

T I D E S



BREAKFAST MENU

Health Breakfast

homemade granola, served with yoghurt and seasonal fruit.

R85

Full English Breakfast

with your choice of 2 eggs, fried or scrambled, crispy bacon, beef or pork sausage, mushrooms and tomato. Served with 2 slices of toasted white or brown bread.

R90

French Toast

served with crispy bacon, pan-fried banana and crème fraîche.

R90

Three Egg Omelette

with a choice of 3 fillings including feta, ham, cheese, tomato, onion, sweet peppers, mushrooms, bacon and smoked salmon trout. Served with 2 slices of toasted white or brown bread.

R90

Eggs Benedict

English muffin, 2 poached eggs, with your choice of bacon or spinach and hollandaise sauce.

R90

Tides Eggs Benedict

English muffin, 2 poached eggs, with smoked salmon trout and hollandaise sauce.

R115

A cup of filter coffee, tea (English Breakfast, Earl Grey, Rooibos) or a glass of juice included with each breakfast ordered.

Speciality coffee's available at an additional cost

Café Latte	30	Espresso single	18	Cappuccino	30	Americano	25
Flat White	30	Espresso double	20	Macchiato	22		
