

THE TIDES

SOUTH BEACH - EST. 1936

Breakfast

Served daily from 7am to 11:00am

Seasonal fresh fruits & berries 11

**Vanilla yogurt with granola
or fresh berries** 10/13

Snap crackle and pop 8
Selection of cereals with
strawberries or bananas

The Tides oatmeal 8
Steel cut oats – cinnamon
caramelized banana

South Beach bagel 16
Smoked salmon – shaved red onion
fresh avocado

Brioche french toast 13
Blackberry compote – maple syrup –
European butter

Buttermilk pancakes 12
Fresh blueberry preserve – lemon zest
maple syrup

Mallorca sandwich 9
Croissant – ham – swiss cheese

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

Two eggs any style 11
Served with toast – home fries
choice of bacon or chicken sausage

Three egg omelet 12
Choice of three fillings: bacon, sausage
ham, peppers, onions, tomatoes, avocado
Spinach, mushrooms, fresh herbs,
cheddar.

Skirt steak and eggs any style 18
Crushed avocado – grilled tomato
tomatillo salsa

Beverages

Fresh orange or grapefruit juice 6

Fresh carrot juice 6

Fresh melon juice 6

Iced green tea 6

Mimosa 13

Bellini 13

The Tides bacon bloody Mary 14

Coffee and Tea

Coffee – regular / decaffeinated 5

Selection of teas 6

Espresso 6

Cappuccino 6

Macchiato 6

Latte 6

Café con leche 6

Caramel Frappuccino 7

SIDES 7

**fresh fruit / apple-wood smoked bacon / chicken sausage / turkey bacon /
home potatoes / two eggs any style / fresh avocado and tomato**

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.