

SMOOTHIES 10

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 \$2 140 calories GF,V
Green Superfood Powder \$2 30 calories GF,V
Organic Cocoa \$1 60 calories GF,V

COLD PRESSED JUICES

WAKE UP CALL 12

apple, lemon, ginger, cayenne pepper

PURE WATERMELON 12 watermelon, lemon

PURE GREENS 12

kale, spinach, cucumber, celery, zucchini, romaine

GOLDEN GIRL 12

pineapple, carrot, ginger, turmeric, lemon

COCONUT HYDRATE 12

TURMERIC AND TONIC SHOT 6

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

IMMUNITY SHOT 6 100% ginger

BLUE BIOTIC SHOT 6

agave, ginger, lemon, blue algae, probiotic bacillus coagulans gbi-30 6086

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	Voss or Aquafina Bottled Water \$5 (Still) 0 calories
Diet Pepsi \$4 0 Calories	
Sierra Mist \$4 150 calories	Voss or Aquafina Bottled Water \$5 (Sparkling), 0 calories
Sweet Tea \$4 160 Calories	Apple Juice \$5
Unsweetened Iced Tea \$4 0 Calories	Orange Juice \$6
Milk \$4	

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
Citrus Squall
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 Local
Dogfish Head Sea Quench Ale
Heineken O

COASTAL COCKTAILS
by Tarnished Truth Distillery



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

TO PLACE AN ORDER:



Tulu Seaside Bar & Grill
4201 Atlantic Avenue, Virginia Beach, VA 23451
Inside the Marriott Resort • www.TuluVB.com

BREAKFAST 7AM - 11AM

FROM THE FARM

Served with Tri-Color Breakfast Potatoes and Choice of Meat

ALL-AMERICAN BREAKFAST 18 V

two eggs any style, choice of toast, includes juice and coffee, 951 calories

CLASSIC EGGS BENEDICT 15

toasted english muffin, canadian bacon, 2 soft poached eggs, hollandaise, roasted tomatoes, 1004 calories

WESTERN OMELET 14

ham, peppers, onions, bell peppers, shredded cheddar, salsa fresca, 759 calories

THREE-MEAT OMELET 15

pork bacon, pork sausage, ham, shredded cheddar, 841 calories

VEGGIE EGG WHITE OMELET 14 V

tomatoes, mushrooms, onions, bell peppers, spinach, goat cheese, 426 calories

HOUSE SPECIALTIES

AVOCADO TOAST 12 V

grilled multigrain, smashed avocado, pickled shallot, crumbled goat cheese, roasted tomatoes, micro greens, 698 calories

MUSHROOM TOAST 12 V

grilled multigrain, garden herb whipped goat cheese, roasted mushrooms, flash sauteed kale, roasted tomatoes, micro greens, 672 calories

BROKEN YOLK SANDWICH 13 V

choice of bread, two over hard eggs, applewood bacon, cheddar cheese, tri-color potatoes, 803 calories

ETC.

Oatmeal, Brown Sugar, Raisins, Oat Milk \$8 V

House-Made Cinnamon Roll \$8 V

Banana Nut Muffin \$4 V

Blueberry Oat Muffin \$4 V

Cereal with Choice of Milk \$5 V

Applewood Smoked Pork Bacon \$5 GF

Turkey Bacon \$5 GF

Country Pork Sausage \$5 GF

Apple Chicken Sausage \$5 GF

Tulu Breakfast Potatoes \$3 V

Toast with Whipped Butter \$3 V

Toasted Bagel and Cream Cheese \$6 V

Add a Cage-Free Egg \$2 GF, V

Side Pancake \$5 V

Fruit and Berry Bowl \$6 GF, V

ALL DAY MENU, BEGINNING 11AM

STARTERS

TULU HUMMUS PLATTER 16 V, DF, K

traditional hummus, grilled pita bread, marinated chickpeas, baby heirloom tomatoes, roasted red peppers, pickled cucumbers, roasted garlic cloves, roasted mushrooms, baby carrots, celery batons, 348 calories

TULU STYLE SPINACH ARTICHOKE DIP 13 V

grilled pita, baby carrot, endive, snow peas, radish, 324 calories

CRISP CHICKEN KOFTA 14 DF

ground chicken, brown rice, zesty vegetable curry, 286 calories

TUNA POKE TOSTADA 16 K

crisp corn tortilla, avocado, charred 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

COCONUT CURRY CHICKEN AND BROWN RICE SOUP 12 GF

slow poached chicken, brown rice, thai yellow curry, 520 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 13 V, K

chopped kale, flaked nutritional yeast, baby heirloom tomatoes, ciabatta croutons, vegan almond caesar dressing, 290 calories

THE WEDGE 14 V, K

crisp iceberg, baby heirloom tomatoes, gorgonzola cheese, avocado, turkey bacon, creamy balsamic dressing, 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

chopped kale, quinoa tabbouleh, edamame, blueberries, grapes, dried cherries, feta, sunflower seeds, walnuts, yogurt orange poppyseed dressing, 495 calories

TOPPERS

6oz Chicken Breast \$8, 276 calories

Grilled Shrimp \$12, 70 calories | Grilled Salmon \$12, 264 calories

PIZZAS

MIXED MUSHROOM 15 V

mushroom cream, roasted mushrooms, goat cheese, truffle oil, micro arugula
regular crust 680 calories, wheat crust 650 calories, cauliflower crust 555 calories

FOUR-CHEESE 15 V

traditional red sauce, mozzarella, romano, parmesan, asiago, fresh basil
regular crust 600 calories, wheat crust 570, cauliflower crust 480 calories

PESTO SHRIMP AND FRESH MOZZARELLA 18

pesto, mozzarella, asiago, romano, parmesan, roasted onions, arugula, lemon oil
regular crust 770 calories, wheat crust 740 calories, cauliflower crust 650 calories

MARGHERITA 15 V

evoo, baby heirloom tomatoes, mozzarella, fresh basil, balsamic glaze
regular crust 620 calories, wheat crust 590 calories, cauliflower crust 510 calories

HANDHELDS

served with choice of side salad, cup of soup, sweet potato fries, or french fries

BARBECUE BEYOND BURGER 17 V, DF

plant-based patty, tomato, spring mix, pickled red onion, bbq sauce, sesame seed bun, 805 calories

CALIFORNIA TURKEY BURGER 15 DF

house-made turkey burger, avocado, tomato, alfalfa sprouts, arugula, sesame seed bun, 680 calories

TULU LEAN BURGER 20

bison, elk, beef, and boar patty, aged cheddar, tomato, pickled red onion, spring mix, sesame seed bun, 700 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 BOLOGNESE 18 V, GF

ground cauliflower, plant based italian sausage, fire roasted pomodoro, garden herbs, pepitas, roasted mushrooms, parmesan cheese, gluten free penne, 585 calories

PAN ROASTED SHRIMP ZOODLES AND PALMINI 23 GF

carrot, yellow squash, zucchini, hearts of palm vegan pasta, coconut milk citrus sauce, 358 calories

V=Vegetarian GF=Gluten Free DF=Dairy Free K=Keto *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. Revised 1/11/2023.

ENTREES, AFTER 5PM

TERIYAKI MISO GRILLED SALMON 26 DF

flash fried rice, bok choy kimchi, 672 calories

MEXICAN ADOBO PORK TENDERLOIN 28 GF, DF

quinoa pilaf, roasted corn relish, charred peppers, green beans, charred lime, 634 calories

MOROCCAN GRILLED ALL-NATURAL AIRLINE CHICKEN BREAST 26 GF

saffron spiced rice pilaf, lime yogurt crema, roasted vegetable tagine, 728 calories

PEPPER GRILLED 6OZ FILET 38 GF

cauliflower mash, caramelized mushroom, flash sauteed kale, charred tomato and scallion relish, 705 calories

SIDES

sesame glazed snow peas, 115 calories V, GF, DF, K

fresh fruit cup, 150 calories V, GF, DF, K

truffle honey brussels sprouts, 230 calories V, DF, K

sweet potato fries, 250 calories V, DF

DESSERTS

CHOCOLATE LAVA CAKE 9

triple berry coulis, french vanilla ice cream, strawberry, mint, 463 calories

APPLE FRITTER TARNISHED TRUTH BREAD PUDDING 11

Tarnished Truth bourbon caramel sauce, old cavalier bourbon cream anglaise, butter pecan ice cream, 1044 calories

KEY LIME GREEK YOGURT CHEESECAKE 9

greek yogurt, light cream cheese, key lime juice, graham cracker crust, 346 calories

KIDS MENU, 11AM - CLOSE

GRILLED CHICKEN BREAST GF steamed green beans

GRILLED HAMBURGER

french fries, sweet potato fries, garden salad, or fruit cup

GRILLED CHEESEBURGER

french fries, sweet potato fries, garden salad, or fruit cup

GLUTEN FREE PENNE PASTA GF, V butter sauce

CRISP CHICKEN FINGERS

french fries, sweet potato fries, garden salad, or fruit cup