

Breakfast Menu

Full English Breakfast **£6.50**

Premium pork sausage, two bacon slices, fresh tomato, flat mushroom, fried free range egg and buttered toast.

High Tides Breakfast **£7.95**

Premium pork sausage, two bacon slices, fresh tomato, flat mushroom, sauté potatoes, baked beans, fried free range egg and buttered toast.

Vegetarian Breakfast **£5.50**

Sautéed new potatoes, fresh tomato, flat mushroom, fried free range egg, baked beans and buttered toast.

Eggs Benedict **£5.95**

Two poached free range eggs on toasted muffin with ham or bacon and hollandaise sauce

Eggs Florentine **£4.95**

Two poached free range eggs on toasted muffin with spinach and hollandaise sauce

Eggs Royale **£7.50**

Two poached free range eggs on toasted muffin with spinach, oak smoked salmon and hollandaise sauce

Eggs Tides **£6.95**

Two poached free range eggs on toasted muffin with two premium pork sausages, sliced cooked tomato and hollandaise sauce

Scrambled Eggs and Smoked Salmon **£6.25**

Two scrambled free range eggs served on a slice of buttered toast, with oak smoked salmon and lemon wedge

Eggs on Toast **£3.95**

Two fried, poached or scrambled free range eggs on buttered toast

Please turn over for more breakfast choices

This menu is served until 11.30am

Sausage Sandwich £3.95

Two premium pork sausages in thick cut buttered bread

Bacon Sandwich £3.50

Two back bacon slices in thick cut buttered bread.

Baked Beans on Toast £3.25

Tomatoes on Toast £3.25

Toast and Preserves £1.95

Fresh Fruit & Yoghurt with Honey £4.50

Toasted Teacake £1.75

Warmed Scone £1.75

Cake Slice £2.00

Breakfast Extras:

Premium pork sausage £1.50, Bacon (1 slice) 95p, Tomato 95p

Flat mushroom 95p, Egg £1, Baked beans 95p, Bread (1 slice) 75p

Saute potatoes 95p, Smoked Salmon £3.95, Onions 75p, Cheese 75p

Preserve 50p, Hollandaise Sauce £1.50, Spinach 75p

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Tides is open every lunchtime* and also on Friday & Saturday evening from 6pm. Please ask for a copy of our menus *closed Sundays