

# TIDES

## CONTINENTAL BREAKFAST

Please help yourself from our buffet

### Breads and Pastries

Muffins, croissants, scones and breads.

### Fresh Fruit and Cereals

Variety of seasonal, fresh, sliced fruit, individual yoghurts, assorted cereals, homemade muesli and fruit juices. Freshly squeezed orange juice on request.

### Charcuterie and Cheese

Variety of cold meats and selection of cheeses.

---

## À LA CARTE MENU

### Full English Breakfast

with your choice of eggs, fried or scrambled, bacon, beef or pork sausage, mushrooms and tomato.

### French Toast

served with bacon, baked fresh banana and crème fraîche.

### Three Egg Omelette

with whole eggs or egg whites and a choice of 3 fillings including feta, ham, cheese, tomato, onion, sweet peppers, mushrooms, bacon and smoked salmon trout.

### Eggs Benedict

English muffin, 2 poached eggs, with your choice of bacon, spinach or salmon trout and hollandaise sauce.

Filter coffee and tea included.

**R200PP**

---

Speciality coffee's available at an additional cost

---

Café Latte	24	Cappuccino	22
Espresso single	16	Americano	20
Espresso double	18		