

TIDE CAFE

DAILY FROM 8AM – 3PM

FRESH STARTERS

SEASONAL FRUIT BOWL
W' FRESH BERRIES, MINT
15

YOGHURT POTS W' HOUSE GRANOLA
FRUIT PUREE, LINSEEDS
16

COCONUT & CHIA PUDDING
TOASTED ALMONDS, FRESH MANGO, PALM
SUGAR, LEMON BALM
18

SIDES

BACON 6
GRILLED CHICKEN 7
SMOKED SALMON 7
SMASHED AVOCADO & LEMON 6
SAUTÉED MUSHROOMS 6
EGGS 2.5 EACH
KALE & SWEET POTATO HASH 7
PESTO 4
HOLLANDAISE 4

SPECIALITY BREAKFAST

PALEO BREAKFAST
KALE & SWEET POTATO SUPER HASH,
FREE RANGE BACON, POACHED EGGS,
SPINACH, FLAXSEEDS
20

TRUFFLE SCRAMBLED EGGS
TOASTED BRIOCHE, SHIMIZI MUSHROOMS,
CHIVES
19

BROCCOLI & PARMESAN FRITTERS
POACHED EGGS, RAW PESTO, KALE
19

FREE RANGE EGGS DEAL

POACHED, FRIED OR SCRAMBLED W'
TOASTED SOURDOUGH, WITH A STANDARD
COFFEE OF YOUR CHOICE
20

FROM 10.30AM

SUPER SALADS

CHAR GRILLED COBB SALAD
CHICKEN BREAST, ICEBERG, BOILED EGGS,
BACON BITS, AVOCADO, CHIVES, ROQUEFORT
18

SALT ROASTED BEETROOT
PERSIAN FETTA, POMEGRANATE, PISTACHIO
ROCKET, MINT
16

TUNA NICOISE SALAD
FRENCH BEANS, EGG, OLIVES, FRESH
TOMATO, CAPERS, ROASTED PEPPERS
17

LUNCH TIME

GRILLED CHICKEN BREAST BURGER
MONTEREY JACK CHEESE, TOMATO, LETTUCE
& SMOKED GARLIC AIOLI ON A LINSEED BUN
17

KNUCKLE SANDWICH
SLOW COOKED PORK KNUCKLE, FERMENTED
RED CABBAGE, GRAIN MUSTARD, GREENS
18

LEROY'S EGGPLANT PARMIGIANA
HOUSE MADE TOMATO SUGO, PECORINO
ROMANO, OREGANO, BABY HERB SALAD
17

FOLLOW US @TIDECAFE
LOOKING FOR CATERING? EMAIL: TIDE@REGATTAROSEBAY.COM

TIDE CAFE

DAILY FROM 8AM – 3PM

COFFEE & TEA

ESPRESSO 3.5
MACCHIATO 3.5
DOPPIO 5
PICCOLO LATTE 4
FLAT WHITE 4
LATTE 4
CAPPUCCINO 4
LONG BLACK 4
AFFOGATTO 7

POT OF TEA 4.5

ENGLISH BREAKFAST / EARL GREY / PEPPERMINT / GREEN /
LEMON GRASS / GINGER / CHAI / CAMOMILE

COLD PRESSED JUICE AVAILABLE AT COUNTER

BEAT IT

BEETROOT / RED APPLE / STRAWBERRY

GOLDEN PASSION

ORANGE / GRAPEFRUIT / PASSIONFRUIT

GREEN MACHINE

GREEN APPLE / KALE / CELERY / KIWI

CHILLED BEVERAGES

ICED COFFEE 8
MILKSHAKES (VANILLA / CHOC / STRAWBERRY) 7
COKE / DIET COKE / COKE ZERO 4
LEMONADE / GINGER BEER / CRANBERRY & BLOOD ORANGE 4
STILL OR SPARKLING WATER 750ML 8