



CLTRE.
VGN JNT

1309 FORDHAM DR. SUITE 106
VIRGINIA BEACH, VA 23464
757-401-9981

BREAKFAST + LUNCH
SERVED ALL DAY

(GF) = CAN BE MADE GLUTEN-FREE | LET US KNOW ABOUT ANY FOOD ALLERGIES | PRICES SUBJECT TO CHANGE

WAFFLES & FRENCH TOAST

CHIK'N & WAFFLES | 15 (SATURDAYS ONLY)
2 TOPPINGS + 1 SAVORY SAUCE & 1 MAPLE SYRUP
TOPPED W/ SEASONED & BREADED CAULIFLOWER

CINNAMON APPLE (GF) | 14

CINNAMON APPLES·BANANAS·GRANOLA·
CREAM CHEEZ DRIZZLE

HAWAIIAN (GF) | 14

PINEAPPLE·BANANAS·GRANOLA·CREAM CHEEZ
DRIZZLE· COCONUT BACON

CHOCOLATE CRAZE (GF) | 14

CHOCOLATE CHIPS·BANANA·GRANOLA·
CHOCOLATE CREAM CHEEZ DRIZZLE

SCRAMBLED (GF) | 14

PUMFU ·ARAGULA·AVOCADO·COCONUT BACON·BASIL SAUCE

TTLA (GF) | 14

TEMPEH·AVOCADO·FRESH TOMATO·SPINACH·BASIL SAUCE

BUILD YOUR OWN

SWEET WAFFLES & FRENCH TOAST COME WITH
ONE MAPLE SYRUP / SAVORY WAFFLES COME
WITH CHOICE OF SPECIAL SAUCE DRIZZLE

FRENCH TOAST | 11 WAFFLE (GF) | 13

CHOOSE ANY 3 TOPPINGS LISTED BELOW

BASIL ~ SRIRACHA
MAYO ~ VRANCH ~ BBQ
~ BUFFALO

EXTRA MAPLE +1
EXTRA SAUCE +.85

SWEET TOPPINGS

BANANA
BLUEBERRIES
STRAWBERRIES
CHOCO CHIPS
PINEAPPLE
REG CRM CHZ
CHOC CRM CHZ
COCNUT BAC'N
NUT BUTTER

SAVORY TOPPINGS

SUNDRIED TOMATO
HOUSE AVO MIX
FRESH AVO
MUSHROOM
COCONUT BAC'N
SPINACH
ARUGULA
CHEDDAR CHZ
SZN'D TEMPEH

KIDS MENU

AB&J SANDWICH (GF) | 7

ALMOND BUTTER·JELLY·TOASTED & BUTTERED
| ADD BANANA \$0.80

GRILLED CHEEZ (GF) | 8

CHEDDAR CHEEZ·MELTED ON SOURDOUGH BREAD·
SIDE OF BASIL SAUCE·SERVE WITH A SIDE

BREAKFAST

AVOCADO TOAST (GF) | 11.5

HOUSE MADE AVOCADO MIX·FRESH TOMATO·PUMFU·
ARUGALA·BASIL DRIZZLE·COCONUT BACON·NO SIDE

POWER TOAST (GF) | 7.75

ALMOND BUTTER·BANANA·BLUEBERRY·AGAVE
DRIZZLE·TOASTED & BUTTERED·NO SIDE

THEE BREKKIE BURRITO | 10.75

HOUSE MADE CHICKPEA SAUSAGE·PUMFU SCRAMBLE·
COCONUT BACON·ARUGULA·BASIL SAUCE·SRIRACHA MAYO·
SERVED WITH A SIDE

BISCUITS & GRAVY | 7.75

HOUSE MADE BUTTERY BISCUIT TOASTED & SERVED
WITH PEPPER GRAVY| ADD BREAKFAST SAUSAGE OR CHIK'N
PATTY +3

BLACK BEAN BRKFST BISCUIT | 8

HOUSE MADE BUTTERY BISCUIT TOASTED & SERVED
WITH HOUSE MADE BREAKFAST SAUSAGE| ADD CHEEZ OR
COCO BAC'N +1

NEW! CHIK'N BISCUIT | 8.75

HOUSE MADE SZN'D CHIK'N PATTY BTWN A BUTTERY
TOASTED BISCUIT | ADD CHEEZ OR COCO BAC'N +1

LUNCH

ALL SANDWICHES/WRAPS SERVED W CHIPS
SUB FRUIT AT NO CHARGE OR SIDE SALAD + 2

CHIK'N SALAD SANDWICH OR WRAP | 11

CHIK'N·FRESH TOMATOES·SPINACH·SPECIAL HOUSE
MADE SAUCE·

BUFFALO CHIK'N WRAP | 11

BUFFALO CHIK'N·FRESH TOMATOES·SPINACH·
VRANCH·SERVED WITH CHIPS

TTLA SANDWICH (GF) | 12

SMOKY TEMPEH BACON·HOUSE MADE AVOCADO
SPREAD· TOMATO · SPINACH · BASIL SAUCE·

BUFFALO CAULIFLOWER WRAP | 13

(SATURDAYS ONLY)

SEASONED BREADED FRIED CAULIFLOWER·FRESH
TOMATOES·SPINACH·BBQ BUFFALO SAUCE·VRANCH·

SIDES

CHIPS | 2

CINNAMON APPLES | 2

FRUIT CUP | 2

SIDE SALAD 4 | FULL 7

HASH BROWN | 3

BREAKFAST POTATOES | 4.75

SIDE CAULIFLOWER WINGS | 5

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BEVERAGE MENU

LET US KNOW ABOUT ANY FOOD ALLERGIES

SMOOTHIES

(16 OZ ONLY)

GREEN GODDESS | 6.75

BANANA-AVOCADO-SPINACH-PINEAPPLE-MATCHA

CITRUS LOVE | 6.5

LEMON-ORANGE-BANANA

MANGO | 6.75

MANGO-BANANA-PINEAPPLE-BASIL

DREAMSICLE | 6.5

ORANGE-BANANA-VANILLA

CHUURLEY | 6.75

BANANA- NUT BUTTER-CHOCOLATE
ADD ESPRESSO SHOT +1

BANANABERRY | 6.5

BANANA-STRAWBERRY-BLUEBERRY

BASILINA | 6.5

STRAWBERRY-ORANGE-BASIL

ADD HEMP PROTEIN - ALMOND BUTTER -
FRESH AVO +1

COFFEE

CHOOSE HOT OR COLD

	12OZ	16OZ	20OZ(ICED)
DRIP	3	3.5	
LATTE	4.75	5.25	5.75
MOCHA	5.	5.75	6.25
MEXI MOCHA	5.	5.75	6.25
AMERICANO		3.5	4.25
CAPPUCCINO	4.		
COLD BREW		3.5	4.

NON-COFFEE

CHOOSE HOT OR COLD

	12 OZ	16 OZ	20 OZ
HOT CHOCO	4.	5.	
MEXI HOT CHOCO	4.	5.	
CHOCO MILK		4	
STEAMED MILK	3.25		

SYRUPS

ASK ABOUT SEASONAL SYRUPS

ADD TO ANY COFFEE OR TEA +.85

- HAZELNUT
- CARAMEL
- SALTED CARAMEL
- VANILLA
- VANILLA BEAN
- FRENCH VANILA
- LAVENDER
- COCONUT
- PISTACHIO

MILK

- OAT (DEFAULT)
- ALMOND
- SOY
- COCONUT
- CREAMER | .85

TEAS

CHOOSE HOT OR COLD

	12 OZ	16 OZ	20 OZ
NEW! MACASHRÜM	5.	5.75.	6.5
CHAI LATTE	4.25	4.75	5.25
MATCHA LATTE	4.25	4.75	5.25
LONDON FOG	3.5	4	4.25
LOOSE LEAF TEA	3.75	4.25	4.75

- ~BLACK GINGER PEACH
- ~WHITE POMEGRANATE
- ~EARL GRAY

ASK ABOUT OTHER ROTATING TEA FLAVORS
ADD MILK FOG | 1