



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 / raisins / 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  
raisins  
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 Schulyer  
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



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 5 for 12

### EASY AS PIE

apple cider vinegar /  
honey / ginger / cinna-  
mon / lemon

good for soar throat + im-  
mune booster + antioxidant

### ANTI-INFLAMMATORY AID

orange / lemon / turmer-  
ic / cayenne pepper  
reduces inflammation +  
helps detox

### ZINGER

ginger / lemon / honey  
/ cayenne pepper  
regulates sugar levels +  
alleviates congestion

### HANGOVER HELPER

celery / cucumber / co-  
conut water / jalapeño /  
salt

hydrates your brain + helps  
with migraines

### BOOSTER

carrot / ginger / lemon  
/ garlic

boosts immunity system +  
maintains digestive health

### STRAIGHT-UP

your choice of celery,  
ginger, turmeric, spinach,  
orange, lemon, cucumber  
or carrot

## 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

### GREEN MONSTER 5

spinach / coconut water / pineapple / lemon /  
organic agave syrup



# BOOZE

## **PINEAPPLE DREAM** 10

brugal rum / fresh pineapple / coconut water / house-made blood orange syrup / aperol

## **QUEEN BEE** 9

botanist gin / house-made honey lavender syrup / buttery pea flower / club soda

## **JUST PEACHY** 9

lunazul tequila / house-made peach rosemary syrup / orange juice / vanilla / lime

## **MOJITO** 9

your choice of classic lime, blood orange, peach or strawberry

## **BITTER SWEET SYMPHONY** 11

old grand-dad 100 / fernet branca / aperol / lemon / agave

## **CUCUMBER MULE** 9

tito's vodka / soda / cucumber / ginger / lime / agave

## **PUNGO SUNRISE** 8

tito's vodka / orange / pineapple / strawberry syrup

## **MOSCOW MIMOSA** 8

tito's vodka / fresh ginger / lime / orange / prosecco

## **NOT YOUR GRAND-DAD'S OLD FASHIONED** 8

old grand-dad 100 / house bitters / agave / boozy cherry

## **SANGRIA** 7

meiomi pinot noir / apple brandy / apple / orange / strawberry / lemon / agave

## **DETOX MARGARITA** 8

lunazul tequila / cucumber / coconut water / lemon / lime / agave

## **BLOODY MARY** 7

tito's vodka / virginia made sassy mix / bacon / celery / olives / lemon / lime

## **SYRUP SODA** 8+

choice of liquor / club soda / choice of house-made syrup (peach + rosemary / blood orange + lemon thyme / honey lavender / strawberry / raspberry mint)

**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.

