



## **Breakfast Menu**

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

### **Full English Breakfast (gfo, dfo) £9.95**

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

### **High Tides Breakfast (gfo, dfo) £11.50**

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) £9.95**

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

### **Vegan Breakfast (vg, gf, df) £9.95**

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

### **Eggs Benedict (gfo) £9.50**

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

### **Eggs Florentine (gfo) £8.25**

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

### **Eggs Royale (gfo) £10.50**

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

### **Eggs Tides (gfo) £10.50**

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) £9.50**

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

### **Eggs on Toast (v, gfo, dfo) £6.50**

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

### **Sausage Sandwich (gfo, dfo) £6.25**

Two Butchers pork sausages in buttered bread

### **Bacon Sandwich (gfo, dfo) £5.95**

Two back bacon slices in buttered bread.

### **Vegan Sausage Sandwich (vg, gfo, df) £5.50**

Two Vegan Lincolnshire sausages in dairy free buttered bread

### **Baked Beans on Toast (gfo, dfo, vgo) £5.95**

Baked beans served on two slices of buttered toast

### **Tomatoes on Toast (gfo, dfo, vgo) £6.25**

Two fresh cooked tomatoes on two slices of buttered toast

### **Toast and Preserves (gfo, dfo, vgo) £3.25**

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

### **Fresh Fruit & Yoghurt with Honey (gf, dfo,) £8.95**

A selection of seasonal fruit with natural yoghurt and honey

### **Toasted Teacake £3.50**

Buttered toasted teacake. Add jam for 50p

### **Fruit Scone £3.25**

Buttered scone. Add jam for 50p

### **Cake Slice (gf) £2.95**

Please ask for today's cake

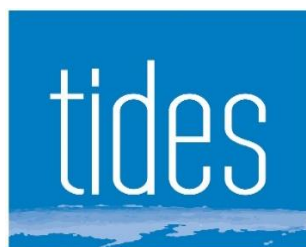
**For prices of additional items, please ask for details.**

*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. Due to the wide range of ingredients used in our kitchen, foods may be at risk of cross contamination by other ingredients.*

**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                        | £2.60          | £3.10        |
| Americano                       | £3.40          | £3.75        |
| Cappuccino                      | £3.50          | £3.95        |
| Decaffeinated                   | £3.40          | £3.95        |
| Cafe Latte                      |                | £3.95        |
| Mocha                           |                | £3.95        |
| Floater Coffee                  |                | £3.95        |
| Hot Chocolate                   |                | £3.95        |
| with Marshmallows               |                | £4.25        |
| Coffee Syrup (Vanilla, Caramel) | £0.75          |              |
| Plant Based Milks (Soya, Oat)   | £0.40          |              |

#### Tea

*Choose from Sussex Blend (Breakfast), Earl Grey, Green Tea, Camomile, Peppermint, Fruit, Lemon & Ginger and Decaffeinated.*

|            |       |
|------------|-------|
| Single Pot | £2.95 |
| Two Pot    | £4.95 |

### Drinks

#### Fruit Juices

|                          |       |
|--------------------------|-------|
| Orange 230ml             | £2.50 |
| Apple 230ml              | £2.50 |
| Apple and Mango 230ml    | £2.50 |
| Cranberry 230ml          | £2.50 |
| Orange & Cranberry 230ml | £2.50 |
| Tomato 230ml             | £2.50 |

#### Smoothies & Milkshakes

|                                    |       |
|------------------------------------|-------|
| Strawberry & Banana Smoothie 330ml | £4.75 |
| Chocolate milkshake 330ml          | £4.75 |
| Strawberry milkshake 330ml         | £4.75 |