



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 eggs | whole grain mustard hollandaise
breakfast potatoes 16

Biscuits and Gravy

two eggs cooked your way | country ham 10

Continental Breakfast

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

All-American Buffet

the continental buffet PLUS eggs cooked to order,
bacon, sausage, breakfast potatoes, french toast and
waffles 18

BUILD YOUR OWN OMELET

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

Egg White Frittata

kale | fontina cheese | avocado | breakfast potatoes 13

Shrimp & Grits

roasted tomato fondue | 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

BEVERAGES

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



TIDES

orange or grapefruit juice 4

apple | cranberry | tomato juice 3

coffee- regular or decaffeinated 4

hot tea 4

milk or chocolate milk 3

soft drinks 3

*Consuming raw or undercooked meat, seafood and eggs may increase your risk of food-borne illness.

GF We pride ourselves in providing gluten friendly menu choices. While we endeavor to carefully prepare those meals to accommodate a gluten-free diet please be aware that they may be prepared in an environment where gluten is present. Please ask your server to assist you in making your selection. Please consult your physician as to your personal health decisions.

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