



## **TIDES Breakfast Menu**

**Address:** Wyndham Reef Resort

**Phone:** 1 (345) 947 3100

**Cuisine:** International Cuisine

### **WAFFLES & PANCAKES**

#### **Homemade Belgian Waffle or Pancakes**

**CI\$11**

Buttermilk pancakes or a waffle served with whipped cream, powdered sugar, syrup and butter. Toppings: Chocolate sauce, dulce de leche, honey or jam. Add sliced bananas or mixed berries - \$3

#### **Captain's Breakfast**

**CI\$16.50**

2 eggs any style and 2 buttermilk pancakes served with your choice of bacon, sausage or ham and breakfast potatoes, white or wheat toast

### **EGGS YOUR WAY**

Served with breakfast potatoes and white or whole wheat toast.

#### **3 Eggs Omelet or Egg Whites**

**CI\$15.50**

Choose 3 (additional choices are \$1 each): Bacon, ham, sausage, cheddar cheese, onions, pepper, tomato, spinach, jalapeno, mushrooms, asparagus

#### **2 Eggs any style (Egg Whites included)**

**CI\$13**

Served with your choice of bacon, ham or sausage

#### **Steak & Eggs**

**CI\$19**

6oz flat iron steak, 2 eggs any style, hollandaise sauce

### **EGGS BENEDICT**

#### **Classic Eggs Benedict**

**CI\$13**

2 poached eggs, Canadian bacon, spinach, homemade hollandaise sauce on a toasted English muffin

#### **Reef Eggs Benedict (Signature Dish)**

**CI\$14**

2 poached eggs, bacon, avocado, goat cheese, arugula, homemade herb hollandaise sauce, toasted English muffin

**Lobster Eggs Benedict****CI\$16.50**

2 poached eggs, sliced Caribbean lobster tail, spinach, homemade hollandaise sauce, on a toasted English muffin

## OTHERS

**Yogurt & Granola****CI\$12.50**

Yogurt and house-made granola topped with assorted fruit

## BREAKFAST SANDWICHES

**French Baguette Breakfast Sandwich****CI\$13.50**

Scrambled eggs, bacon, cheddar cheese, arugula on a grilled French baguette

**Ultimate French Croissant****CI\$13.50**

Prosciutto, brie, house-grown pea sprouts, fig jam, roasted almonds

**Turkey Croissant Sandwich****CI\$13.50**

Fresh baked croissant, turkey, Swiss cheese, lettuce, tomato, cucumber

**Avocado Croissant****CI\$13.50**

Applewood smoked bacon, smoked gouda, boiled egg, arugula

**Avocado Toast****CI\$13.50**

Feta cheese, alfalfa sprouts, toasted coconut, sourdough toast. Add a poached egg - \$3

**Salmon Gravlax (Signature Dish)****CI\$13.50**

Home-cured salmon gravlax, cream cheese, capers, red onion, pea sprouts. Choose between a croissant or locally-made sesame bagel. Add a poached egg - \$3

## OLD FAVOURITES

**Continental Breakfast****CI\$14**

Your choice of: 1. toast, bagel or croissant, 2. butter, jam, honey, syrup or cream cheese, 3. fresh fruit, cold cereal and milk or yogurt and granola, 4. assorted teas or coffee, 5. juice or bottled water

**Full American Breakfast****CI\$26**

Including: Assorted cereal and milk or granola yogurt. Any 1 menu item plus 2 sides. Assorted teas and coffee. Bottled water and juice. (Lobster and steak not included)

## SIDES

<b>Single Egg</b>	<b>CI\$3</b>
Prepared any style	
<b>Bacon, Turkey, Canadian Ham or Sausage</b>	<b>CI\$4</b>
<b>Lobster Tail</b>	<b>CI\$14</b>
4oz	
<b>Breakfast Potatoes, Spinach or Mushrooms</b>	<b>CI\$3.50</b>
<b>Seasonal Fruits &amp; Berries</b>	<b>CI\$6</b>
<b>Honey, Syrup, Jam, Butter, Dolce de Leche, Chocolate Sauce or Cream Cheese</b>	<b>CI\$1.50</b>
<b>Bread</b>	<b>CI\$3.50</b>
Including white, wheat, multi-grain, sourdough, gluten-free, bagel, English muffin and croissant	

Last updated: Wed 19 Feb, 2025