

BREAKFAST

TIDES TRADITIONAL

two eggs cooked your way | bacon, sausage
or country ham | breakfast potatoes | toast 10

CLASSIC EGGS BENEDICT

toasted english muffin | canadian bacon
poached egg | hollandaise | breakfast potatoes 13

CRAB CAKE BENEDICT

poached egg | hollandaise | breakfast potatoes 16

BISCUITS & GRAVY

two eggs cooked your way | country ham 10

EGG WHITE FRITTATA

kale | fontina cheese | avocado | breakfast potatoes 13

SHRIMP & GRITS

creole sauce | green onions 12

SHORT STACK BUTTERMILK PANCAKES OR FRENCH TOAST

two eggs cooked your way | bacon or sausage 10

HOUSE CRAFTED CITRUS GRANOLA

yogurt | grapefruit | seasonal berries | milk 8

A LA CARTE

TWO EGGS COOKED ANY STYLE 4

CRISP BACON 5

PORK OR CHICKEN SAUSAGE 5

TOAST 3

BREAKFAST POTATOES 4

SEASONAL FRESH FRUIT 4

OATMEAL | CINNAMON HONEY | PECANS 7

TOASTED BAGEL | CREAM CHEESE 4

CONTINENTAL BREAKFAST

selection of fresh fruits | hot or cold cereal | yogurt | granola | freshly baked breakfast breads | pastries 13

ALL AMERICAN BUFFET

the continental buffet | eggs cooked to order | bacon | sausage | breakfast potatoes | french toast 18

BUILD YOUR OWN OMELET

served with breakfast potatoes

THREE EGG OMELET WITH YOUR CHOICE OF ANY THREE INGREDIENTS:

ham | bacon | sausage | onion | mushroom | green pepper | jalapeño pepper
baby spinach | tomato | swiss | american | cheddar | pepper jack cheese 11

add chicken sausage 2 | add avocado 1

make it with egg beaters or egg whites 1

BEVERAGES

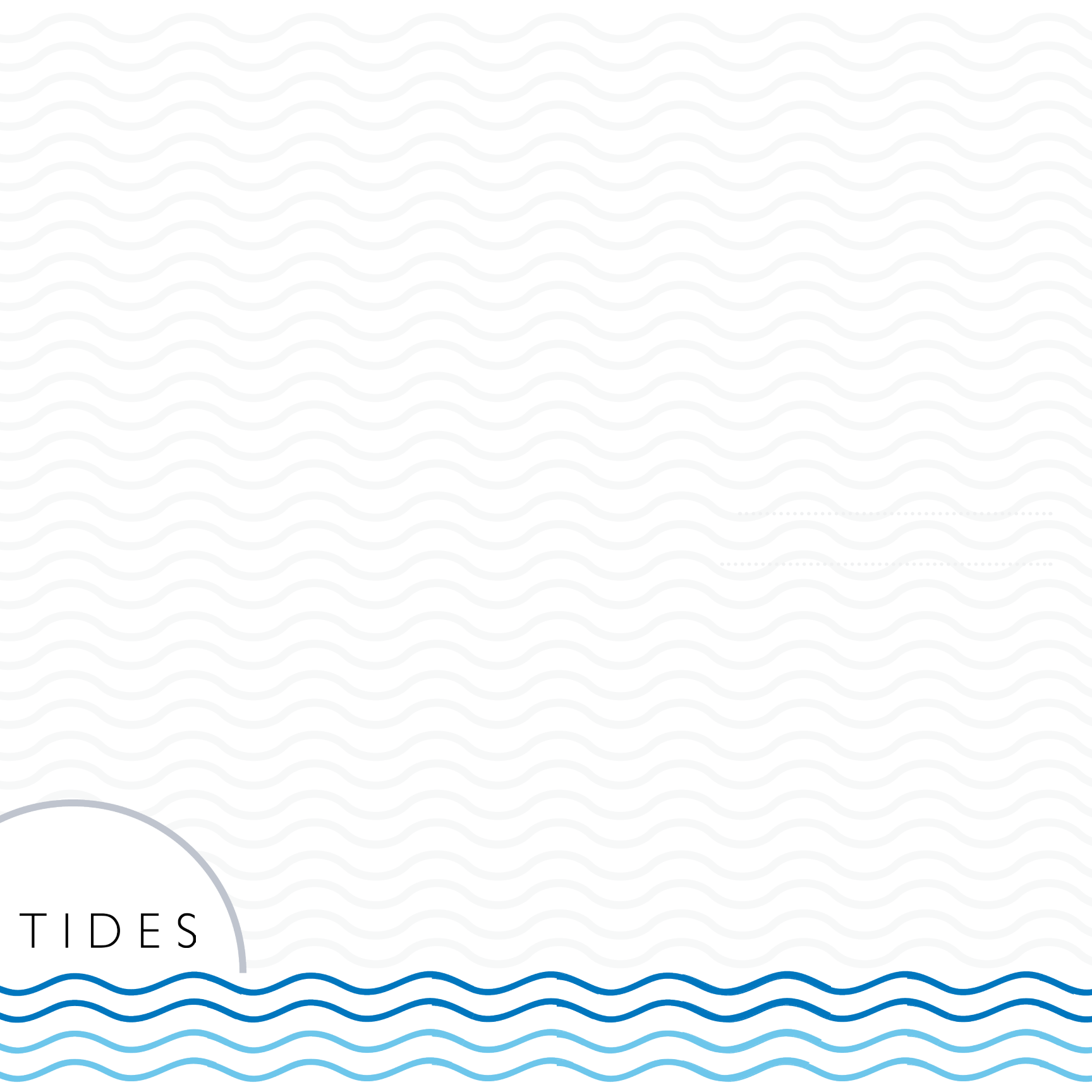
ORANGE OR GRAPEFRUIT JUICE 4

REGULAR COFFEE | DECAFFEINATED COFFEE 4

HOT TEA 4 | MILK OR CHOCOLATE MILK 3

APPLE | CRANBERRY | TOMATO JUICE 3 | SOFT DRINKS 3

TIDES



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