

WEEKEND TIDE

Breakfast Pastries	Assorted Muffins, Croissants, Scones, etc	Single item	5
	(ask your server about today's selection)	Basket of 3	12
Eggs Benedict	2 Poached Eggs, Hollandaise Sauce on English Muffin Served with Home Fries or Fresh Fruit		
	Canadian Bacon		10
	House-Cured Salmon		13
	Lump Crab Cake		18
	Steak		14
	Veggie		11
Stuffed French Toast	Our Signature Grand Marnier French Toast Filled with Mascarpone Buttercream, Peaches and Raspberry Coulis		14
Shrimp & Grits	Andouille Sausage, Red Eye Gravy		14
Buttermilk Pancakes	Topped with Choice of Granola, Candied Pecans, Berries or Powdered Sugar. Served with side of Bacon or Sausage		9
Short Stack	2 Pancakes, served with a side of Bacon or Sausage		7.5
Bagel with Lox	House-Cured Gravlox, Cream Cheese, Capers, Onion, Egg		14
Hometown Breakfast	2 Eggs, Home-Fries, Bacon, Sausage, or Turkey Bacon. Served with Biscuit or Toast		10
Egg Sandwich	Scrambled or Fried, Choice of Cheese: Cheddar, American, Pimento or Jack. Bacon, Sausage (Links or Patties) or Turkey Bacon; on English Muffin, Biscuit or Toast.		10
Omelet	3 Eggs, Served with Home Fries		
	Ham & Cheese		12
	Seasonal Veggie Mix		11
	Shrimp & Andouille (Substitute Egg White Only)		15 1.5
Greek Yogurt	Served w/ Fresh Berries, House-Made Granola		6
Steel-Cut Oatmeal	Served w/ Brown Sugar and Maple Syrup		6
	Add: Candied Pecans, Berries or Banana		.50
Baked Avocado & Egg	Sunnyside Up Egg, Served with Grits and Fruit		10
Surfer-Bod Pancakes	Gluten-Free. Almond Flour & Oatmeal. Berries on Top.		12

*The South Carolina Department of Health advises that eating raw or undercooked foods poses a health risk to everyone, but especially to the Elderly, young children, pregnant women, and those with compromised immune systems

Salads

Spinach Salad	Spinach, Tomato, Red Onion, Carrot, Cuke, Egg, Goat Cheese, Warm Bacon Vinaigrette	10/ 5
Refuge Salad	Mixed Greens, Roasted Red Pepper, Artichoke Heart, Asparagus, Tomato, Beet, Cuke, Carrot, Feta	12/ 7
Garden Salad	Mixed Greens, Carrot, Tomato, Cuke, Feta, Pine Nuts	8/ 5
Caesar Salad	Romaine, Parmesan, House-Made Coutons	9/ 5
Salad Additions	Chicken Shrimp, Salmon or Mahi Crab Cake Balsamic or Lemon Vinaigrette, Blue Cheese, Buttermilk Herb, 1000 Island, Caesar, Chipotle-Honey Mustard	5 7 12

Sandwiches

Choice of Home Fries, Coleslaw, or Pasta Salad

Lowcountry Club	Maryland-Style Crab Cake, Shrimp Salad, Bacon, Lettuce, Tomato on House White Toast	23
Crab Sandwich	Maryland-Style Crab Cake, Tomato, Lettuce on House Wheat Bread	18
Hangover Burger	Angus Beef and Pork Sausage Blend, Onion-Bacon Jam, Over-Easy Egg, Brie Cheese	16
Basic Burger	Angus Beef, Lettuce, Tomato, Choice of Cheese Add: Bacon, Sauteed Onions or Sauteed Mushrooms	11 .50
Patty's Melt	Angus Beef, Sauteed Mushrooms, Sauteed Onions, Muenster Cheese, Refuge Sauce, on Toasted Rye	12
Refuge Reuben	Pastrami, House-Made Sauerkraut, Refuge Sauce, Gruyere, on Rye	14
Amelia	Turkey, Tomato, Avocado, Bacon, Mozzarella, Pesto on Sourdough	14
Midnight on the Beach	BLT & Sunnyside Up Egg, Jack Cheese, Roots Spelt Add Shrimp or Salmon	12 4.5
French Onion	Caramelized Onions, House-Blend Cheese on Roots Spelt	12