



## BREAKFAST

### DANISHES & PASTRIES

*Original Croissant - \$7*

*Apple Danish - \$9*

*Cinnamon Roll - \$9*

*Pain au Chocolat - \$9*

*Almond Croissant - \$10*

### FULL ENGLISH BREAKFAST - \$48

*2 Heritage Happy Eggs (Any Style), Pork Sausage, Streaky Bacon, Grilled Tomato, Sautéed Mushroom, Hash Brown, Baked Beans, Sourdough Toast*

### SCOTTISH SMOKED SALMON - \$40

*Scrambled Heritage Happy Eggs, Capers, Red Onion*

### TIDES EGG BENEDICT - \$40

*Toasted and Buttered English Muffins, 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

*Three Heritage Happy Eggs. Select 3 Fillings:  
Ham, Onion, Tomato, Sweet Peppers, Cheese*

### LOX SANDWICH - \$35

*Toasted Bagel, Scottish Smoked Salmon, Cream Cheese,  
Capers, Red Onion*

### WAFFLES - \$30

*Maple Syrup, Fresh Berries, Fresh Whipped Vanilla Cream*

### HOMEMADE FRENCH TOAST - \$30

*Spiced Apple Compote, Fresh Whipped Vanilla Cream, Maple Syrup*

### AMERICAN STYLE PANCAKES (3) - \$28

*Maple Syrup and Fresh Berries*

### GRANOLA PARFAIT - \$18

*Organic Greek Yogurt, Selection of Fruit, Homemade Granola*

### HOMEMADE GRANOLA - \$15



## 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  
Iced Latte - \$13  
Tides Calypso Iced Coffee - \$19

### FRESH WELLNESS SHOTS

Fresh Start - \$12  
*Cucumber, Watermelon, Ginger*  
Health is Wealth - \$12  
*Carrot, Pineapple, Green Apple*

### MIXES

Mimosa / Bucks Fizz - \$28  
Bloody Mary / Bloody Caesar - \$28  
Fresh Ginger Squash - \$15  
Bajan Lemonade / Lime Squash - \$15

### BLENDS

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

### JUICES

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