

CHESEAPEAKE

RESTAURANT

Good Morning

• FARM FRESH EGGS •

Egg White Frittata

Foraged Mushrooms, Garlic Spinach,
Roasted Roma Tomato

14

Country Style Benedict

Virginia Ham, English Muffin,
Hollandaise

15

Farmer's Omelet

Choice of Vegetable, Cheese and Protein

16

America's Best Farm Eggs

Choice of Sausage Links or
Pecan Smoked Bacon & Toast

16

All served with Homestyle Potatoes or Stone Ground Grits.

• TIDES INN SPECIALTIES •

Chesapeake Bay Benedict

Housemade Crab Cakes, Farm Eggs,
Jumbo Asparagus, Hollandaise

18

Smoked Faroe Island Salmon

Choice of Bagel with
Classic Components

17

Northern Neck Hangtown Fry

Scrambled Eggs, Fried Oysters,
Buttermilk Biscuit, Sausage Gravy

18

Virginia Country Ham Hash

Sweet Peppers, Bermuda Onion,
Farm Eggs, Homestyle Potatoes,
Hollandaise

16

• PANCAKES •

Cinnamon Raisin French Toast

Pecan Butter

12

• LIGHT FARE •

Seasonal Fruit and Berries

Coulis, Vanilla Bean Yogurt

12

Housemade Buttermilk Pancakes

Plain or Blueberry

12

Mason Jar Parfait

Greek Yogurt, Local Honey,
Housemade Granola,
Strawberry & Banana

10

Belgian Waffles

Strawberries and Fresh Cream

12

Green Energizer Smoothie

Pineapple, Banana, Kale, Almond Milk

9

All served with warm Vermont Maple Syrup.

• CEREALS •

Steel Cut Irish Oatmeal

Almonds, Dried Fruit, Brown Sugar

9

Cereal Medley

Raisin Bran, Cheerios, Special K,
Frosted Flakes, Granola

5

Add Sliced Strawberry or Banana **2**

SIDES

Smithfield Ham Steak **6**

Pecan Smoked Bacon **6**

Sausage Links **5**

Chicken Apple Sausage **5**

Stone Ground Grits **4**

Bagel with Cream Cheese **4**

Breakfast Pastry of the Day **4**

Farm Fresh Eggs **4**