

## 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, lemon-lime 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 limes

### CUCUMBER MARGARITA

Silver tequila, agave nectar, triple sec, 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, agave nectar, with fresh hand-pressed limes, and freshly sliced jalapenos

## BEER AND CIDER

Miller Lite  
Budweiser  
Heineken  
Corona Extra  
Michelob Ultra  
Devils Backbone Vienna Lager  
VBC Free Verse IPA  
VBC Liquid Escape Sour Ale  
VBC Elbow Patches Oatmeal Stout

Back Bay Orange Crush IPA  
New Realm Hazy Like A Fox  
New Realm Euphonia Pilsner  
Bold Mariner Frogman Lager  
Dogfish Head Lo Calorie IPA  
Dogfish Head Sea Quench Ale  
2 Silos Cream Ale

COASTAL COCKTAILS  
by Tarnished Truth Distillery

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

Vodka, fresh hand-pressed limes, prickly pear syrup, ginger beer, muddled jalapenos

### CHERRY BLACKBERRY MOSCOW MULE

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

### BLUEBERRY LEMON MOSCOW MULE

Blueberry vodka, fresh hand-pressed lemons, ginger beer, muddled blueberries

### CARROT GINGER MOSCOW MULE

Vodka, cold-pressed carrot juice, ginger beer

### THE ORIGINAL MOSCOW MULE

Vodka, fresh hand-pressed limes, ginger beer

## FRESH HAND-CRAFTED MOJITOS

### THE CLASSIC

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

### STRAWBERRY LEMON

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

### 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 mint leaves, lemons, lavender syrup, topped with a splash of lemon-lime soda

### SOUTHERN WATERMELON

Spiced rum, muddled with fresh lemons, limes, watermelon syrup and mint leaves, topped with a splash of ginger ale

### BLACKBERRY SAGE SMASH

Vodka, muddled fresh blackberries, lemons, limes, sage and classic syrup and mint leaves, topped with a splash of ginger beer

## 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  
VOSS OR AQUAFINA  
BOTTLED WATER 5  
(Still) 0 calories

VOSS OR AQUAFINA  
BOTTLED WATER 5  
(Sparkling), 0 calories  
MILK 4  
APPLE JUICE 5  
ORANGE JUICE 6

Revised 4/22/2022

## SMOOTHIES 10

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

### TRIPLE BERRY v

Banana, strawberry, blueberry, blackberry, coconut nectar, almond milk, lemon, 388 calories

### VB GREEN GODDESS v

Banana, spinach, ginger, smoothie base, orange juice, almond butter, 374 calories

### TROPICAL OASIS v

Greek yogurt, bananas, mango, pineapple, coconut nectar, smoothie base, 340 calories

### CHOCOLATE COVERED STRAWBERRY BANANA v

Strawberries, banana, raw cacao powder, smoothie base, 355 calories

### 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\*** ..... 18  
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, roasted tomatoes, microgreens, sourdough bread, 552 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\*** ..... 13  
Choice of bread, two cage-free eggs, cheddar, honey-smoked ham, applewood smoked bacon, breakfast potatoes, 803 calories

## THREE EGG OMELETS

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

**WESTERN OMELET** ..... 14  
chorizo, mixed peppers, onions, shredded cheddar cheese, topped with salsa, 759 calories

**THREE-MEAT OMELET** ..... 14  
bacon, sausage, ham, shredded cheddar cheese, 841 calories

**VEGGIE EGG WHITE OMELET**..... 14  
tomatoes, mushrooms, onions, mixed peppers, spinach, goat cheese, 408 calories V

## 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  
FRUIT OF THE MOMENT PLATTER..... 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** ..... 10  
house-made hummus, grilled pita bread, crisp market vegetables, roasted red peppers, feta cheese crumbles, 240 calories V

**CHICKEN & RICE MEATBALLS**..... 14  
brown rice, ground chicken, scallions, garlic, ginger and soy marinade, panko, house-made firecracker sauce, 255 calories

**PAN-SEARED TUNA\*** ..... 17  
thin sliced ahi tuna, wasabi aioli, ponzu glaze, tobiko, wasabi caviar, seaweed salad, toasted sesame seeds, 535 calories **KETO**

## SALADS

**THE WEDGE** ..... 14  
crisp iceberg, baby heirloom tomatoes, gorgonzola cheese, avocado, turkey bacon, louis dressing, italian parsley, 490 calories **KETO**

**12 SUPERFOODS SALAD** ..... 15  
organic baby kale and spinach, quinoa, edamame, blueberries, red grapes, goat cheese crumbles, sunflower seeds, chopped walnuts, broccoli florets, blood orange olive oil & yogurt dressing, 634 calories V

**ROMAINE & KALE CAESAR**..... 12  
organic baby kale, organic romaine hearts, shaved parmesan, caesar dressing, house-made ciabatta croutons, 530 calories

**QUINOA AND MIXED BERRY SALAD**..... 14  
fresh organic spinach, herbed quinoa, strawberries, blueberries, blackberries, sunflower seeds, crispy onions, blood orange vinaigrette, 484 calories V

## SALAD TOPPERS

grilled chicken 6oz, 276 calories **7** shrimp 4oz, 70 calories **12**  
grilled atlantic salmon\* 6oz, 264 calories **11**

## SOUPS

**SWEET CORN & CRAB CHOWDER**..... 14  
coconut milk and corn stock, crab meat, corn, red peppers, onions, celery, potatoes cup 310 calories, bowl 520 calories **GF**

**CHICKEN-LENTIL SOUP WITH JAMMY ONIONS**..... 11  
broth base, slow roasted chicken, stew lentils, garlic, onion, celery, carrots, tomatoes cup 435 calories, bowl 660 calories **GF**

## POWER BOWLS

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

**BT MASHED CAULIFLOWER BOWL** ..... 15  
chicken breast, roasted garlic, caramelized mushrooms, spring onions, brussels sprouts, green 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** ..... 16  
plant-based, gluten & soy free patty, fresh local tomato, organic mixed greens, red onion, pickled cucumber, egg-washed brioche bun, 805 calories

**CALIFORNIA TURKEY BURGER\*** ..... 15  
house-made turkey patty, avocado, arugula, pepper jack cheese, local tomato, egg-wash brioche bun, 680 calories

**TULU LEAN BURGER\*** ..... 20  
grass-fed, lean & protein-rich bison, elk, waygu beef & wild board blended patty, aged cheddar, local tomato, red onion, organic greens, white balsamic vinaigrette, egg-washed brioche bun, 700 calories

**CHESAPEAKE BAY LUMP CRAB CAKE SANDWICH**..... 24  
seared tulu lump crab cake mix, lettuce, fresh local tomato, whole grain mustard sauce, egg-washed brioche bun, 675 calories

**KALE, ROMAINE, & GRILLED CHICKEN CAESAR WRAP**..... 14  
6oz grilled all-natural chicken breast, organic baby kale and romaine, parmesan blend, caesar dressing, sundried tomato wrap, 570 calories

**BROKEN YOLK SANDWICH\*** ..... 13  
2 cage-free brown eggs, cheddar cheese, honey smoked ham, applewood smoked bacon, toasted sourdough bread, 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\*** ..... 25  
omega-3 fatty acid rich atlantic salmon, coconut rice, fiber-rich mango jicama slaw, lemongrass sauce, 685 calories

◆ **PEPPER-GRILLED 6OZ FILET OF BEEF\*** ..... 36  
6oz filet of beef, cauliflower mash, roasted garlic, caramelized mushrooms, spring onions, brussels sprouts, peas, feta, 705 calories

## DESSERTS

**KEY LIME YOGURT CHEESECAKE**..... 9  
Greek yogurt, light cream cheese, key lime juice, graham cracker crust, 346 calories

**APPLE FRITTER TARNISHED TRUTH BREAD PUDDING** ..... 11  
old cavalier bourbon-caramel sauce, old cavalier bourbon cream crème anglaise, butter pecan ice cream, 1044 calories

**CHOCOLATE LAVA CAKE**..... 9  
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 12

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

**GRILLED CHICKEN**  
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

Substitute a garden salad or fresh fruit