



WE PROUDLY OFFER FRESH SEASONAL PRODUCE + MEAT FROM LOCAL FARMERS WHENEVER POSSIBLE.

757.599.3510  
NEWPORT NEWS  
VIRGINIA BEACH  
LOVESAGEKITCHEN.COM

## APPETIZERS

### LETTUCE WRAPS 11

bibb lettuce / grilled organic chicken / hoisin aioli / spicy pecans / cilantro / black sesame seeds GF

substitute *grilled wild-caught tuna\** 3



### FLASH-FRIED BRUSSELS SPROUTS 9

house-cured bacon / asiago cheese / shallots / house-made balsamic glaze

### CRAB BALLS 12

local crab / green onions / herbs + spices / lemon dill aioli

### CHICKEN TENDERS 8

organic hand-breaded chicken / garlic ranch

### FRIED PICKLES 7

dill pickle spears / horsey sauce V

## SOUPS

### TOMATO BASIL

rich red roma tomatoes / cream / garlic / green-house-grown basil  
CUP 5.5 BOWL 6.5

### SOUP DU JOUR

made fresh daily  
CUP 5.5 BOWL 6.5

ADD SOUP TO ANY MEAL  
CUP 3.5 BOWL 4.5

## SIDES

BLACK BEAN SALAD GF V VF

GREEN LEAF SALAD GF V

COLESLAW GF V

CHIPS GF V VF

premium sides / upgrade for an additional cost:

CUP OF SOUP 3.5

FRIED PICKLES 2 V

HAND-CUT FRIES 2 GF V VF

SWEET POTATO FRIES 2 GF V VF

SEASONAL FRUIT 2.5 GF V VF

## SALADS

### ANYTHING & EVERYTHING 15

grilled organic chicken / bacon / pecans / blue cheese / roma tomatoes / craisins / red onions / local Schulyer greens / raspberry vinaigrette GF

### CRAFT YOUR OWN SALAD 10

select up to four toppings to top a bed of local Schulyer greens / each additional topping 1

### FRUITS + VEGGIES

apples  
craisins  
pineapple  
red onion  
roasted red peppers  
roma tomatoes  
sun-dried tomatoes  
cucumbers

### CHEESES

asiago  
blue  
cheddar  
feta

### DRESSINGS

oil + vinegar  
simple vinaigrette  
raspberry vinaigrette  
garlic ranch  
cilantro lime cream  
lemon dill aioli

### BEANS & MORE

black bean salad  
onion frazzles  
spicy pecans

### ADD A PROTEIN

grilled organic chicken 4.5  
organic chicken salad 4  
organic chicken tenders 4.5

avocado 2.5  
grilled wild-caught tuna\* 7  
crumbled bacon 2.5  
grilled portobello 3

## BOWLS



### COCONUT CURRY 10

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

add your choice of protein for an additional cost

### TUNA AVO 16

sesame-crust pan-seared ahi tuna\* / coconut-lime rice / avocado / mango / seaweed salad / pickled ginger / roasted red pepper wasabi aioli GF

## SAGE SPECIALTIES

comes with your choice of side  
*gluten-free buns 2*

### CRABBER 15

house-made crab cake / coleslaw / basil mayo

### ANDERSON'S CHICKEN SALAD 11

organic chicken / raisins / onions / celery /  
special seasonings / pecans

½ chicken salad sandwich + cup of soup  
OR ½ anything + everything salad 11

### TRAEGERMEISTER 12

Traeger-smoked turkey / bacon / smoked gouda /  
coleslaw / sun-dried tomatoes / chipotle mayo

### JAMMY PATTY MELT 16

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

### BLT 11

crispy bacon / roma tomatoes / local Schuyler  
greens / mayo \*add avocado for 2.5

### GREEK CHICK 14

grilled organic chicken / feta / local Schuyler  
greens / red onions / sun-dried tomatoes / lemon  
dill aioli

### SHROOMA WRAP 12

grilled portobello mushroom / red onions / roma  
tomatoes / spinach / roasted red peppers / muenster  
cheese / chipotle mayo V

### MIAMI WRAP 14

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

### CALIFORNIA CLUB QUESADILLA 11

grilled organic chicken / cheddar / bacon / cilan-  
tro / avocado / roma tomatoes / garlic ranch



**TACOS OF THE DAY**  
check our boards



## CRAFT YOUR OWN BURGER

comes with your choice of side  
or add hand-cut fries for 2

Coastal Cattle local beef\* / local Schuyler greens  
roma tomatoes / red onion 13  
+ bacon or avocado/ 2.5  
+ sunny-side up egg / 2

### VEGGIES .75

sun-dried  
tomatoes  
sautéed onions  
pickles  
cucumbers  
roasted red  
peppers

### CHEESES 1.5

cheddar  
smoked gouda  
muenster  
blue  
feta  
asiago

### SAUCES .75

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



talk about farm to table... all of the herbs  
on our menu were grown in our very own  
greenhouses. all of our food is made from  
scratch and we only use quality ingredients that are  
free of preservatives.

**GF. gluten friendly V. vegetarian**  
**VF. vegan friendly**

**\*consuming raw or undercooked seafood + beef  
may pose an increased risk of food borne illness**

## DRINKS

### ICED TEAS 3

freshly brewed botanical iced teas / various  
selections

### POWER COFFEE 4.5

sage kitchen coffee / coconut oil / grass-fed  
butter

### SAGE KITCHEN COFFEE 3

three-bean breakfast blend / available in decaf

### PREMIUM HOT TEA 2.5

various selections



## WELLNESS SHOTS

1 for 3 / flight of 3 for 8

### EASY AS PIE

apple cider vinegar / honey / ginger / cinnamon /  
lemon  
*good for soar throat + immune booster + antioxidant*

### ANTI-INFLAMMATORY AID

orange / lemon / turmeric / cayenne pepper  
*reduces inflammation + helps detox*

### HANGOVER HELPER

celery / cucumber / coconut water / jalapeño /  
salt  
*hydrates your brain + helps with migraines*

## JUICES

### SNOW WHITE 4.5

green apple / red apple / pineapple / lemon

### JUST ORANGE 4

freshly squeezed orange juice

### HANGOVER RX 5

coconut water / vanilla / orange / pineapple

### ANNIE PALMER 4

agave lemonade / ginger / muddled mint / black-  
berry jasmine iced tea

### GINGER FIZZ 4

fresh ginger / soda water / organic agave syrup

### AGAVE LEMONADE 4

fresh-squeezed lemon / organic agave syrup

### CLEAN GREEN 5

green apple / spinach / cucumber / celery / organ-  
ic agave syrup

### CUCUMBER LEMONADE 4

cucumber / fresh-squeezed lemon / organic agave

**LITTLE SPROUT'S  
MENU**

includes a beverage  
(organic juice box, organic milk, organic chocolate  
milk or house-brewed iced tea)  
and choice of side.

**CHEESE QUESADILLA 8**  
(add chicken for 4 / add bacon for 2)

**COASTAL CATTLE LOCAL BEEF BURGER 9**  
(add cheese for .79)

**1/2 GRILLED CHEESE 8**

**1/2 CHICKEN SALAD SANDWICH 8**

**ORGANIC GRILLED CHICKEN BREAST 8**

**ORGANIC CHICKEN TENDERS 8**

**SIDES**

- black bean salad
- green leaf salad
- cole slaw
- hand cut fries
- sweet potato fries
- chips
- fruit (+1.5)

Help gardener to mow the lawn. Trace line and color the picture.  
Count all flowers on garden and write correct sums in the boxes.

