

# HELEN'S Breakfast DINER

at the Tidewater Inn

## Poached Eggs & Hash

Poached eggs, proper split English muffins, Violet's special hash

- SIZZLIN' SHORT RIB HASH**  
Braised beef short rib hash, sweet chili seasoned hollandaise 10
- KALE & BRUSSELS & GOAT CHEESE**  
Sautéed rainbow kale, shaven Brussels sprouts, nappa cabbage, goat cheese hollandaise 10
- CAPE'S CLASSIC BENEDICT HASH**  
Canadian bacon hash with cheddar cheese, classic hollandaise 10
- PORK CARNITAS HASH & ROASTED CORN**  
Slow roasted pork, roasted corn & black beans, avocado, green chili hollandaise 10

## Griddles

- CLASSIC BELGIAN WAFFLES** with warm maple syrup 9  
Add berries & whipped cream 11  
Add bananas brûlée 11
- FRENCH TOAST** with powdered sugar & warm maple syrup 8  
Texas style thick sliced 8  
Add berries & whipped cream 10  
Short stack 6.50  
Short Stack with berries 7.50  
Add bananas brûlée 7.50
- TRAIL MIX PANCAKES** with caramel orange syrup 11  
Walnuts, granola, berries, sweet cream butter 11

## Bowl of Oatmeal

With fresh berries and whipped cream 7

## Breakfast Sandwiches

Served on choice of sprouted grain white, wheat or French roll & home fries

- APPLEWOOD SMOKED BACON** Eggs & cheese 7
  - PORK SAUSAGE PATTY** Eggs & cheese 7
  - SHORT RIB HASH** Eggs & cheese 7
  - VIOLET'S POTATOES** Eggs & cheese 6
  - AVOCADO** Egg whites & Swiss 7
  - BACON, AVOCADO & TOMATO** & cheese 9
- Choose from American, cheddar or Swiss cheese.  
Egg whites add \$1.

## House Pancakes

- VIOLET LOVES PANCAKES**  
With sweet cream butter & real maple syrup  
Classic stack 9  
Add berries and whipped cream 11  
Add bananas brûlée 13
- STRAWBERRY SHORTCAKE PANCAKE**  
With sweet cream butter & strawberry syrup  
Classic stack 9 Short stack 7.50
- CINNAMON SWIRL PANCAKE**  
With sweet cream butter & cinnamon swirl  
Classic stack 9 Short stack 7.50
- BLUEBERRY PANCAKE**  
With sweet cream butter, fresh blueberry & real maple syrup  
Classic stack 9 Short stack 7.50
- CHOCOLATE CHIP PANCAKE**  
With sweet cream butter, chocolate chips & real maple syrup  
Classic stack 9 Short stack 7.50

## Eggs Your Way

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|--|--|---|
| <b>TWO EGGS</b><br>Home fries, choice of toast 6                       | <b>APPLEWOOD SMOKED BACON</b><br>Two eggs, home fries, choice of toast 8 | <b>CHICKEN APPLE SAUSAGE LINKS</b><br>Two eggs, home fries, choice of toast 8                         |
| <b>PORK SAUSAGE PATTIES</b><br>Two eggs, home fries, choice of toast 8 | <b>CANADIAN BACON</b><br>Two eggs, home fries, choice of toast 8         | <b>SKILLET SCRAMBLE</b><br>Three scrambled with cheddar cheese,<br>choice of meat, choice of toast 10 |

Make your own omelet but stay outta my way!

- Three eggs, Violet's home fried potatoes, choice of toast (sprouted grain white, wheat, proper English muffin) 8
- Add pepper, onions, tomato, roasted corn & black beans, kale & brussels .50
- Add bacon, sausage, short rib hash, pork carnitas, ham 1
- Add goat cheese, cheddar, American, Swiss 1
- Add a hug from Violet Free

## Sides

- GREEK YOGURT** Granola, local honey, berries 7
- FRESH CUT FRUIT** Seasonal berries and melon 7
- APPLEWOOD SMOKED BACON** 4
- CHICKEN APPLE SAUSAGE LINKS** 4
- PORK SAUSAGE PATTIES** 4
- VIOLET'S HOME FRIES** 4
- SIDE OF EGGS** 3
- FRESH BAKED MUFFINS** 3
- BAGEL** with butter 3 with cream cheese 4
- TOAST OR ENGLISH MUFFIN** 2

## Beverages

- COFFEE OR TEA** Medium 2 Large 3
- MILK** 1.50
- CHOCOLATE MILK** 2
- FRUIT JUICES**  
Apple, cranberry, grapefruit, tomato, orange 2
- SODA** 1.50
- HOT COCOA** 2.50