



BREAKFAST

DANISHES & PASTRIES

Original Croissant - \$7

Blueberry Danish - \$10

Cinnamon Roll - \$9

Pain au Chocolat - \$9

Almond Croissant - \$10

Artisan Doughnuts - \$12

HOMEMADE GRANOLA PARFAIT - \$18

Organic Greek Yogurt, Fruit Compote, Homemade Granola

WARM BANANA BREAD - \$22

Rum Caramel, Whipped Vanilla Mascarpone, Berry Compote, Candied Pecans

2 SLICES OF TOASTED SOURDOUGH - \$15

Jams, Preserves & Peanut Butter

WARM PORRIDGE OATS - \$18

Maple Syrup, Sliced Banana & Fresh Berries

SMASHED AVOCADO - \$36

Toasted Sourdough, 2 Poached Heritage Happy Eggs, Slow Roasted Tomatoes,
Toasted Seeds

+ Add Streaky Bacon (3 Rashers) - \$10

+ Add Smoked Salmon - \$15

FLUFFY WAFFLES (4) - \$32

Maple Syrup, Fresh Berries, Fresh Whipped Vanilla Cream

AMERICAN STYLE PANCAKES (4) - \$30

Maple Syrup and Fresh Berries

+ Add Streaky Bacon (3 Rashers) - \$10

HOMEMADE FRENCH TOAST - \$32

Spiced Apple Compote, Fresh Whipped Vanilla Cream, Maple Syrup

FULL BAJAN BREAKFAST - \$58

2 Heritage Happy Eggs, Fried Flying Fish, Bajan Bakes, Plantain, Saltfish Buljol, Breakfast Potatoes and Baked Beans.

FULL ENGLISH BREAKFAST - \$53

2 Heritage Happy Eggs (any style), Pork Sausage, Streaky Bacon, Roast Tomato,
Sautéed Mushroom, Hash Brown, Baked Beans

+ Choice of Toasted White, Brown or Sourdough Toast

TIDES EGG BENEDICT - \$45

Toasted English Muffin Topped with 2 Poached Heritage Happy Eggs, Hollandaise Sauce
Select 1 of the Following: Scottish Smoked Salmon, Hand Carved Honey Glazed Ham, Buttered Local Spinach



HERITAGE OMELETTE- \$35

Select 3 Fillings: Ham, Onion, Tomato, Sweet Peppers, Cheese

TOASTED BAGELS -\$38

Served with Dressed Local Lettuce+ Add Smoked Salmon, Cream Cheese, Capers & Pickled Red Onion+
Add Smashed Avocado, Streaky Bacon, Fried Heritage Happy Egg

BEVERAGES

HARNEY & SONS - \$10

English Breakfast
Organic Green
Peppermint
Roobis Chai

Darjeeling
White Vanilla
Grapefruit
Earl Grey
Hot Cinnamon

LAVAZZA COFFEE

Americano - \$12
Cappuccino - \$12
Espresso - \$10
Double Espresso - \$19
Latte - \$12
Flat White - \$12
French Press - \$12
Macchiato - \$12

Affogato - \$28
Espresso & Ice Cream
Bajan Coffee / Italian Coffee - \$35
Jamaican Coffee - \$33
Iced Coffee - \$12
Irish Coffee - \$35
Ice Latte - \$13
Tides Calypso Iced Coffee - \$19

FRESH WELLNESS SHOTS - \$12

Fresh Start (**Cucumber, Watermelon, Beetroot**)
Health is Wealth (**Carrot, Pineapple, Green Apple**)

BLENDS

Fresh Fruit Smoothie - \$16
Berry Blast - \$20
Fruit Punch - \$15

JUICES

Orange Juice - \$18
Watermelon Juice - \$18
Coconut Water - \$12

MIXES

Mimosa / Bucks Fizz - \$28

Bloody Mary / Bloody Caesar - \$28

Fresh Ginger Squash - \$15

Bajan Lemonade / Lime Squash - \$15