

TIDES

SAFAR OG ÞEYTINGAR / JUICES AND SMOOTHIES

Greipaldins 1300

Grapefruit

Trönuberja 600

Cranberry

Appelsínu 1300

Orange

Epla 600

Apple

Gulrætur, appelsínur & hafþyrnisber 1900

Carrots, oranges & sea buckthorn berries

Grænkál, agúrka, fennel & sellerí 1900

Kale, cucumber, fennel & celery

ÁVEXTIR / FRUIT

Árstíðarbundnir ávextir 2100

Seasonal fruit plate

ÚR BAKARÍINU / FROM OUR BAKERY

Vínarbrauð 850

Danish

Smjördeigshorn 850

Croissant

CHEF'S PASTRY OF THE DAY 850

KAFFI / COFFEE

Espresso 550

Double espresso 650

Cappuccino 710

Latte 750

Uppáhellt kaffi / Filter coffee 650

Selection of tea from Tea People 590

Dishes may contain allergens

We are happy to provide alternatives to meet your dietary requirements

TIDES

TIDES À LA CARTE BREAKFAST TABLE

Scrambled eggs
Bacon or salmon
Skyr bowl or chia pudding
Pastry of the day
Coffee, tea & juice

5500

À LA CARTE

BRAUÐ / IN HOUSE BAKED BREAD

Grillað súrdeigsbrauð með lárperu, eggj, fáfnisgrasolíu, radísum & garðakarsa 2600
Toasted sourdough bread with avocado, egg, tarragon oil, radishes & garden cress

Ristað rúgbrauð með reyktum laxi, eggjahræru & sýrðum gúrkum 2700
Rye bread toast with smoked salmon, scrambled egg & pickled cucumbers

LÍFRÆN EGG / ORGANIC EGGS

Tides Benedikt egg 2300
Tides Eggs Benedict

Tvö egg á marga vegu 2200
Two eggs any style

BÆTA VIÐ / ADD ON

PRÓTEIN: Reyktur lax, íslensk chorizo, kjúklingapylsa, svínapylsa eða beikon 1300 each
PROTEIN: Smoked salmon, Icelandic chorizo, chicken sausage, pork sausage or bacon
GRÆNMETI: Sveppir, spínat, tómatur, paprika, agúrka eða lárpera 550 each
VEGGIES: Mushrooms, spinach, tomato, peppers, cucumber or half avocado
OSTUR: Brie, Tindur eða val úr nágrenninu 550 each
CHEESE: Brie, Tindur or local selection

SKYR

Skyr með bláberja-compote & pistasíu-og fáfnisgrasgranola 2500
Skyr with blueberry compote & pistachio-tarragon granola

GRAUTAR / PORRIDGE

Hafragrautur með karamelliseraðum eplum, ristuaðum möndlum & möndlumjólk 2100
Oat porridge with caramelized apples, roasted almonds & almond milk

MORGUNMATAR SÉRRÉTTIR / BREAKFAST SPECIALS

Pönnukökur, epli & kanill 2600
Pancakes, apples & cinnamon compote

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