TIDES RESTAURANT

BREAKFAST MENU

WEDNESDAYS & FRIDAYS | 8:30 AM - 10:00 AM | HOURS TENTATIVE

BREAKFAST FAVORITES

Eggs Benedict **$10**
Two poached eggs layered with Canadian bacon on a toasted English muffin, finished with creamy hollandaise sauce. Served with seasoned breakfast potatoes and fresh fruit.

Spinach & Feta Omelet **$9**
A fluffy three-egg omelet filled with sauteed spinach, crumbled feta cheese, tomatoes, and caramelized onions. Served with seasoned breakfast potatoes and your choice of bread.

Western Omelet **$10**
A classic three-egg omelet filled with diced ham, sauteed peppers, onions, and melted cheddar cheese. Served with seasoned breakfast potatoes and your choice of bread.

Open-Faced Italian Omelet **$11**
An open-faced three-egg omelet topped with Italian sausage, roasted red peppers, sauteed spinach, tomatoes, mozzarella, and Parmesan cheese. Finished with fresh basil and served with seasoned breakfast potatoes and garlic toast.

UPGRADE YOUR HOME FRIES

Make Them Loaded! **+$1**
Top your seasoned home fries with hollandaise sauce, crisp bacon crumbles, and freshly sliced scallions.

BREAD CHOICES

White • Wheat • Cinnamon Raisin
Italian • Special of the Day

BEVERAGES

Apple Juice	$2	Orange Juice	$2
Coffee	$1	Tea	$1
Seasonal Latte	$4		

Oat milk available - add $0.50

MORE FAVORITES

Tuscan Vegetable Breakfast Flatbread **$9**
Crisp artisan flatbread topped with scrambled eggs, roasted red peppers, sauteed spinach, tomatoes, mozzarella, and basil pesto. Served with seasoned breakfast potatoes and fresh fruit.

Apple Cinnamon French Toast **$9**
Thick-cut French toast dipped in cinnamon-vanilla custard, griddled until golden, and topped with warm cinnamon apples, powdered sugar, and a maple drizzle. Served with whipped butter, maple syrup, and your choice of bacon or breakfast sausage.

THE TIDES BREAKFAST

The Tides Breakfast **$12**
Two eggs cooked your way, your choice of bacon or breakfast sausage, seasoned home fries, and two fluffy pancakes with whipped butter and maple syrup. Includes your choice of bread.

BUILD-YOUR-OWN BREAKFAST BAR

Build-Your-Own Omelet Bar **$11**
Create your own three-egg omelet with your choice of cheese, meats, and fresh vegetables. Served with seasoned home fries and your choice of bread or English muffin.

Build-Your-Own Waffle Bar **$10**
A warm Belgian-style waffle customized with your choice of toppings, including fresh fruit, chocolate chips, cinnamon apples, whipped cream, and more. Served with seasoned home fries and your choice of bread or English muffin.

Featured bar rotates weekly between omelet and waffle.

AVAILABLE SIDES

Bacon	$3
Breakfast Sausage	$3
Yogurt Parfait	$4
Fresh Fruit	$3
Toast	$2
Bagel with Cream Cheese	$3

CONSUMER ADVISORY
Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness, especially if you have certain medical conditions.

ALLERGEN STATEMENT
Please inform your server of any food allergies before ordering. Our kitchen handles common allergens, and cross-contact may occur.