

T I D E S



CONTINENTAL BREAKFAST

Please help yourself from our buffet

Breads and Pastries

Muffins, croissants, pastries, scones and breads.

Fresh Fruit and Cereals

Variety of seasonal, fresh, sliced fruit, individual yoghurts, assorted cereals, homemade muesli and fruit juices. Freshly squeezed orange juice on request.

Charcuterie and Cheese

Variety of cold meats and selection of cheeses.

Continued breakfast

See the daily hot breakfast buffet offering available

À LA CARTE MENU

Full English Breakfast

with your choice of 2 eggs, fried or scrambled, crispy bacon, beef or pork sausage, mushrooms and tomato.

French Toast

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

Three Egg Omelette

with a choice of 3 fillings including feta, ham, cheese, tomato, onion, sweet peppers, mushrooms, bacon and smoked salmon trout.

Eggs Benedict

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

Tides Eggs Benedict

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

Sparkling wine, tea and coffee included.

R200PP