

# TIDE CAFE

DAILY FROM 8AM – 3PM

## FRESH STARTERS

**SEASONAL FRUIT BOWL**  
W' FRESH BERRIES, MINT  
15

**YOGHURT POTS W' HOUSE GRANOLA**  
FRUIT PUREE  
(PASSION, MANGO OR RASPBERRY)  
8

**COCONUT & CHIA PUDDING**  
TOASTED ALMONDS, FRESH MANGO, PALM  
SUGAR, LEMON BALM  
14

## SIDES

BACON 6  
SMOKED SALMON 7  
SMASHED AVOCADO & LEMON 6  
SAUTÉED MUSHROOMS 6  
KALE & SWEET POTATO HASH 7  
PESTO 4  
HOLLANDAISE 3

## 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  
19

## 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 TURKISH BUN  
17

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

**PRAWN BUCKET**  
500G OF COOKED KING PRAWNS, COCKTAIL  
SAUCE, LEMON  
25

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LOOKING FOR CATERING? EMAIL: [TIDE@REGATTAROSEBAY.COM](mailto:TIDE@REGATTAROSEBAY.COM)

10% PUBLIC HOLIDAY SURCHARGE APPLIES