

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 (M) - \$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 (M) - \$35

Maple Syrup and Fresh Berries

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

SMASHED AVOCADO ON SOURDOUGH (M) - \$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)

BLEND

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