

Tides Kitchen & Wine Bar

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Breakfast (served until 11.30am)

House Fry Up Newport bacon & sausage, free-range egg, black pudding, vine cherry tomatoes, field mushroom, bubble & squeak, beans & toast	8.50
Scrambled Free-Range Eggs w/toast	6.50
eggs w/ Newport bacon	7.50
eggs w/ smoked salmon	8.50
Homemade Brioche Bun w/Newport bacon	6.00
bacon w/ egg	6.50
bacon w/sausage	7.00
Homemade Granola w/Llaeth y Llan yoghurt, fresh fruit & honey	5.00
Smashed Avocado w/harissa, coriander, lime & sourdough toast	6.00
avocado w/ 2 poached free-range eggs	7.00
avocado w/ smoked salmon	7.50
Sourdough Toast w/Newport jam or marmalade	2.00
Extra breakfast items	add 1.00 each

Breakfast for Little People

Beans on Toast 3.00

Scrambled Free-Range Eggs w/toast 4.00
add sausage or bacon 4.50

Fountain House Market Street Newport Pembrokeshire SA42 0PH (01239) 820777
Email tideskitchenandwinebar@gmail.com

Some of our dishes may contain nuts or other allergens. Please inform a member of our team if you have any allergies