## Smoothies

**Berrylicious** GF, V
- Strawberry, blueberry, blackberry, raspberry, orange, almond milk, chia seeds, 218 calories

**VB Green Goddess** V
- Avocado, spinach, dates, chia seeds, lemon, banana, pineapple, coconut milk, oat milk, 369 calories

**Tropical Oasis** V
- Banana, mango, pineapple, orange, coconut milk, oat milk, 345 calories

**Banana, Blueberry, Peanut Butter** GF, V
- Banana, blueberry, peanut butter, whey protein, almond milk, 345 calories

**Acai and Strawberry** GF, V
- Acai, strawberry, banana, almond milk, 249 calories

**Revitalize** GF, V
- Banana, pineapple, carrot, ginger, turmeric, coconut milk, almond milk, 385 calories

**Add a Boost**
- “Pump Up” Whey Protein Powder $2 30 calories, GF, V
- Organic Cacao $1 60 calories, GF, V

### 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 saltwater

**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, lime, sage and classic syrup and mint leaves, topped with a splash of ginger beer

### Beers and Ciders

- Miller Lite
- Budweiser
- Heineken
- Corona Extra
- Michelob Ultra
- Citrus Squell
- VBC Free Verse
- VBC Liquid Escape
- Three Notch’d Local Lager
- Mango Cart
- New Realm Hazy Like a Fox
- Benchtop Crispy Whip
- Landshark
- Dogfish Head Sea Quench Ale
- Dogfish Head Local
- Heineken O
- Coastal Cocktails
- by Tarnished Truth Distillery

### 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

### Beverages

<table>
<thead>
<tr>
<th>Pepper</th>
<th>Pepsi $4 200 calories</th>
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</thead>
<tbody>
<tr>
<td>Diet Pepsi</td>
<td>$4 0 Calories</td>
</tr>
<tr>
<td>Sierra Mist</td>
<td>$4 150 calories</td>
</tr>
<tr>
<td>Sweet Tea</td>
<td>$4 140 Calories</td>
</tr>
<tr>
<td>Unsweetened Iced Tea</td>
<td>$4 0 Calories</td>
</tr>
<tr>
<td>Milk</td>
<td>$4</td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>Vodka or Aquafina Bottled Water</th>
<th>$5</th>
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<tbody>
<tr>
<td>Sparkling</td>
<td>$0 calories</td>
</tr>
<tr>
<td>Apple Juice</td>
<td>$5</td>
</tr>
<tr>
<td>Orange Juice</td>
<td>$6</td>
</tr>
</tbody>
</table>

### Room Service

- To Place an Order:
  - 4201 Atlantic Avenue, Virginia Beach, VA 23451
  - Inside the Marriott Resort • www.TuluVB.com
  - Room Service will deliver for a $3.00 delivery charge and 20% gratuity added. Pick-up orders will have a $5.00 service charge added.
ALL DAY MENU, BEGINNING 11AM

STARTERS

TULLU HUMMUS PLATTER 16 V, DF, K
traditional hummus, grilled pita bread, marinated chickpeas, baby haricrom tomatoes, roasted red peppers, pickled cucumbers, roasted garlic cloves, roasted mushrooms, baby carrots, celery batons, 348 calories

TULLU STYLE SPINACH ARTICHOKE DIP 13 V
grilled pita, baby carrot, endive, snow peas, radish, 324 calories

CRISP CHICKEN KOPFA 14 DF
ground chicken, brown rice, zesty vegetable curry, 286 calories

TUNA POKE TOSTADA 16 K
crisp corn tortillas, avocado, shredded pineapple, wakame, toasted sesame seeds, ginger soy dressing, wasabi crema, 279 calories

SOUPS

TUSCAN WHITE BEAN AND KALE SOUP 10 V, GF, DF, K
cannellini beans, kale, tomatoes, 394 calories

AVOCADO TOAST 12 V
green beans, avocado, lime, 210 calories

COCONUT CURRY CHICKEN AND BROWN RICE SOUP 12 GF
slow poached chicken, brown rice, thai curry, 320 calories

MUSHROOM TOAST 12 V
crisp mushrooms, mashed avocado, shift kale, 286 calories

HOUSE SPECIALTIES

AVOCADO TOAST 12 V
green beans, avocado, shift kale, 286 calories

SALADS & BOWLS

GARDEN GREENS 11 V, GF, DF, K
spring mix, arugula, cucumber, baby heirloom tomatoes, radish, snow peas, endive, sunflower seeds, apple cider vinaigrette, 392 calories

VEGAN KALE CAESAR 15 V
chopped kale, flaked nutritional yeast, baby heirloom tomatoes, ciabatta croutons, vegan almond caesar dressing, 290 calories

THE WEDGE 14 V
chopped iceberg, baby heirloom tomatoes, gorgonzola cheese, avocado, turkey bacon, creamy balsamic vinaigrette, 494 calories

MEDITERRANEAN CHOP 15 V, GF, K
kale, arugula, spring mix, marinated chickpeas, baby heirloom tomatoes, roasted red peppers, artichokes, kalamata olives, pickled red onion, feta cheese, sliced almonds, lemon herb vinaigrette, 724 calories

SUPERFOODS 17 V, GF, K
crisp kale, quinoa tabbouleh, edamame, blueberries, grapes, dried cherries, feta, sunflower seeds, walnuts, yogurt orange poppyseed dressing, 495 calories

GRILLED CHICKEN KALE CAESAR WRAP 15 grilled chicken breast, chopped kale, shaved parmesan cheese, vegan caesar dressing, sun-dried tomato wrap, 570 calories

SMALL PLATES

CAULIFLOWER BÉGIOUSE 18 V, GF
ground cauliflower, plant based sausage, fire roasted pomegranate, garden herbs, graham cracker crust, 463 calories

PAN ROASTED SHRIMP ZOODLES AND PALMINI 23 GF
carrot, yellow squash, zucchini, hearts of palm vegan pasta, coconut milk citrus sauce, 473 calories

TOPPERS
Vegan Creamy GF, Gluten Free GF

TURNO-LeAN BURGER 10 GF, DF
steamed green beans, charred scallions, fresh thyme, 104 calories

ENTREES, AFTER 5PM

TULLU LEAN BURGER 20 GF, DF, K
steamed green beans, charred scallions, fresh thyme, 104 calories

TULLU EGG BÉINGOUSE 18 V, GF
ground cauliflower, plant based sausage, fire roasted pomegranate, garden herbs, graham cracker crust, 463 calories

TULLU BURGERS 12 V, GF, DF
BBQ, cheese, red onion, armageddon sauce, 550 calories

BARBECUE BEYOND BURGER 17 V, DF
plant based patty, tomato, spring mix, pickled red onion, bbq sauce, sesame seed bun, 805 calories

MOROCCAN GRILLED ALL-NATURAL AIRLINE CHICKEN BREAST 26 GF
saffron spiced red pica, lime, yogurt sauce, roasted vegetable tagine, 728 calories

SHERRY SALMON 26 V, GF
grilled salmon, lemon herb, butternut squash, roasted green beans, 705 calories

SHERRY BEEF 26 V, GF
ground sirloin, lemon herb, butternut squash, roasted green beans, 705 calories

BARBECUE BEYOND BURGER 17 V, DF
plant based patty, tomato, spring mix, pickled red onion, bbq sauce, sesame seed bun, 805 calories

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Vegan Creamy GF, Gluten Free GF

TURNO-LeAN BURGER 10 GF, DF
steamed green beans, charred scallions, fresh thyme, 104 calories

ENTREES, AFTER 5PM

MEXICAN ADOBO PORK TENDERLOIN 28 GF, DF
chile relleno, roasted red pica, lime, yogurt sauce, roasted vegetable tagine, 728 calories

SHERRY BEEF 26 V, GF
ground sirloin, lemon herb, butternut squash, roasted green beans, 705 calories

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