

# MORNING TIDE

## EGG SANDWICH

Sausage or Bacon, Fried Egg  
Cheese, Brioche Bun, Home Fries

12

## HOMETOWN BREAKFAST

2 eggs your way, Home Fries, Bacon or  
Sausage and Toast

14

## REFUGE SHRIMP & GRITS

Shrimp, Andouille, Peppers & Onions  
Red Eye Gravy, Local Grits

16

## AVOCADO TOAST

Sunny side-up Eggs, Tomato  
Avocado Spread, Multi-grain Toast  
With Fresh Fruit

13

Add Crab Cake 6

## SURFER BOD PANCAKES

Almond & Oat Pancakes w/ Fresh Berries

13

## MIXED BERRY BUTTERMILK PANCAKES

Mixed Berries, Choice of Bacon or  
Sausage

14

Add Candied Pecans 1

## BAGEL AND LOX

Duck Trap Smoked Salmon, Cucumber,  
Tomato, Capers, Deviled Egg, Cream  
Cheese

17

## EGGS BENEDICT

Two Poached Eggs, English Muffin  
Hollandaise, Home Fries  
Canadian Bacon Crab Cake

14

18

## OMELETTE

Three Egg Omelette with Home Fries  
Western or Veggie

12

Substitute egg whites

1.5

## FROM THE COFFEE BAR

**Latte or Cappuccino** – Choice of a Variety of Milks or Cream, Flavored Syrups

**Mocha or Mexican Mocha**

**Our Customer Favorite Cold Brew**

**Spiked Coffee**

(add a shot of your favorite spirit to any of our coffee drinks)

**Bakery Basket** – Selection of 3 Fresh Pastries

12

# MORNING TIDE



The SC Dept of Public Health advises that eating raw or undercooked meat, poultry, egg or seafood poses a health risk to everyone, but especially to the elderly, very young children, pregnant women and individuals with compromised immune systems.