



## MORNING CLASSICS

SERVED FROM 9:00 A.M. TO 12:00 P.M.

### Freshly Baked Pastries

Ask your server for today's selection  
\$8-\$11

### Avocado on Sourdough

Smashed avocado on chargrilled sourdough toast,  
two poached heritage happy eggs, roasted tomatoes, toasted seeds  
\$45  
Streaky bacon \$10 | + Smoked salmon \$15

### American Style Pancakes (3)

Served with maple syrup and fresh berries  
\$35  
+ 3 rashers streaky bacon \$10

### Homemade French Toast

Spiced apple compote, whipped vanilla cream, maple syrup  
\$35

### Homemade Granola Parfait

Organic Greek yogurt, fruit compote, crunchy granola  
\$22

## HERITAGE HAPPY EGGS

### Full English Breakfast

Two heritage happy eggs any style, streaky bacon, pork sausage, roasted tomato, sautéed mushrooms, breakfast potatoes, baked beans  
+ Your choice of toast (white, brown, or sourdough)  
\$60

### Full Bajan Breakfast

Two heritage happy eggs any style, fried flying fish, plantain, salt fish buljol, breakfast potatoes, baked beans, Bajan bakes  
\$62

### Eggs Benedict

Toasted English muffin, two poached heritage happy eggs, hollandaise sauce  
Choice of smoked salmon, sliced ham, or local buttered spinach  
\$52

### Heritage Happy Egg Omelet

Three heritage happy eggs, choice of three fillings (ham, sweet peppers, tomato, onion, cheese)  
Served with breakfast potatoes and a salad garnish  
\$54



## 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





**2 COURSES - BBD \$119.00 | 3 COURSES — BBD \$149.00**

*(includes one breakfast beverage or wine cocktail)*

**SERVED FROM 9:00 A.M. TO 3:00 P.M.**

## STARTERS

### **Spiced Bajan Pumpkin Fritters**

Hot pepper and chive cream cheese, beetroot and carrot salad

### **Tides Caesar Salad**

Crunchy romaine lettuce, parmesan, creamy Caesar dressing, focaccia croutons

### **Chili Fried Calamari**

Sliced pepper and lemon aioli

### **Bajan Rustic Soup**

Chicken broth, chunky vegetables and dumplings

### **Scottish Smoked Salmon**

Horseradish cream cheese, capers, pickled onion and dill,  
Served with sourdough crisps

### **Crispy Fried Chicken Wings**

Glazed in honey buffalo glaze, apple and cabbage slaw, blue cheese dressing

## MAINS

### **Full English Breakfast**

Two heritage happy eggs any style, streaky bacon, pork sausage, roasted tomato, sautéed mushrooms, breakfast potatoes, baked beans  
+ Your choice of toast (white, brown, or sourdough)

### **Full Bajan Breakfast**

Two heritage happy eggs any style, fried flying fish, plantain, salt fish buljol, breakfast potatoes baked beans, Bajan bakes

### **Tides Weekend Platter**

Baked chicken leg or Bajan spiced rolled pork belly with macaroni pie, rice and peas, roast potatoes, plantain, buttered vegetables, coleslaw, Creole gravy

### **Fish and Seafood Alfredo**

Local fish, shrimp, mussels and clams in creamy Alfredo sauce  
With garlic buttered broccoli and aged parmesan

### **Tuna Niçoise Salad**

Rare grilled tuna loin, mixed leaves, red onion, green beans, salad potatoes, olives, tomatoes, a soft-boiled egg dressed with wholegrain mustard vinaigrette and aged balsamic

### **Homemade Fluffy Waffles**

Choice of fried chicken thighs or BBQ pulled pork  
With rum and maple butter, apple and cabbage slaw, sweet potato fries

### **Steak and Eggs (Supplement \$30)**

8 oz. sirloin grilled to your liking with two fried heritage happy eggs, breakfast potatoes, roast tomato, sautéed mushrooms and a choice of béarnaise or peppercorn sauce

### **Mushroom Risotto**

Mixed mushroom risotto, mozzarella cheese, tempura oyster mushrooms and fresh herb pesto



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## **DESSERTS**

### **Large House-Baked Fruit Scone**

Served warm, with Roddas cornish clotted cream,  
selection of preserves and fresh fruit

### **Trio of Mini Desserts**

Chocolate orange macaron, mini fruit tartlet, strawberry cheesecake

### **Sticky Toffee Pudding**

Butterscotch sauce, brandy snap tuille, candied pecans  
Served with vanilla ice cream or Roddas cornish clotted cream

### **Bread and Butter Pudding**

Caramelized banana, rum and vanilla sauce  
Served with banana ice cream or Roddas cornish clotted cream

### **Baileys Tiramisu**

Baileys Tiramisu Lady Fingers, Coffee Liqueur, Baileys, Chocolate Glaze, Vanilla Chantilly

### **The Tides Ice Cream Sundae**

Vanilla ice cream, toasted waffle cone, caramel sauce, chocolate fudge, caramel popcorn

### **Warm Banana Bread**

Rum caramel, whipped vanilla mascarpone, fruit compote, candied pecans

