

## CRUSHES

### ORIGINAL ORANGE

Orange 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, lemonlime soda and triple sec

### BLUEBERRY LEMONADE

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

## MARGARITAS

### 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

## BEER AND CIDER

Miller Lite	Back Bay Orange Crush IPA
Budweiser	New Realm Hazy Like A Fox
Heineken	New Realm Euphonia Pilsner
Corona Light	New Realm Lime of the Party Sour
Michelob Ultra	Bold Mariner Frogman Lager
Devils Backbone Vienna Lager	Dogfish Head Lo Calorie IPA
VBC Free Verse IPA	Dogfish Head Sea Quench Ale
VBC Liquid Escape Sour Ale	2 Silos Cream Ale
VBC Elbow Patches Oatmeal Stout	WHITECLAW SELTZER
	grapefruit, black cherry, lime

Room Service deliveries will have a \$3.00 delivery charge and 20% gratuity added. Pick-up orders will have a \$5.00 service charge added.

## MOSCOW MULES

### ARIZONA MOSCOW MULE

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

### CHERRY BLACKBERRY MOSCOW MULE

Cherry vodka, fresh handpressed limes, muddled blackberries, ginger beer

### BLUEBERRY LEMON MOSCOW MULE

Blueberry vodka, fresh handpressed limes and lemons, ginger beer

### CARROT GINGER MOSCOW MULE

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

### THE ORIGINAL MOSCOW MULE

Vodka, fresh hand-pressed limes, ginger beer

## FRESH HAND-CRAFTED MOJITOS

### 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

## BEVERAGES

PEPSI **3.95** 200 calories  
DIET PEPSI **3.95** 0 Calories  
SIERRA MIST **3.95** 150 calories  
SWEET TEA **3.95** 160 Calories  
UNSWEETENED  
ICED TEA **3.95** 0 Calories  
VOSS OR AQUAFINA  
BOTTLED WATER **5**  
(Still) 0 calories

VOSS OR AQUAFINA  
BOTTLED WATER **5**  
(Sparkling), 0 calories  
MILK **5**  
APPLE JUICE **5**  
ORANGE JUICE **6**

Revised 1/6/2022

## SMOOTHIES 10

All smoothies made with vanilla plant protein and high-fiber chia seeds.

### TRIPLE BERRY ANTIOXIDANT v

Banana, strawberry, blueberry, blackberry, protein powder, chia seeds, coconut nectar, almond milk, lemon

### GINGERBREAD WORKOUT RECOVERY v

Greek yogurt, banana, almond butter, ginger, nutmeg, cardamom, molasses, cinnamon, protein powder, chia seeds

### VB GREEN GODDESS v

Banana, spinach, ginger, chia seeds, protein powder, coconut milk, orange juice, almond butter

### TROPICAL OASIS

Greek yogurt, bananas, mango, pineapple, protein powder, chia seeds, coconut nectar, coconut milk

### ADD A BOOST

Green Superfood Powder **\$2** 30 calories  
Organic Cacao **\$1** 60 calories

## COLD-PRESSED JUICES 12

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 SHOT 6

Turmeric, carrot, pineapple, lemon, ginger, black pepper

### IMMUNITY SHOT 6

100% ginger

### BLUE BIOTIC SHOT 6

Filtered water, agave, ginger, lemon, blue algae, probiotic bacillus coagulans GBI-30 6086



- ROOM SERVICE •
- RESTAURANT TAKEOUT •
- PICK-UP •

TO PLACE AN ORDER:



SCAN ME

Tulu Seaside Bar & Grill  
4201 Atlantic Avenue, Virginia Beach, VA 23451  
Inside the Marriott Resort • [www.TuluVB.com](http://www.TuluVB.com)



# BREAKFAST

Served 7 am - 11 am • Room Service and Pick-Up Only

## CLASSIC BREAKFAST

**ALL AMERICAN\*** ..... 17.50  
Two eggs any style, breakfast potatoes, choose bacon, ham steak, sausage or Canadian bacon, choose toast, bagel or muffin, 836 calories. Includes juice and coffee, 951 calories

**GOOD START OATMEAL WITH JUICE AND COFFEE** ..... 13  
Oatmeal or house made granola, fresh berries or bananas, skim milk, choice of toast, bagel or muffin - Includes juice and coffee, 570 calories V

**AVOCADO TOAST** ..... 10  
Smashed avocado, pickled red onion, feta, microgreens, sourdough bread, 555 calories V

**EGGS BENEDICT\*** ..... 15  
Toasted English muffin, Virginia cured ham, two soft poached cage-free eggs, hollandaise, breakfast potatoes, 1004 calories

**BROKEN YOLK SANDWICH\*** ..... 12  
Two cage-free eggs, cheddar, honey smoked ham, applewood smoked bacon, hash browns, 803 calories

## THREE EGG OMELETS

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

**WESTERN OMELET** ..... 14.50  
chorizo, mixed peppers, onions, shredded cheddar cheese, topped with salsa, 759 calories

**THREE-MEAT OMELET** ..... 14.50  
bacon, sausage, ham, shredded cheddar cheese, 841 calories

**JUMBO CRAB OMELET** ..... 18  
jumbo lump crab, spinach, tomatoes, Swiss cheese, 516 calories

**VEGGIE EGG WHITE OMELET** ..... 14.50  
tomatoes, mushrooms, onions, mixed peppers, spinach, goat cheese, 408 calories V

**Thank you for your patience with our Service Team. If you know anyone that wants to work with us, please send them our way! We will reward YOU with a \$100 Gold Key Restaurants Gift Certificate once we hire them.**

## BREAKFAST SIDES

Breakfast • Served 7 am - 11 am

OATMEAL, BROWN SUGAR, RAISINS, MILK ..... 8  
CEREAL WITH MILK (2%, ALMOND, WHOLE) ..... 5  
TOASTED BAGEL WITH CREAM CHEESE ..... 6  
SIDE OF FRESH FRUIT WITH BERRIES ..... 9  
HOUSEMADE GIANT CINNAMON ROLL ..... 8  
BREAKFAST POTATOES ..... 2.75  
MUFFIN OR TOAST ..... 3.50  
TURKEY SAUSAGE ..... 5  
APPLEWOOD SMOKED BACON ..... 5  
SAUSAGE ..... 5

## APPETIZERS

*Serves up to four guests, calories are per serving*

**HUMMUS WITH CRISPY VEGETABLES** ..... 9  
grilled pita bread, roasted red peppers, feta cheese, 240 calories V  
**CHICKEN & RICE MEATBALLS** ..... 13.50  
scallions, garlic, firecracker sauce, 255 calories  
**PAN-SEARED TUNA\*** ..... 17  
seaweed salad, wasabi aioli, ponzu glaze, tobiko, 535 calories

## SALADS

**WEDGE SALAD** ..... 10  
crisp iceberg, grape tomatoes, gorgonzola cheese, avocado, turkey bacon, louis dressing, italian parsley, 490 calories GF  
**SUPERFOOD SALAD** ..... 13.50  
organic chopped kale, roasted sweet potatoes, pepitas, pickled red onions, bulgar wheat, pecan crunch, tahini vinaigrette, 700 calories V  
**ROMAINE & KALE CAESAR** ..... 11.50  
ciabatta croutons, shaved parmesan blend, 530 calories  
**MARKET-FRESH SALAD** ..... 9.50  
mixed field greens, baby heirloom tomatoes, cucumber, red onion, carrot, celery, red wine vinaigrette, 530 calories V, GF  
**QUINOA AND MIXED BERRY SALAD** ..... 13.50  
spinach, herbed quinoa, strawberries, blueberries, blackberries, sunflower seeds, crispy onions, blood orange vinaigrette, 484 calories

## SALAD TOPPERS

salmon salad, 430 calories 9 keto chicken salad, 370 calories 8  
grilled chicken, 216 calories 8 crab meat, 75 calories 18  
grilled atlantic salmon\*, 276 calories 12.50

## SOUPS

**SWEET CORN & CRAB CHOWDER** ..... 11.50  
coconut milk, fresh lime, cilantro cup 310 calories, bowl 520 calories GF  
**CHICKEN-LENTIL SOUP WITH JAMMY ONIONS** ..... 11.50  
garlic, onion, red lentils, lemon juice, turmeric cup 435 calories, bowl 660 calories GF

## POWER BOWLS

*Power Bowls are available only during Lunch, 11:00 am - 5:00 pm*

**BRONZED SALMON & ANCIENT GRAINS BOWL\*** ..... 18  
norwegian salmon fillet, green lentils, farro, quinoa, fennel, dill-mint yogurt sauce, 870 calories  
**BT MASHED CAULIFLOWER BOWL** ..... 15  
mashed cauliflower, roasted garlic, caramelized mushrooms, spring onions, brussels sprouts, chicken, peas, feta, truffle oil, balsamic glaze 560 calories GF

## HANDHELDS

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

**BARBECUE BEYOND BURGER** ..... 15.50  
plant-based soy-free burger, local tomato, organic greens, pickled cucumber, red onion, brioche bun, 805 calories V  
**CALIFORNIA TURKEY BURGER\*** ..... 14.50  
avocado, arugula, pepper jack, local tomato, brioche bun, 680 calories  
**TULU LEAN BURGER\*** ..... 18.50  
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** ..... 24  
maryland-style, lettuce, local tomato, mustard sauce on brioche bun, 675 calories  
**KETO CHICKEN SALAD WRAP** ..... 12  
tarragon mayonnaise, celery, avocado, organic lettuce sundried tomato wrap, 595 calories  
**KALE, ROMAINE, & GRILLED CHICKEN CAESAR WRAP** ..... 12  
kale, romaine, grilled chicken, caesar dressing, parmesan cheese, sun-dried tomato wrap, 570 calories  
**BROKEN YOLK SANDWICH\*** ..... 12  
sourdough, cage-free eggs, cheddar, honey smoked ham, applewood smoked bacon, 803 calories

GF = Gluten-Free V=Vegetarian \*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.

## ENTRÉES

◆ Available during Dinner only, 5:00 pm - 10:00 pm

**SESAME-GRILLED SALMON\*** ..... 23.50  
mango, jicama, lemongrass sauce, coconut rice, toasted sesame dressing, 685 calories  
◆ **JUMBO LUMP CRAB CAKES** ..... 36  
roasted sweet potatoes, grilled asparagus, rémoulade, 860 calories  
◆ **PEPPER-GRILLED 6OZ FILET OF GRASS-FED BEEF** ..... 35  
mashed cauliflower, roasted garlic, caramelized mushrooms, spring onions, brussels sprouts, peas, feta, 705 calories\*

## DESSERTS

**CHOCOLATE AVOCADO PUDDING** ..... 9  
fresh berries, toasted coconut, 284 calories  
**KEY LIME YOGURT CHEESECAKE** ..... 10  
Greek yogurt, light cream cheese, key lime juice, graham cracker crust, 346 calories  
**APPLE FRITTER TARNISHED TRUTH BREAD PUDDING** ..... 12.50  
old cavalier bourbon-caramel sauce, old cavalier bourbon cream, crème anglaise, walnuts, pecans, 1044 calories  
**CHOCOLATE LAVA CAKE** ..... 10  
triple berry coulis, french vanilla ice cream, strawberry, mint, 463 calories

**SMOOTHIES, JUICES, COCKTAILS, AND BEER SELECTIONS ARE LISTED ON THE BACK OF THIS MENU.**

## KIDS MENU 9

Choose one of the menu items below. All meals include your choice of 2% milk, chocolate milk, juice or soft drink.

**GRILLED CHICKEN**  
french fries and steamed broccoli

**TURKEY BREAST SANDWICH**  
whole wheat bread with lettuce, tomato, fruit cup or chopped salad

**BREADED CHICKEN FINGERS**  
classic mac and cheese

**PLAIN OR CHEESEBURGER**  
sweet potato fries or french fries

Add a garden salad or fresh fruit for 2