



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



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





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