



Breakfast Menu

This menu is served until 11.30am **tides** restaurant

Full English Breakfast (gfo, dfo) £8.50

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

High Tides Breakfast (gfo, dfo) £9.95

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

Vegetarian Breakfast (v, gfo, dfo) £8.50

Vegetarian Lincolnshire sausage, saute potatoes, fresh cooked tomato, mushroom, fried free range egg, baked beans and buttered toast.

Vegan Breakfast (vg, gf, df) £8.50

Vegan Lincolnshire sausage, saute potatoes, fresh cooked tomato, mushroom, spinach, baked beans and dairy free buttered toast.

Eggs Benedict (gfo) £7.95

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

Eggs Florentine (gfo) £6.95

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

Eggs Royale (gfo) £9.50

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

Eggs Tides (gfo) £8.95

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

Scrambled Eggs & Smoked Salmon (gfo, dfo) £8.50

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

Eggs on Toast (v, gfo, dfo) £5.50

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

Sausage Sandwich (gfo, dfo) £5.50

Two Butchers pork sausages in buttered bread

Bacon Sandwich (gfo, dfo) £4.95

Two back bacon slices in buttered bread.

Vegan Sausage Sandwich (vg, gfo, df) £4.50

Two Vegan Lincolnshire sausages in dairy free buttered bread

Baked Beans on Toast (gfo, dfo, vgo) £4.95

Baked beans served on two slices of buttered toast

Tomatoes on Toast (gfo, dfo, vgo) £5.25

Two fresh cooked tomatoes on two slices of buttered toast

Toast and Preserves (gfo, dfo, vgo) £2.95

Two slices of buttered toast with jam **or** marmalade

Fresh Fruit & Yoghurt with Honey (gf, dfo,) £6.95

A selection of seasonal fruit with natural yoghurt and honey

Toasted Teacake (dfo) £2.75

Buttered toasted teacake. Add jam for 50p

Fruit Scone (dfo) £2.50

Buttered scone. Add jam for 50p

Cake Slice (gf) £2.50

Please ask for today's cake

We pride ourselves on preparing fresh food on the premises and are happy to accommodate your requests where possible. Please note swap requests on breakfast items may incur an additional charge.

For allergen and ingredient information, please ask for details.

For prices of additional items, please ask for details. Prices include VAT.

Gluten Free (g/f) Gluten Free Option (gfo) Dairy Free (df)

D/F Option (dfo) Vegetarian (v) Vegan option (vgo)



restaurant

Drinks Menu

Hot Beverages

Coffee

	<u>Regular</u>	<u>Large</u>
Espresso	£2.50	£3.00
Americano	£2.75	£3.25
Cappuccino	£2.95	£3.50
Decaffeinated	£2.75	£3.25
Cafe Latte		£3.50
Mocha		£3.50
Floater Coffee		£3.50
Liqueur Coffee		£6.95
Hot Chocolate		£3.50
with Marshmallows		£3.75
Coffee Syrup (Vanilla, Caramel)		£0.75

Tea

Choose from Sussex Blend, Earl Grey, Green Tea, Camomile, Peppermint, Fruit and Decaffeinated.

Single Pot	£2.50
Two Pot	£4.25

Drinks

Fruit Juices

Orange 230ml	£2.25
Apple 230ml	£2.25
Apple and Mango 230ml	£2.25
Cranberry 230ml	£2.25
Orange & Cranberry 230ml	£2.25

Smoothies & Milkshakes

Strawberry & Banana smoothie 330ml	£3.95
Chocolate milkshake 330ml	£3.95
Strawberry milkshake 330ml	£3.95