

CHEESAPEAKE

RESTAURANT

LOCAL YELLOW HOUSE FARM EGGS

items served *roasted potatoes or
stone ground grits with cheese*

Vegetable Frittata

best of season vegetables,
marinated feta cheese,
garden herbs

14

Blue Crab Omelette

spiced tomato broth,
petite greens, lemon oil

19

Sunrise Handheld*

fried egg, Virginia ham, cheddar cheese,
espresso-strawberry preserves,
toasted bagel

14

Shrimp Tostada*

tomato salsa, cotija cheese,
purple onion, sunny up egg

19

Tides Breakfast*

two eggs, choice of:
pork sausage links or
applewood smoked bacon, toast

20

SIDES

Ham Steak 8 

Applewood Smoked Bacon 6 

Pork Sausage Links 6 

Chicken Apple Sausage 6 

Stone Ground Grits 5 

Bagel with Cream Cheese 5

Farm Fresh Eggs 8 

Bowl of Cereal with Milk 5

SPECIALTIES

Billionaire's Baconnnn

Cheshire pork, cane sugar, crushed chili
flake, Virginia peanuts

12

Chesapeake Bay Benedict*

house-made crab cake,
poached farm egg, asparagus,
hollandaise, English muffin

23

Smoked Faroe Island Salmon

everything bagel, sliced tomato,
shaved purple onion, caper,
whipped cream cheese

17

Scallop Benedict*

scrambled farm eggs,
applewood smoked bacon,
hollandaise, snipped chive, biscuit

21

GRIDDLE

served with warm local maple syrup

Stuffed French Toast

macerated berries,
whipped vanilla cream cheese

15

Lemon-Ricotta Pancakes

fruit compote, local honey,
charred granola, powdered sugar

14

Corn Bread Waffles

Wade's Mill cornmeal,
rosemary,
bacon'd maple syrup

16

LIGHT FARE

Seasonal Fruit & Berries

Greek yogurt, house-made granola,
fennel crystals

12

Avocado Toast*

local feta, cherry tomato, arugula,
poached egg, puffed sorghum

13

Organic Steel Cut Oatmeal

candied Virginia peanuts,
best of season fruit, pearl sugar

11

Blended Smoothie

best of the season fruits & greens

7

Pressed Juice

creation of the morning

9

French Press Coffee

Tides Inn heritage blend by
Mobjack Bay Coffee Roasters

Small (2 cups) 8

Large (4 cups) 14

 - gluten-friendly

* Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of foodborne illness.

We are happy to accommodate any allergies or dietary restrictions. Please inform your server before ordering.