

BREAKFAST

Served 7 am - 11 am

GOOD START OATMEAL WITH JUICE AND COFFEE **\$10 V**
Oatmeal or house made granola, fresh berries or bananas, skim milk, choice of toast, bagel or muffin - Includes juice and coffee 570 Calories

AVOCADO TOAST **\$9 V**
Smashed avocado, pickled red onion, feta, microgreens, sourdough bread 552 calories

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

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
AQUAFINA BOTTLED WATER **\$4**
(Still) 0 calories

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

GINGERBREAD WORKOUT RECOVERY
Greek yogurt, banana, almond butter, ginger, nutmeg, cardamom, molasses, cinnamon

COCOA-CHIA
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, GF
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



**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

LUNCH & DINNER

Served 11 am - 10 pm

APPETIZERS

HUMMUS, CRISP VEGETABLES..... **\$8 V**
Pita chips, Marinated Roasted Peppers, Feta Cheese 236 calories

GRILLED JUMP SHRIMP & AVOCADO
CORN COCKTAIL..... **\$13 GF**
Chili-Cumin Rubbed, Olive Oil, Fresh Cilantro 441 calories

AVOCADO TOAST..... **\$9 V**
Smashed Avocado, pickled red onion, feta, microgreens, balsamic glaze
sourdough bread 586 calories

SOUPS

SWEET CORN AND CRAB CHOWDER..... **\$7 CUP /\$10 BOWL V, GF**
Coconut Milk, Fresh Lime, Cilantro Cup 310 calories Bowl 520 calories

CHICKEN-LENTIL SOUP WITH
JAMMY ONIONS..... **\$7 CUP/\$10 BOWL V, GF**
Garlic, onion, Red Lentils, Lemon Juice, Turmeric Cup 435 calories Bowl 660 calories

SALADS

HONEY-ROASTED GOLDEN BEETS
& GOAT CHEESE SALAD **\$12 V, GF**
Toasted pistachios, Micro basil, Greens, Cavalier Honey Balsamic Vinaigrette
567 calories

ROMAINE & KALE CAESAR **\$10**
Ciabatta Croutons, Shaved Pecorino 530 calories

SUPERFOOD SALAD **\$13 V**
Organic Chopped Kale, Roasted Sweet Potatoes, Pepitas, Pickled Red Onions,
Sprouted Buckwheat, Pecan Crunch, Tahini Vinaigrette 699 calories

HANDHELDS

Served with Miss Vickie's kettle chips or an apple.

KETO CHICKEN SALAD SANDWICH **\$11**
Feta, chopped cilantro, avocado mayo, Ezekiel bread, Whole grain bread or
Spinach wrap 867 calories

ROASTED TURKEY SANDWICH..... **\$10**
Ginger Avocado Relish, Bibb Lettuce, Local Tomato, Ezekiel Bread, Whole
Grain Bread or Spinach Wrap 620 calories

KALE, ROMAINE, AND GRILLED
CHICKEN CAESAR WRAP..... **\$11**
Kale, Romaine, Grilled Chicken, Caesar Dressing, Parmesan Cheese, Sundried
Tomato Wrap 570 calories

TULU LEAN BURGER..... **\$15**
A blend of Lean Meats, Aged Cheddar, Organic Greens, White Balsamic
Vinaigrette, Brioche Bun 725 calories
Add bacon \$1

DESSERTS

GREEK YOGURT BROWNIE **\$3**

CAVALIER'S FAMOUS CHOCOLATE CHIP
TURNDOWN COOKIES (3) **\$4**

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**

FRESH, HAND-CRAFTED COCKTAILS

THE CLASSIC MOJITO..... **\$11**
Superior rum, muddled with fresh lemons, limes, classic syrup and mint
leaves, topped with a splash of seltzer and lemon-lime soda

THE ORIGINAL MOSCOW MULE..... **\$10**
Vodka, fresh hand-pressed limes, Gosling's ginger beer

ORIGINAL ORANGE CRUSH..... **\$10**
Orange vodka, fresh hand-pressed oranges, lemon-lime soda and triple sec

CLASSIC MARGARITA..... **\$10**
Gold tequila and made the traditional way with a salted rim

HARD CIDER..... **\$7**
Angry Orchard Crisp Apple, Rose, or Pear

HARD LEMONADE..... **\$7**
Mikes original or Strawberry

WHITE CLAW SELTZER..... **\$7**
Grapefruit or Black Cherry

WINE GLASS SELECTIONS

CHAMPAGNE
Piper Sonoma N.V., Brut California **\$11.25**

PINOT GRIGIO
Banfi Le Rime, Tuscany, Italy **\$9.25**

SAUVIGNON BLANC
Chateau Ste. Michelle, Columbia Valley, Washington..... **\$10**

CHARDONNAY
Kendall-Jackson, Vintner's Reserve, Russian River, California **\$10.5**
Louis Jadot, Chablis, Burgundy France..... **\$13.25**

RIESLING
Manfred Breit, Kabinett, Mosel, Germany..... **\$12.5**

ROSE
Chateau d'esclans Whispering Angel, Cotes de Provence, France..... **\$13.75**

PINOT NOIR
Mark West, California..... **\$12.5**

MERLOT
Wild Horse, Monterey, California..... **\$10.5**

CABERNET SAUVIGNON
William Hill, Central Coast, California **\$8**

ZINFANDEL
Michael David Freakshow, Lodi, California..... **\$12.5**

MOSCATO
Elvio Tintero Sori Gramela, Piedmont, Italy **\$11.5**