

CRUSHES \$10

ORIGINAL ORANGE

Orange vodka, fresh hand-pressed oranges, lemon-lime soda and triple sec

CREAMSICLE

Vanilla Bean 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 \$10

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

BLOOD ORANGE MARGARITA

Gold tequila, blood orange syrup and agave nectar, with fresh hand-pressed limes

BEER ON TAP

BUD LIGHT LAGER 4.2% ABV **6**

YUENGLING TRADITIONAL LAGER 4.5% ABV **6**

STELLA ARTOIS LAGER 4.8% ABV **7**

BLUE MOON BELGIAN WHITE 5.4% ABV **7**

O'CONNOR EL GUAPO AGAVE IPA 7.5% ABV **7**

KONA BIG WAVE BLONDE ALE 4.4% ABV **7**

FAT TIRE AMBER ALE 5.2% ABV **7**

SAMUEL ADAMS, ROTATING **7**

MOSCOW MULES \$10

ARIZONA MOSCOW MULE

Tulu-Infused Jalapeño vodka, fresh hand-pressed limes, Prickly Pear Syrup, Goslings ginger beer

CHERRY BLACKBERRY MOSCOW MULE

Cherry vodka, fresh handpressed limes, muddled blackberries, Goslings ginger beer

BLUEBERRY LEMON MOSCOW MULE

Blueberry vodka, fresh handpressed limes and lemons, Goslings ginger beer

CARROT GINGER MOSCOW MULE

Vodka, cold-pressed carrot juice, fresh hand-pressed limes, oranges and lemons, Goslings ginger beer

THE ORIGINAL MOSCOW MULE

Vodka, fresh hand-pressed limes, Gosling's ginger beer

FRESH HAND-CRAFTED MOJITOS \$11

THE CLASSIC

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

STRAWBERRY LEMON

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

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** 200 calories
DIET PEPSI **\$3** 0 Calories
SIERRA MIST **\$3** 150 calories
SWEET TEA **\$3** 160 Calories
UNSWEETENED
ICED TEA **\$3** 0 Calories
VOSS OR AQUAFINA
BOTTLED WATER **\$4**
(Still) 0 calories

VOSS OR AQUAFINA
BOTTLED WATER **\$4**
(Sparkling), 0 calories
MILK **\$3**
APPLE JUICE **\$4**
ORANGE JUICE **\$5**
BOTTLED WATER **\$4**

SMOOTHIES \$10

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

TRIPLE BERRY ANTIOXIDANT v

Blueberries, blackberries, strawberries, coconut nectar, bananas, almond milk, lemon

GINGERBREAD WORKOUT RECOVERY v

Greek yogurt, banana, almond butter, ginger, nutmeg, cardamom, molasses, cinnamon

COCOA-CHIA v

Banana, blueberries, strawberries, cacao powder, chai seeds, almond milk

VB GREEN GODDESS v

Banana, spinach, ginger, chia seeds, coconut milk, fresh OJ, almond butter

MOCHA-MACA MADNESS v

Raw cacao, maca root, espresso, almond milk, dates, almond butter, cacao nibs

ADD A BOOST

Green Superfood Powder **\$2** 30 calories

Organic Cacao **\$1** 60 calories

PURE GREEN COLD-PRESSED JUICES \$10

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 IMMUNITY SHOT **\$3**

Turmeric, carrot, pineapple, lemon, ginger, black pepper

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.



**For Delivery to Your Room
and Take Out**

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

For Pick-Up To-Go
Call 757-YES-42LU
or 757-937-4258

BREAKFAST

Served 7 am - 11 am

GOOD START OATMEAL WITH

JUICE AND COFFEE..... \$10
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
Smashed avocado, pickled red onion, feta, microgreens, sourdough bread, 552 calories **V**

CHESAPEAKE BAY..... \$18
Two poached eggs, blue crab meat, onions, tomatoes, swiss cheese, breakfast potatoes, 613 calories

EGGS BENEDICT*..... \$12
Toasted English muffin, Virginia cured ham, two soft poached cage-free eggs, hollandaise, breakfast potatoes, 1004 calories

BROKEN YOLK SANDWICH*..... \$11
Two cage-free eggs, cheddar, honey smoked ham, applewood smoked bacon, hash browns, 803 calories

FROM THE BAKE SHOP

BAGEL AND CREAM CHEESE \$5 **v**
317 calories

HOUSE MADE GIANT CINNAMON ROLL \$7 **v**
880 calories

BAGEL AND SMASHED AVOCADO \$7 **v**
430 calories

FRESH FRUITS & SIDES

FRUIT PLATE \$8 **v, GF**
150 calories

ADD COTTAGE CHEESE \$2
90 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.

SHAREABLES

Serves up to four guests, calories are per serving

HUMMUS, CRISP VEGETABLES..... 8
pita chips, marinated roasted peppers, feta cheese, 240 calories **V**

CHICKEN & RICE MEATBALLS..... 12
scallions, garlic, firecracker sauce, 255 calories

APPETIZERS

GRILLED JUMBO SHRIMP & AVOCADO CORN COCKTAIL*..... 13
chili & cumin-rubbed, olive oil, fresh cilantro, 445 calories **GF**

AVOCADO TOAST..... 9
smashed avocado, pickled red onion, feta, microgreens, balsamic glaze, sourdough bread, 555 calories **V**

PAN-SEARED TUNA*..... 13
seaweed salad, frisée, wasabi aioli, ponzu glaze, tobiko, 535 calories

SOUPS

SWEET CORN & CRAB CHOWDER..... cup 7 bowl 10
coconut milk, fresh lime, cilantro cup 310 calories, bowl 520 calories **GF**

CHICKEN-LENTIL SOUP WITH JAMMY ONIONS..... cup 7 bowl 10
garlic, onion, red lentils, lemon juice, turmeric cup 435 calories, bowl 660 calories **GF**

SALADS

BRIGHT & SPICY SHRIMP NOODLE SALAD*..... 13
lime juice, cavalier honey, serrano chile, greens, english hothouse cucumber, bean thread noodles, peanuts, 730 calories

THE BACKFIN CRAB WEDGE..... 14
crisp iceberg, jumbo lump crab, grape tomatoes, gorgonzola cheese, avocado, turkey bacon, crab louis dressing, italian parsley, 490 calories **GF**

SUPERFOOD SALAD..... 12
organic chopped kale, roasted sweet potatoes, pepitas, pickled red onions, sprouted buckwheat, pecan crunch, tahini vinaigrette, 700 calories **V**

ROMAINE & KALE CAESAR..... 10
ciabatta croutons, shaved pecorino, 530 calories

MARKET-FRESH SALAD..... 7
mixed field greens, red onion, cucumber, grape tomatoes, carrot, celery, red wine vinaigrette, 530 calories **V, GF**

SALAD TOPPERS

keto chicken salad, 370 calories 7 grilled chicken, 300 calories 7
grilled atlantic salmon*, 305 calories 9

POWER BOWLS

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

BRONZED SALMON & ANCIENT GRAINS BOWL*..... 14
norwegian salmon fillet, red lentils, farro, quinoa, fennel, dill-mint yogurt sauce, 870 calories

BT MASHED CAULIFLOWER BOWL..... 12
mashed cauliflower, roasted garlic, caramelized mushrooms, spring onions, brussels sprouts, chicken, peas, feta, 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..... 11
plant-based soy-free burger, local tomato, organic greens, pickled cucumber, red onion, brioche bun, 805 calories **V**

CALIFORNIA TURKEY BURGER*..... 13
avocado, arugula, pepper jack, local tomato, brioche bun, 680 calories

TULU LEAN BURGER*..... 14
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..... 14
maryland-style, lettuce, local tomato, mustard sauce on brioche bun, 675 calories

GRILLED CHICKEN CAPRESE SANDWICH..... 11
local tomato, fresh mozzarella, organic greens, basil pesto, brioche bun, 675 calories

KETO CHICKEN SALAD..... 11
feta, chopped cilantro, avocado, lettuce, local tomato, sun-dried tomato wrap or multi-grain bread, 870 calories

KALE, ROMAINE AND GRILLED CHICKEN CAESAR WRAP..... 11
kale, romaine, grilled chicken, caesar dressing, parmesan cheese, sun-dried tomato wrap, 570 calories

PIZZAS

crust: regular, whole wheat, cauliflower

MIXED MUSHROOM..... 11
goat cheese, truffle oil, scallions **V**
regular, 680 calories whole wheat, 650 calories cauliflower crust, 555 calories

FOUR-CHEESE..... 10
fresh mozzarella, feta, goat, parmesan, basil **V**
regular, 600 calories whole wheat, 570 calories cauliflower crust, 480 calories

KOREAN BARBECUED CHICKEN..... 12
carrot ribbons, daikon, cilantro, fresh mozzarella
regular, 785 calories whole wheat, 755 calories cauliflower crust, 660 calories

PESTO SHRIMP & FRESH MOZZARELLA..... 12
balsamic cipollini onions, arugula, basil pesto
regular, 770 calories whole wheat, 740 calories cauliflower crust, 650 calories

ENTRÉES

◆ Available during Dinner only, 5:00 pm - 10:00 pm

SHRIMP ZOODLE SCAMPI*..... 19
vegetable zoodles, lemon, fresh herbs, garlic, crushed red pepper, white wine, parmesan cheese, 290 calories

SESAME-GRILLED SALMON*..... 21
mango, jicama, lemongrass sauce, coconut rice, toasted sesame dressing, 685 calories

GRILLED HANDLINE TUNA*..... 24
mint tabbouleh, tomato salad, preserved lemon hummus, 705 calories

◆ **JUMBO LUMP CRAB CAKES**..... 29
roasted sweet potatoes, grilled asparagus, rémoulade, 860 calories

◆ **PEPPER-GRILLED 6 OZ FILET OF GRASS-FED BEEF***..... 29
mashed cauliflower, roasted garlic, caramelized mushrooms, spring onions, brussels sprouts, peas, feta, 705 calories

DESSERTS

CHOCOLATE AVOCADO PUDDING..... 8
fresh berries, toasted coconut, 284 calories

KEY LIME GREEK YOGURT CHEESECAKE..... 9
246 calories

APPLE FRITTER TARNISHED TRUTH BREAD PUDDING..... 11
old cavalier bourbon-caramel sauce, old cavalier bourbon cream, crème anglaise

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
Potatoes and Steamed broccoli

TURKEY BREAST SANDWICH
Whole Wheat Bread with Lettuce, Tomato, Fruit Cup or Chopped Salad

PLAIN OR CHEESEBURGER
Sweet potato fries or French Fries
Add a Garden Salad or Fresh Fruit for \$2