

# 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

**BECKY'S FRENCH TOAST**  
LASHINGS OF NUTELLA SAUCE, FRESH  
BANANA, TOASTED WALNUTS  
15

## SIDES

BACON 6  
SMOKED SALMON 7  
SMASHED AVOCADO & LEMON 6  
SAUTÉED MUSHROOMS 6  
KALE & SWEET POTATO HASH 7  
HASH BROWN 3.5  
HOLLANDAISE 3

## SPECIALITY BREAKFAST

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

**SMOKED SALMON & AVOCADO**  
TOASTED ENGLISH MUFFIN, SMOKED SALMON,  
SOFT FETTA, SMASHED AVOCADO,  
SALMON ROE  
19

**HIGH TIDE BREAKFAST**  
EGGS HOW YOU LIKE THEM, BEEF SAUSAGE,  
BACON, ROASTED TOMATO, HASH BROWN,  
SOUR DOUGH TOAST  
22

**FREE RANGE EGGS DEAL**  
POACHED, FRIED OR SCRAMBLED W'  
TOASTED SOURDOUGH AND A STANDARD  
COFFEE OF YOUR CHOICE  
16

## FROM 10.30AM

### SUPER SALADS

**CHAR GRILLED CHICKEN SALAD**  
CHICKEN BREAST, ICEBERG, JALAPENO,  
AVOCADO, SEMI DRIED TOMATO, CHICKPEAS  
18

**SMOKED SALMON, ROCKET**  
QUINOA, DILL AIOLI, RED ONIONS, PICKLES,  
SHAVED PARMESAN  
16

**BLACK BEAN TUNA SALAD**  
CHILI, CORIANDER, CUCUMBER, FETTA,  
RED PEPPERS, LIME JUICE  
17

### LUNCH TIME

**GRILLED CHICKEN BREAST BURGER**  
SWISS CHEESE, TOMATO, LETTUCE &  
SMOKED GARLIC AIOLI ON A SESAME SEED  
BUN, CROSS FRIES  
18

**STEAK SANDWICH**  
CARAMELIZED ONIONS, TOMATO RELISH,  
PICKLES, CHEESE, LETTUCE, CROSS FRIES  
18

**SWEETCORN, CARROT, VANILLA,  
CORIANDER SOUP**  
TOASTED SESAME, GRUYERE TOAST  
15

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10% PUBLIC HOLIDAY SURCHARGE APPLIES