

CRUSHES 10

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 11

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 7

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 10

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 11

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 3.50 200 calories
 DIET PEPSI 3.50 0 Calories
 SIERRA MIST 3.50 150 calories
 SWEET TEA 3.50 160 Calories
 UNSWEETENED
 ICED TEA 3.50 0 Calories
 VOSS OR AQUAFINA BOTTLED WATER 4.50
 (Still) 0 calories

VOSS OR AQUAFINA BOTTLED WATER 4.50
 (Sparkling), 0 calories
 MILK 3.50
 APPLE JUICE 4.50
 ORANGE JUICE 5.50

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

PURE GREEN 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



• IN-ROOM DINING •

• RESTAURANT TAKEOUT •

FOR IN-ROOM DINING

Press the In-Room Dining Button on your Guest Room phone

FOR RESTAURANT PICK-UP

Call (757) 937-4248 to place an order

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* 16.50
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 12.50
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 9.50
Smashed avocado, pickled red onion, feta, microgreens, sourdough bread, 555 calories v

EGGS BENEDICT* 14
Toasted English muffin, Virginia cured ham, two soft poached cage-free eggs, hollandaise, breakfast potatoes, 1004 calories

BROKEN YOLK SANDWICH* 11.50
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 13.50
chorizo, mixed peppers, onions, shredded cheddar cheese, topped with salsa, 759 calories

THREE-MEAT OMELET 13.50
bacon, sausage, ham, shredded cheddar cheese, 841 calories

JUMBO CRAB OMELET 17
jumbo lump crab, spinach, tomatoes, Swiss cheese, 516 calories

VEGGIE EGG WHITE OMELET 13.50
tomatoes, mushrooms, onions, mixed peppers, spinach, goat cheese, 408 calories v

FROM THE BAKE SHOP

Breakfast • Served 7 am - 11 am

BAGEL AND CREAM CHEESE 5.25 v
317 calories

HOUSE MADE GIANT CINNAMON ROLL 7.50 v
880 calories

BAGEL AND SMASHED AVOCADO 7.50 v
430 calories

BLUEBERRY MUFFIN 3

APPETIZERS

Serves up to four guests, calories are per serving

HUMMUS WITH CRISPY VEGETABLES 8.50
grilled pita bread, roasted red peppers, feta cheese, 240 calories v

CHICKEN & RICE MEATBALLS 12.50
scallions, garlic, firecracker sauce, 255 calories

PAN-SEARED TUNA* 15.75
seaweed salad, wasabi aioli, ponzu glaze, tobiko, 535 calories

SALADS

WEDGE SALAD 9.50
crisp iceberg, grape tomatoes, gorgonzola cheese, avocado, turkey bacon, louis dressing, italian parsley, 490 calories GF

SUPERFOOD SALAD 12.50
organic chopped kale, roasted sweet potatoes, pepitas, pickled red onions, bulgar wheat, pecan crunch, tahini vinaigrette, 700 calories v

ROMAINE & KALE CAESAR 10.50
ciabatta croutons, shaved parmesan blend, 530 calories

MARKET-FRESH SALAD 8.50
mixed field greens, baby heirloom tomatoes, cucumber, red onion, carrot, celery, red wine vinaigrette, 530 calories v, GF

QUINOA AND MIXED BERRY SALAD 12.50
spinach, herbed quinoa, strawberries, blueberries, blackberries, sunflower seeds, crispy onions, blood orange vinaigrette, 484 calories

SALAD TOPPERS

salmon salad, 430 calories 8.50 keto chicken salad, 370 calories 7.50
grilled chicken, 216 calories 7
grilled atlantic salmon*, 276 calories 11.50 crab meat, 75 calories 13.75

SOUPS

SWEET CORN & CRAB CHOWDER cp 7.50 bwl 10.50
coconut milk, fresh lime, cilantro cup 310 calories, bowl 520 calories GF

CHICKEN-LENTIL SOUP WITH JAMMY ONIONS cp 7.50 bwl 10.50
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* 16.75
norwegian salmon fillet, green lentils, farro, quinoa, fennel, dill-mint yogurt sauce, 870 calories

BT MASHED CAULIFLOWER BOWL 13.75
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 14.75
plant-based soy-free burger, local tomato, organic greens, pickled cucumber, red onion, brioche bun, 805 calories v

CALIFORNIA TURKEY BURGER* 13.75
avocado, arugula, pepper jack, local tomato, brioche bun, 680 calories

TULU LEAN BURGER* 17.75
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 16.75
maryland-style, lettuce, local tomato, mustard sauce on brioche bun, 675 calories

KETO CHICKEN SALAD WRAP 11.50
tarragon mayonnaise, celery, avocado, organic lettuce sundried tomato wrap, 595 calories

KALE, ROMAINE, & GRILLED CHICKEN CAESAR WRAP 11.50
kale, romaine, grilled chicken, caesar dressing, parmesan cheese, sun-dried tomato wrap, 570 calories

BROKEN YOLK SANDWICH* 11.50
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* 22
mango, jicama, lemongrass sauce, coconut rice, toasted sesame dressing, 685 calories

◆ **JUMBO LUMP CRAB CAKES** 29.75
roasted sweet potatoes, grilled asparagus, rémoulade, 860 calories

◆ **PEPPER-GRILLED 6OZ FILET OF GRASS-FED BEEF** 30.75
mashed cauliflower, roasted garlic, caramelized mushrooms, spring onions, brussels sprouts, peas, feta, 705 calories*

DESSERTS

CHOCOLATE AVOCADO PUDDING 8.50
fresh berries, toasted coconut, 284 calories

KEY LIME YOGURT CHEESECAKE 9.50
Greek yogurt, light cream cheese, key lime juice, graham cracker crust, 346 calories

APPLE FRITTER TARNISHED TRUTH BREAD PUDDING 11.50
old cavalier bourbon-caramel sauce, old cavalier bourbon cream, crème anglaise, 1044 calories

CHOCOLATE LAVA CAKE 9.45
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