

TIDES

SAFAR OG PEYTINGAR / JUICES AND SMOOTHIES

Greipaldins 1300

Grapefruit

Trönuberja 390

Cranberry

Appelsínu 1300

Orange

Epla 390

Apple

Gulrætur, appelsínur & hafþyrnisber 890

Carrots, oranges & sea buckthorn berries

Grænkál, agúrka, fennel & sellerí 890

Kale, cucumber, fennel & celery

ÁVEXTIR / FRUIT

Árstíðarbundnir ávextir 1320

Seasonal fruit plate

ÚR BAKARÍINU / FROM OUR BAKERY

Vínarbrauð 690

Danish

Smjördeigshorn 690

Croissant

CHEF'S PASTRY OF THE DAY 500



Dishes may contain allergens

We are happy to provide alternatives to meet your dietary requirements

TIDES

TIDES BREAKFAST TABLE UNLIMITED INDULGENCE OF:

Eggs any style, bacon, salmon, cheese & charcuterie, selection of pastries, fresh fruits,
skyr & chia pudding bar, coffee, tea & juices

4800

À LA CARTE

BRAUÐ / IN HOUSE BAKED BREAD

Grillað súrdeigsbrauð með lárperu, eggjum, fánisgrasolíu, radísum & garðakarsa 1750
Toasted sourdough bread with avocado, egg, tarragon oil, radishes & garden cress

Ristað rúgbrauð með reyktum laxi, eggjahæru & sýrðum gúrkum 1550
Rye bread toast with smoked salmon, scrambled egg & pickled cucumbers

LÍFRÆN EGG / ORGANIC EGGS

Tides Benedikt egg 1750
Tides Eggs Benedict

Tvö egg á marga vegu 1600
Two eggs any style

BÆTA VIÐ / ADD ON

PRÓTEIN: Reyktur lax, íslensk chorizo, kjúklingapylsa, svínapylsa eða beikon 1300
PROTEIN: Smoked salmon, Icelandic chorizo, chicken sausage, pork sausage or bacon

GRÆNMETI: Sveppir, spínat, tómatur, paprika, agúrka eða lárpera 550

VEGGIES: Mushrooms, spinach, tomato, peppers, cucumber or half avocado

OSTUR: Brie, Tindur eða val úr nágrenninu 550

CHEESE: Brie, Tindur or local selection

SKYR

Skyr með bláberja-compote & pistasíu-og fánisgrasgranola 1350
Skyr with blueberry compote & pistachio-tarragon granola

GRAUTAR / PORRIDGE

Hafragrautur með karamelliseraðum eplum, ristuaðum möndlum & möndlumjólk 1750
Oat porridge with caramelized apples, roasted almonds & almond milk

MORGUNMATAR SÉRRÉTTIR / BREAKFAST SPECIALS

Pönnukökur, epli & kanill 2400
Pancakes, apples & cinnamon compote

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