



## LIMITED MENU

Please check out our limited menu while we navigate through all the changes restaurants are making due to COVID-19.  
Stay tuned on our social media pages for daily specials.

Current Hours:

Newport News: Wed-Sun 11am-4pm

Virginia Beach: Daily 11am-6pm

## Appetizers

LETTUCE WRAPS 9.99 (VB Only)

bibb lettuce / grilled organic chicken hoisin aioli / spicy cashews / cilantro / black sesame seeds  
*substitute grilled wild-caught tuna\* 3.00*

FLASH-FRIED BRUSSELS SPROUTS 7.99 house-cured bacon / asiago cheese shallots / *balsamic glaze*

FRIED MAC 'N' CHEESE 6.99

FRIED PICKLES 5.99 *horsey sauce*

## Soups

TOMATO BASIL

rich red roma tomatoes / cream / garlic / greenhouse-grown basil  
CUP 4.49 BOWL 5.49

SOUP DU JOUR

made fresh daily

CUP 4.49 BOWL 5.49

ADD EITHER TO ANY MEAL

CUP 3.49 BOWL 4.49

## Salads

ANYTHING & EVERYTHING 13.99

grilled organic chicken / bacon / pecans / raisins / blue cheese / roma tomatoes / red onions / Schuyler greens /  
*raspberry vinaigrette*

# Craft Your Own Salad

Build It Just The Way You Like It 8.99

Select up to four toppings to top a bed of local schulyer greens/ *each additional topping .79*

## FRUITS

apples  
craisins  
pineapple

## VEGGIES

olives  
red onion  
roasted red peppers  
roma tomatoes  
sun-dried tomatoes  
cucumbers

## CHEESES

asiago  
blue  
mozzarella  
goat cheese  
cheddar  
queso fresco

## NUTS/SEEDS

roasted pecans  
cashews

## BEANS & MORE

black bean salad  
onion frazzles

## ADD A PROTEIN

grilled organic chicken 4.49  
organic chicken salad 3.99  
grilled wild-caught tuna\* 6.99  
crumbled bacon 2.49  
grilled portabella 2.99

## DRESSINGS

simple vinaigrette  
raspberry vinaigrette  
garlic ranch  
cilantro lime cream

# Craft Your Own Burger

scratch-made honey potato bun + a locally-raised patty 10.99  
*comes with your choice of side or add hand-cut fries for 1.99*

## CHEESES 1.49

cheddar  
swiss  
smoked gouda  
muenster  
goat cheese  
blue cheese

## VEGGIES .79

roma tomatoes  
sun-dried tomatoes  
schulyer greens  
red onions  
sautéed onions  
sautéed mushrooms

## HOUSE-MADE SAUCES .79

chipotle mayo  
po boy sauce  
horsey sauce  
hot pepper bacon berry jam  
hoisin mayo

# Sandwiches + Specialties

traegermeister 10.99

in-house Traeger-smoked turkey breast / bacon / smoked gouda / sun-dried tomatoes / coleslaw / chipotle mayo / *sun-dried tomato sour dough*

jammy patty melt 14.99 (VB Only)

Coastal Cattle local beef\* / bacon / muenster cheese / caramelized onions / mayo / hot pepper-bacon-berry jam / *sunflower whole wheat*

PASTURE BEDTIME\* 14.99

Coastal Cattle Burger / house-cured bacon / Jameson maple glaze / Guinness cheddar cheese / sunny side up egg / pickled onions / *honey potato bun*

BLT 9.99

crispy bacon / roma tomatoes / Schuyler greens / mayo / *brioche*

MELTY Grilled Cheese 9.99

cheddar / swiss / muenster cheese / *sun-dried tomato sour dough*  
*add bacon for 1.99 / add roma tomato for .79*

ANDERSON'S WORLD-FAMOUS CHICKEN SALAD 9.99

organic chicken / dried cranberries / onions celery / special seasonings / pecans / *grilled croissant*

SHROOMA WRAP 10.49 grilled portabella mushroom / red onions / roma tomatoes / spinach roasted red peppers / muenster cheese chipotle mayo / *flour tortilla*

MIAMI 12.99

grilled wild-caught tuna\* / Schuyler greens / black bean salad / onion frazzles / po boy sauce / *flour tortilla*

CALIFORNIA CLUB QUESADILLA 9.99

grilled organic chicken / cheddar / bacon cilantro / roma tomatoes *garlic ranch*

*gluten-free bread or buns available • add 2.00*

## Halfsies

1/2 ANDERSON'S CHICKEN SALAD SANDWICH 9.99 with choice of cup of soup or 1/2 Everything Salad  
MAKE IT A BOWL OF SOUP FOR 1.49

1/2 EVERYTHING SALAD

Schuyler greens / bacon / raisins / pecans / roma-tomatoes / red onions / blue cheese crumbles / *raspberry vinaigrette*

## Hunted-Gathered Bowl

COCONUT CURRY 8.99

sweet potato hash / cauliflower / spinach / blistered grape tomatoes / green coconut curry / cucumber-mint-cilantro relish

*Add protein for an additional cost:*

GRILLED ORGANIC CHICKEN 4.49

GRASS FED BEEF BURGER\* 6.99

GRILLED PORTABELLA 2.99

GRILLED WILD-CAUGHT TUNA\* 6.99

## Sides

*all sandwiches, wraps, and quesadillas come with your choice of one:*

VF, GF BLACK BEAN SALAD

V, GF GREEN LEAF SALAD

V, GF COLE SLAW

VF, GF CHIPS

# Premium Sides

*Upgrade for an additional cost:*

CUP OF SOUP 2.49

FRIED MAC 'N' CHEESE 2.99

FRIED PICKLE 1.99

HAND-CUT FRIES 1.99

SWEET POTATO FRIES 1.99

SEASONAL FRUIT 2.69

# Hot Drinks

POWER COFFEE 4.99

Specially roasted Sage Kitchen Blend, coconut oil and grass-fed butter are blended together to create a smooth and delicious way to start your day. Paleo-friendly and your new favorite beverage—trust us on this one.

SAGE KITCHEN COFFEE BLEND 2.99

Three-bean breakfast blend boasting flavor notes of toffee and nut brittle with a light acidity. *Available in decaf.*

PREMIUM HOT TEA 2.69 various selections

# Juices

SNOW WHITE 4.69 red apple / green apple / pineapple / lemon

JUST ORANGE 3.99 freshly squeezed orange juice

HANGOVER RX 4.99 (VB Only) coconut water / vanilla / orange / pineapple

ANNIE PALMER 3.99 agave lemonade / ginger / muddled mint blackberry jasmine iced tea

GINGER FIZZ 3.99 fresh ginger / soda water / organic agave syrup

AGAVE LEMONADE 3.99 fresh-squeezed lemon / organic agave syrup

CLEAN GREEN 4.99 green apple / kale / spinach / parsley cucumber / celery / organic agave syrup

CUCUMBER LEMONADE 3.99 cucumber / agave lemonade

GREEN MONSTER 4.99 (VB Only) kale / coconut water / pineapple / lemon organic agave syrup