

CHESAPEAKE

BREAKFAST

TIDES SPECIALTIES

CRAB AND COUNTRY HAM OMELET*

Jumbo Lump Crab, Country Ham, Sharp Cheddar Cheese,
Choice of Hash Brown Potatoes, Grits or Toast

NORTHERN NECK HANGTOWN FRY "LOCAL FAVORITE"

Fluffy Scrambled Organic Eggs, Fried Oysters,
Buttermilk Biscuit, Creamy Sausage Gravy

CHESAPEAKE BAY BENEDICT*

Poached Organic Eggs, Hollandaise Sauce over Crab Cakes
Fresh Asparagus, Home Fried Potatoes

SCOTTISH SMOKED SALMON*

Smoked Salmon, Toasted Bagel, Cream Cheese,
Vine Ripe Tomatoes, Capers, Red Onions

PANCAKES & SUCH

CINNAMON AND VANILLA BATTERED BRIOCHE FRENCH TOAST

Warm Vermont Maple Syrup

HOME STYLE BUTTERMILK PANCAKES

Plain, Pecans or Blueberry, Warm Vermont Maple Syrup

BELGIAN WAFFLE

Warm Vermont Maple Syrup and Fresh Strawberries

Option: Add Sausage Links or Bacon

LIGHT FARE

SEASONAL FRUIT & BERRIES

Raspberry & Mango Coulis, Vanilla Yogurt

BREAKFAST IN A GLASS

Energizing Parfait with Greek Yogurt, Honey, Strawberry,
Banana, Wheat Germ, Granola, Walnuts, Cream

GREEN ENERGIZER SMOOTHIE*

Refreshing Way to Start the Day!
Apple, Banana, Kale, Almond Milk

CEREALS

STEEL CUT IRISH OATMEAL

Oatmeal, Almonds, Raisins, Brown Sugar,
Dried Cranberries

CEREALS

Corn Flakes, Granola, Bran Flakes, Frosted Flakes,
Raisin Bran, Total, or Special K

Option: Add Berries or Banana

EGGS

THREE EGG OMELET*

Organic Eggs, Country Ham, Vegetables, Cheddar Cheese,
Toast, Choice of Hash Brown Potatoes or Grits

ALL AMERICAN BREAKFAST*

Two Organic "Cage Free" Eggs any Style, Toast,
Choice of Breakfast Meat, Hash Brown Potatoes or Grits

EGGS BENEDICT*

Poached Organic Eggs, English Muffin, Canadian Bacon,
Hollandaise, Fresh Asparagus, Hash Brown Potatoes

POWER BREAKFAST BOWL

Sautéed Baby Kale, Mushrooms, Tomatoes,
Steel Cut Oats, Poached Organic Eggs

SIDES

Smithfield Ham Steak*

Chicken, Apple, Sage Sausage

Sausage Links or Bacon*

Stone Ground Grits

Two Organic Eggs*

Toasted Bagel, Cream Cheese

Bakery Basket

Tides Inn Sweet Roll

Seasonal Berries or Sliced Banana

BEVERAGES

French Roast Coffee

Espresso

Cappuccino and Latte

White Lion Tea

Freshly Squeezed Orange Juice or Grapefruit Juice

Cranberry, Tomato, V8

Hot Chocolate

**These items may be served raw or undercooked,
or may include raw or undercooked ingredients.*

*Consuming Raw and Undercooked Meats, Poultry,
Seafood, Shellfish or Eggs can increase your risk of foodborne illness.*

Groups of 6 or more will be presented one check