



Breakfast

The Tidewater Continental

Freshly Baked Assorted Muffins, Danish and Breakfast Pastries
Sliced Fresh Fruit and Berry Platter
Freshly Brewed Gourmet Regular Coffee
with Assorted Teas, Cream and Sugars
(Decaf available upon request)

A Healthy Start

Freshly Baked Assorted Muffins, Danish and Breakfast Pastries
Sliced Fresh Fruit and Berry Platter
Low Fat Vanilla Yogurt **OR** Assorted Individual Yogurts
Tidewater's Own Granola Mix
Freshly Brewed Gourmet Regular Coffee
with Assorted Teas, Cream and Sugars
(Decaf available upon request)

Sunrise Breakfast Buffet (Minimum 20 guests)

Freshly Baked Assorted Muffins, Danish and Breakfast Pastries
Sliced Fresh Fruit and Berry Platter
Farm Fresh Scrambled Eggs
Crispy Bacon **OR** Sausage Links
Skillet Breakfast Potatoes
Freshly Brewed Gourmet Regular Coffee
with Assorted Teas, Cream and Sugars
(Decaf available upon request)

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High Tide Breakfast Buffet (min. 25)

Freshly Baked Assorted Muffins, Danish and Breakfast Pastries
Sliced Fresh Fruit and Berry Platter
Low-Fat Vanilla Yogurt **OR** Assorted Individual Yogurts
Tidewater's Own Granola Mix
Deep Dish Breakfast Frittatas ([Please select two](#)):

- Ham and Cheese Frittata
- Artichoke, Spinach and Red Pepper Frittata
- Spinach and Tomato Frittata

Crispy Bacon **OR** Sausage Links
Freshly Brewed Gourmet Regular Coffee
with Assorted Teas, Cream and Sugars
(Decaf available upon request)

Mix and Match Add-Ons

Individual Greek Yogurt
Sliced Fresh Fruit and Berry Platter OR Fruit Salad
Seasonal Hand Fruit ([Typically Bananas, Apples, Oranges, Pears and/or Grape Bundles](#))
Assorted Bagels with Cream Cheese, Butter, Jelly, and Peanut Butter ([Toaster provided](#))
Bagel Sandwiches ([Sausage, Egg and Cheese or Bacon, Egg and Cheese](#)) on plain bagel
Cinnamon French Toast [with NH Maple Syrup](#)
Crepes [with NH Maple Syrup](#) ([Ask about toppings and accoutrements](#))
Baked Beans
Gourmet Coffee or Tea Refresh
Assorted Bottled Juices [Apple, Orange and Cranberry](#)
Bottled Waters

Breakfast