

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 / greenhouse-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 COLESLAVV 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

BEANS & MORE

black bean salad onion frazzles spicy pecans

CHEESES

asiago blue cheddar feta

DRESSINGS

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

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-crusted 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 / craisins / onions / celery / special seasonings / pecans

1/2 chicken salad sandwich + cup of soup OR 1/2 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 Schulyer 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 Schulyer greens / black bean salad / onion frazzles / po boy sauce

CALIFORNIA CLUB QUESADILLA 11

grilled organic chicken / cheddar / bacon / cilantro / 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 Schulyer greens roma tomatoes / red onion 13

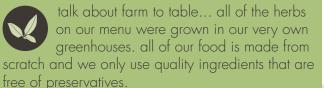
- + bacon or avocado/ 2.5
- + sunny-side up egg / 2

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



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 / blackberry 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 / organic 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)

