

# BREAKFAST



Continental Breakfast <i>freshly baked breakfast breads &amp; pastries</i>	12
Tide's Traditional <i>two eggs cooked your way   bacon, sausage or country ham   breakfast potatoes or grits   toast</i>	14
Biscuits & Gravy <i>two eggs cooked your way   country ham</i>	10
Buttermilk Pancakes	9
The New Yorker* <i>smoked salmon   toasted bagel   capers   purple onion   egg</i>	18

## A LA CARTÉ

Two Farm Fresh Eggs <i>cooked any style</i>	4
Crisp Apple Wood Bacon	5
Country Pork or Chicken Sausage	5
Toast	4
Breakfast Potatoes	4
Yogurt & Granola Parfait	9
Seasonal Fresh Fruit	5.5
Toasted Bagel & Cream Cheese	4.5
Oatmeal <sup>GF</sup>	5

## BUILD YOUR OWN OMELET 14

*served with breakfast potatoes*

### Three Egg Omelet with your choice of any three ingredients:

ham | bacon | sausage | onion | mushroom | bell pepper | jalapeño pepper  
 baby spinach | tomato | Swiss | American | cheddar | pepper jack cheese  
*make it with egg-beaters or egg whites 1*

## BEVERAGES

regular coffee   decaffeinated coffee	4	whole milk   2%   soy, coconut or almond milk	3
orange or grapefruit juice	4	apple   cranberry or tomato juice	3
hot tea	4	soft drinks	3
hot chocolate or chocolate milk	3	<i>Pepsi products</i>	

<sup>GF</sup> Gluten Free

# TIDES

*\*Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of food-borne illness. Please alert your server of any food allergy concerns before ordering. 20% Gratuity is added to parties of 8 or more.*