

BREAKFAST

FRIED RICE	\$10.00
brown basmati rice, chicken breast, carrot, cabbage, red onion, seared kale, tamari-ginger sauce, 2 fried eggs*, house kimchi	
TURKISH BREAKFAST PLATTER	\$10.25
2 sunny side up eggs*, cucumber feta salad, hummus, olives, sumac, dried apricot, toasted pita bread	
BREAKFAST MEATLOAF	\$10.00
grass-fed beef and bacon meatloaf, secret sauce, sautéed spinach, 2 sunny side up eggs*	
CORNED BEEF HASH	\$10.00
corned beef, sweet potatoes, sautéed onions & peppers, 2 poached eggs*, buttered toast	
EGG SCRAMBLE	\$9.00
3 eggs, bacon, grilled onions, peppers, spinach, cheddar cheese -make it a burrito with salsa fresca \$1.50	
THE VIBE SANDWICH	\$8.00
warm country ham, lettuce, tomato, avocado, herb aioli - add a fried egg* \$1.60	
SOUTHENDER	\$8.00
rosemary biscuit, house pork sausage, pimento cheese, over easy egg	
VEGETABLE FRITATTA	\$9.00
sweet potatoes, cheddar, black garlic aioli	
CHIA YOGURT BOWL	\$8.50
topped with house granola, fresh mango, honey	
BELGIAN PEARL SUGAR WAFFLE.....	\$4.50

SELDEN BREAKFAST \$5 (8AM- 10AM)

12oz coffee & sausage or ham biscuit
- add fried egg* \$1.60

*consuming raw or undercooked eggs and meats may increase your risk for food-borne illness

TOASTS

make it a sandwich \$1 or wrap \$1.50 GF-sub greens \$1.50

PORK CARNITAS.....	\$9.00
crispy pork, herb aioli, sunny side up egg*, cilantro, salsa fresca	
AVO	\$7.25
smashed avocado, evoo, pickled peppers, tomato, lime, sea salt - add a poached egg \$1.60	
HUMMUS	\$7.25
traditional hummus, kale, carrot, tumeric pickled cauliflower, nutritional yeast, sumac	
EGG SALAD	\$7.00
farm eggs, celery, pickled red onion, green onion, house aioli, Speedy's hot sauce, arugula	
CHICKEN SALAD	\$8.25
chicken breast, celery, green onions, raisins, dijon mustard, greek yogurt & aioli dressing, sunflower seeds, mixed greens	

SOUPS

w/ a mini rosemary biscuit or buttered toast
8oz cup \$4.25 / 12oz bowl \$5.85 / 32oz quart \$13.50

SOUPS DU JOUR
see board for daily offerings

CHICKEN NOODLE
chicken broth, chicken breast, tamari, ginger, soba noodles, green onion, kimchi, cilantro
-add a poached egg \$1.60

VEGAN COCONUT TOMATO
vegan tomato soup made creamy with coconut milk, tomato, cauliflower, carrots, onion, and fresh basil.

ORGANIC SALMON & LENTIL \$12.50
pan-seared salmon*, coconut curry broth, kale, black lentils

CYPRESS COMBO \$11.50
cup of soup, Virginia ham & honey biscuit, side salad

SALAD

make any selection into a wrap \$1.50

CHIFRIJO BOWL.....	\$11.50
black beans, crispy pork, puffed wild rice, avocado, fresh mango, pico de gallo, cotija cheese, mixed greens, fresh lime	
KALE 'BLT' SALAD	\$10.00
kale, arugula, bacon, roasted tomato, sunflower seeds, tahini yogurt dressing	
HOUSE SALAD	\$9.25
mixed greens, red cabbage, carrots, tomato, cucumber, bell pepper, avocado, hard-boiled egg, sunflower seeds, carrot ginger dressing on the side	
ZUCCHINI NOODLE GREEK SALAD.....	\$10.00
spiraled zucchini noodles, red onion, tomato, cucumber, feta cheese, garbanzo beans, olives, pepperoncini, citrus vinaigrette	

LAMB BURGER SALAD..... \$13.00
Border Springs ground lamb burger*, mixed greens, cabbage, cucumber, roasted tomatoes, wasabi ranch dressing on the side

FATTOUSH SALAD..... \$10.00
falafel, mixed greens, cucumber, radish, tomato, pita chips, fresh herbs, za'atar, sumac, citrus vinaigrette, tahini yogurt on the side

SALAD ADDITIONS

Chicken salad scoop	\$3.35
Egg salad scoop	\$3.00
Poached egg	\$1.60
Lamb burger*	\$7.25
Chicken breast	\$3.60
Organic Salmon.....	\$7.00

SIDES AND SNACKS

Toasted bread and butter	\$2.10
Rosemary biscuit, butter, seasonal jam.....	\$2.60
Seasonal fruit	\$2.60
Granola and greek yogurt	\$3.35
Half an avocado, lime, sea salt	\$2.85
Hard boiled egg	\$1.60
Peanut butter & jelly sandwich	\$3.85
Hummus and pita bread	\$3.75

TOASTIES \$5

POPS - cheddar, dijon, tomato
TOASTY OF THE DAY - see board

SMOOTHIES

16 oz \$8.00

COCONUT CRUSH

pineapple, banana, greek yogurt, vanilla, orange juice, toasted coconut, almond milk

COCO

banana, almond butter, cocoa, honey, almond milk

BERRY

strawberry, blueberry, spinach, greek yogurt, honey, coconut water

VERDE

kale, pineapple, ginger, chia seeds, avocado, coconut water

SMOOTHIE ADDITIONS

Sunwarrior Organic Plant Protein	
CHOCOLATE / VANILLA	\$2.10
SPINACH	\$0.50
AVOCADO	\$0.75

BEVERAGES

Organic Coffee.....	\$2.85
Hot Tea.....	\$2.85
Iced Tea.....	\$2.85
Orange Juice, Lemonade.....	\$2.85
Blood Orange Juice	\$3.00
Hibiscus Iced Tea.....	\$3.00
Cane Sugar Coca Cola.....	\$3.60
Blue Ridge Bucha Kombucha.....	\$3.99
San Benedetto Water.....	\$2.50
Coconut Water	\$2.85
Super Juices Bottle	\$5.10
San Pellegrino	\$3.10
Sparkling Elderflower	\$4.60

RAMEN NIGHT!

EVERY WEDS 4P TO 8:30P

HAPPY HOUR MON-FRI

3P TO 6P



BREAKFAST CATERING

NEED CATERING FOR AN EARLY MORNING MEETING OR
EVENT? CHECK OUT OUR CATERING MENU AND LET US
TAKE CARE OF BREAKFAST FOR YOU AND YOUR GROUP!

The
STOCKPOT

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