



## BREAKFAST

### DANISHES & PASTRIES

Plain Butter Croissant - \$8

Almond Croissant - \$11

Apple Danish - \$10

Cinnamon Roll - \$10

Blueberry Danish - \$10

Pain Au Chocolat - \$11

### HOMEMADE GRANOLA PARFAIT (GF) - \$22

Organic Greek Yogurt, Fruit Compote, Crunchy Granola, Fresh Berries

### EGG ON TOAST (V) - \$30

3 Heritage Happy Eggs (any style) on Toasted Sourdough Bread

### HOMEMADE FRENCH TOAST - \$35

Spiced Apple Compote, Fresh Whipped Vanilla Cream, Maple Syrup

### AMERICAN STYLE PANCAKES or WAFFLES (V) - \$35

Maple Syrup and Fresh Berries

+ Add Streaky Bacon (3 Rashers) - \$12

### SMASHED AVOCADO ON SOURDOUGH (V) - \$40

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

+ Add Streaky Bacon (3 Rashers) - \$12

+ Add Smoked Salmon - \$18

### FULL BAJAN BREAKFAST - \$65

2 Heritage Happy Eggs (any style), Fried Flying Fish, Bajan Bakes, Plantain, Saltfish Buljol, Breakfast Potatoes and Baked Beans

### FULL ENGLISH BREAKFAST - \$65

2 Heritage Happy Eggs (any style), Cumberland Sausage, Streaky Bacon, Roasted Tomato, Sautéed Mushroom, Breakfast Potatoes, Baked Beans

+ Choice of Toasted White, Brown or Sourdough Toast

### TIDES EGG BENEDICT - \$55

Toasted English Muffin Topped with 2 Poached Heritage Happy Eggs, Hollandaise Sauce

Select 1 of the Following: Scottish Smoked Salmon, Honey Glazed Ham, Local Wilted Spinach

### HERITAGE HAPPY OMELETTE (GF) - \$54

3 Heritage Happy Eggs, Served with Breakfast Potatoes and Dressed Mixed Leaf

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

### STEAK & EGGS (GF) - \$98

8oz Ribeye Steak, Grilled to your liking with 2 Fried Heritage Happy Eggs, Crispy Breakfast Potatoes, Roasted Tomatoes and Mushrooms, Served with Béarnaise Sauce



## BEVERAGES

### HARNEY & SONS - \$10

English Breakfast  
Organic Green Tea  
Peppermint  
Roobis Chai

Darjeeling  
Chamomile  
Earl Grey  
Hot Cinnamon

### 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 - \$22

### 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