

## 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 and 42 Ocean deliveries will have a \$3.00 delivery charge.  
All transactions will have 20% gratuity added.

## MOSCOW MULES

### ARIZONA MOSCOW MULE

Vodka, fresh hand-pressed limes, prickly pear syrup, ginger beer, muddled jalapeños

### 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

Diet Pepsi \$4 0 Calories

Sierra Mist \$4 150 calories

Sweet Tea \$4 160 Calories

Unsweetened Iced Tea \$4 0 Calories

Milk \$4

Voss or Aquafina Bottled Water \$5  
(Still) 0 calories

Voss or Aquafina Bottled Water \$5  
(Sparkling), 0 calories

Apple Juice \$5

Orange Juice \$6

## 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 jalapeños

## 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 0

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](http://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 6/18/2024.

## 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