

## DAY TIDE

### HOMETOWN BREAKFAST 10

2 Eggs, Home Fries, Choice of Bacon, Sausage (Links or Patties) or Turkey Bacon. Biscuit or Toast

### EGGS BENEDICT\*

2 Poached Eggs, Hollandaise Sauce on English Muffin. Served with Home Fries or Fresh Fruit

Canadian Bacon 10

Lump Crab Cake 18

Veggie 11

### AVOCADO & EGGS 12

Sunnyside-Up Eggs, Avocado, Grits with a Side of Fruit.

### BUTTERMILK PANCAKES 9

Topped with a Choice of: Granola, Candied Pecans, Berries, Powdered Sugar.  
Choice of Bacon or Sausage

### REFUGE FRENCH TOAST 10

Thick-cut Challah, Grand Marnier-infused egg batter. Served with Bacon or Sausage

### BAGEL & LOX 14

Smoked Salmon, Cream Cheese, Capers, Red Onion, Hard-Boiled Egg

### "SURFER-BOD PANCAKE" 12

Gluten-free option. Almond Flour, Oatmeal, Almond Milk. Served with Fresh Fruit

### STEEL-CUT OATMEAL 6

Served with Brown Sugar and Maple Syrup.  
Candied Pecans, Berries or Banana .50ea

### SHRIMP & GRITS 14

Andouille Sausage, Red Eye Gravy

### BISCUITS & GRAVY 13

2 Eggs your way, Biscuits with Sausage Gravy and Home Fries

### GREEK YOGURT 6

Served with Fresh Fruit and Granola

### OMELET 10

3 Eggs Served with a Biscuit or Toast

**Cheese:** Cheddar, American, Pepper Jack, Pimento, Feta, or House-Blend

**Veggie:** Spinach, Mushrooms, Peppers, Onions, Tomatoes .50ea

**Splurge:** Shrimp, Andouille Sausage, Canadian Bacon, Avocado 1.50ea

Substitute Egg Whites-Only on Any of Above add 1.50

### EGG SANDWICH 10

Sausage or Bacon, Fried Egg, American Cheese on a Brioche Bun. Served with Home Fries

## OUR SIGNATURE SANDWICHES

All sandwiches are served with Home-Fries, French Fries, Chips, Pasta Salad or Cole Slaw.  
Fresh Fruit Salad add 2.5

### AMELIA 14

Turkey, Tomato, Avocado, Bacon, Mozzarella, Pesto on Grilled Sourdough

### REFUGE REUBEN 14

Pastrami, House-Made Sauerkraut OR Cole Slaw, Refuge Sauce, Gruyere on Grilled Rye Bread

### REFUGE BURGER 11

Start with ½lb of Angus Beef, Lettuce, Tomato and Cheese

Add-ons: 1.50 ea

Bacon, Over-easy Egg, or Avocado

Veggie Add-Ons: .50ea

Spinach, Mushrooms, Sauteed Onions

### MAHI SANDWICH 16

Blackened or Grilled, Basil Aioli, Lettuce, Tomato, Served on Brioche Bun

### REFUGE CAESAR WRAP 10

Choice of Chicken or Steak with avocado, tomato and bacon in Spinach Wrap

### CRASHING WAVES 10

Greens, Hummus, Sauteed Onions, Roasted Pepper, Artichoke Hearts, Feta in a Spinach Wrap

### REFUGE GRILLED CHEESE 9

Bread:

White, Wheat, Rye or Sourdough

Cheese:

Cheddar, American, Pepper Jack, Pimento, House-Blend

Spreads:

Pesto, Basil Aioli, Ketchup, Mustard

Veggies: add .50

Tomato, Spinach, Onions, Mushrooms

Extras: 1.50

Bacon and Avocado

## SOUPS AND SALADS

### CREAMY TOMATO 5/7

### FRENCH ONION 8

### CLASSIC CAESAR 9

Romaine, House-made Croutons, Parmesan, Caesar Dressing

### HOUSE SALAD 8

Mixed Greens, Tomatoes, Cucumbers and Carrots

### REFUGE SALAD 12

Mixed Greens, Artichoke Hearts, Roasted Red Peppers, Asparagus, Beets and Feta Cheese

ADD: 5 oz MAHI 11, SHRIMP 7, 5 oz SALMON 9, CHICKEN 5