

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 5/17/2022

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

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

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
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 17
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 **8** shrimp 4oz, 70 calories **12**
grilled atlantic salmon* 6oz, 264 calories **11**

SOUPS

SWEET CORN & SHRIMP CHOWDER 14
coconut milk and corn stock, shrimp, 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 17
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

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