

# BREAKFAST

Served daily from 7 am to 11:30 am

# THE TIDES

SOUTH BEACH - EST. 1936

<b>SEASONAL FRESH FRUITS &amp; BERRIES</b>	<b>11</b>
<b>VANILLA YOGURT WITH GRANOLA OR FRESH BERRIES</b>	<b>10/13</b>
<b>SNAP CRACKLE AND POP</b> Selection of Cereals with Strawberries or Bananas	<b>8</b>
<b>THE TIDES OATMEAL</b> Steel Cut Oats – Cinnamon – Caramelized Banana	<b>8</b>
<b>SOUTH BEACH BAGEL</b> Smoked Salmon – Shaved Red Onion – Fresh Avocado	<b>16</b>
<b>BRIOCHE FRENCH TOAST</b> Blackberry Compote – Maple Syrup – European Butter	<b>13</b>
<b>BUTTERMILK PANCAKES</b> Fresh Blueberry Preserve – Lemon Zest – Maple Syrup	<b>12</b>
<b>MALLORCA SANDWICH</b> Croissant – Ham - Swiss Cheese	<b>9</b>

## *The Cuban Breakfast 16*

**SCRAMBLED EGGS – BACON – WARM CROISSANT – CAFÉ CON LECHE**  
ADD SKIRT STEAK **8.**

## *Tides Continental 17*

**FRESH PASTRIES – YOGURT GRANOLA PARFAIT- COFFEE OR TEA – ORANGE JUICE OR GRAPEFRUIT JUICE**

## *Eggs*

<b>TWO EGGS ANY STYLE</b> Served With Toast - Home Fries - Choice of Bacon/ Turkey Bacon or Chicken Sausage	<b>11</b>
<b>THREE EGG OMELET</b> Choice of Three Fillings: Bacon, Sausage, Ham, Peppers, Onions, Tomatoes, Avocado, Spinach, Mushrooms, Fresh Herbs, Swiss, Cheddar	<b>12</b>
<b>SKIRT STEAK AND EGGS ANY STYLE</b> Crushed Avocado – Grilled Tomato – Tomatillo Salsa	<b>18</b>

## *Sides*

<b>SIDE OF FRESH FRUIT</b>	<b>7</b>
<b>APPLEWOOD SMOKED BACON</b>	
<b>CHICKEN SAUSAGE</b>	
<b>TURKEY BACON</b>	
<b>BREAKFAST POTATO</b>	
<b>TWO EGGS ANY STYLE</b>	
<b>FRESH AVOCADO AND SLICED TOMATO</b>	

## *Beverages*

<b>FRESH ORANGE OR GRAPEFRUIT JUICE</b>	<b>6</b>
<b>FRESH CARROT JUICE</b>	<b>6</b>
<b>FRESH MELON JUICE</b>	<b>6</b>
<b>ICED GREEN TEA</b>	<b>6</b>
<b>MIMOSA</b>	<b>13</b>
<b>BELLINI</b>	<b>13</b>
<b>THE TIDES BACON BLOODY MARY</b>	<b>14</b>

## *Coffee and Tea*

<b>COFFEE – REGULAR/ DECAFFEINATED</b>	<b>5</b>
<b>SELECTION OF TEAS</b>	<b>6</b>
<b>ESPRESSO</b>	<b>6</b>
<b>CAPPUCCINO</b>	<b>6</b>
<b>MACCHIATO</b>	<b>6</b>
<b>LATTE</b>	<b>6</b>
<b>CAFÉ CON LECHE</b>	<b>6</b>
<b>COLADA</b>	<b>6</b>
<b>CARAMEL FRAPPUCCINO</b>	<b>7</b>

Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of food borne illness.  
A 20% service charge is added to all guest checks.