lemon

BOURBON CREAM COLD BREW 11

Tarnished Truth Old Cavalier bourbon cream and cold brew coffee

CAVALIER C.R.E.A.M. 25

Old Cavalier 11-year bourbon, tarnished truth bourbon cream, coffee liqueur

TARNISHED MANHATTAN 12

Tarnished Truth Rye bourbon whiskey, sweet vermouth, aromatic bitters, bing cherry

THE AVA CLEANSE 18

AVA Vodka, sparkling water, liquid stevia, liquid charcoal, pinch of cayenne pepper, fresh hand-pressed grapefruits, muddled cucumber slices and lemon wedges

BEER ON TAP

BUD LIGHT LAGER 4.2% ABV 6

YUENGLING TRADITIONAL LAGER 4.5% ABV 6

STELLA ARTOIS LAGER 4.8% ABV 7

BLUE MOON BELGIAN WHITE 5.4% ABV 7

O'CONNOR EL GUAPO AGAVE IPA 7.5% ABV 7

KONA BIG WAVE BLONDE ALE 4.4% ABV 7

FAT TIRE AMBER ALE 5.2% ABV 7

SAMUEL ADAMS NEW ENGLAND IPA 6.8% ABV 7

BOTTLED BEER 7

DEVILS BACKBONE VIENNA LAGER

BACK BAY FALSE CAPE AMBER ALE

VIRGINIA BEER COMPANY LIQUID ESCAPE SOUR ALE

WILD WOLFE BLONDE HUNNY ALE

WASSERHUND UNLEASHED BOYSENBERRY GOSE

BACK BAY ORANGE CRUSH IPA

HARD CIDERS 7 Angry Orchard Crisp Apple, Rosé or Pear

HARD LEMONADES 7 Mike's Hard Lemonade or Strawberry Lemonade

SELTZERS 7 White Claw Grapefruit or Black Cheery

WINE GLASS SELECTIONS

CHAMPAGNE piper sonoma n.v., brut california **11.25**

PINOT GRIGIO banfi le rime, tuscan, italy **9.25**

SAUVIGNON BLANC chateau ste. michelle, columbia valley, washington **10**

CHARDONNAY kendall-jackson, vintner's reserve, russian river, california **10.5**

LOUIS JADOT, CHABLIS, BURGUNDY france **13.25**

RIESLING manfred breit, kabinett, mosel, germany **12.5**

ROSÉ chateau d'esclans whispering angel, cotes de provence, france **13.75**

PINOT NOIR mark west, california **12.5**

MERLOT wild horse, monterey, california **10.5**

CABERNET SAUVIGNON william hill, central coast, california **8**

ZINFANDEL michael david freakshow, lodi, california **12.5**

MOSCATO elvio tintero sori gramela, piedmont, italy **11.5**