

WEEKEND TIDE

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| Breakfast Pastries | Assorted Muffins, Croissants, Scones, etc (ask your server about today's selection) | Single item 5 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 | 15 |
| | (Substitute Egg White Only) | 1.5 |
| Baked Avocado & Egg* | Sunnyside Up Egg, Served with Grits and Fruit | 10 |
| Surfer-Bod Pancakes | Gluten-Free. Almond Flour & Oatmeal. Berries on Top. | 12 |

*Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness, especially if you have certain medical conditions.

Salads

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| 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 Croutons | 9/ 5 |
| Salad Additions | Chicken | 5 |
| | Shrimp, Salmon or Mahi | 7 |
| | Crab Cake | 12 |
| | Balsamic or Lemon Vinaigrette, Blue Cheese, Buttermilk Herb, 1000 Island, Caesar, Chipotle-Honey Mustard | |

Sandwiches

Choice of Home Fries, Coleslaw, or Pasta Salad

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| 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 |
| 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 |

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