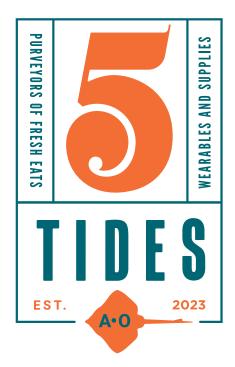


MENU



STORE + ICE CREAM 8-5 BREAKFAST 8-11 LUNCH 11-4

TO MAXIMIZE YOUR BEACH TIME MOBILE ORDERING IS AVAILABLE ASSATEAGUEOUTFITTERS.COM

SUBMARINES

available as a wrap
SERVED WITH CHIPS
UPGRADE FOR \$3
FRIES - RINGS - SLAW - FRESH FRUIT

THE PIPER \$15

philly style cheesesteak, premium ribeye, your choice of toppings

THE PAGE \$15

chicken cheesesteak, philly style, your choice of toppings

THE FIRENZE \$15

classic hot or cold italian sub. citterio ham, salami, capicola, provolone. thinly sliced in house

THE GARDEN \$13

housemade hummus, cucumbers, tomatoes, shredded carrots, mixed greens, sprouts

THE JIVE LEE \$14

house sliced turkey, dill havarti, sprouts, your choice of toppings

BEACH TACOS

3 soft tacos SERVED WITH PICO

CHICKEN \$16

manchego, red onion, lettuce, house drizzle

FISH \$16

mahi, manchego, asian slaw

VEGGIE \$14

manchego, spinach, tomato, avocado, cabbage, black beans, house drizzle

CHEESESTEAK \$16

premium ribeye, manchego, lettuce, red onion, house drizzle

SANDOS

available as a wrap SERVED WITH CHIPS UPGRADE FOR \$3

FRIES - RINGS - SLAW - FRESH FRUIT

CAROLINA CUBANA \$16

pulled pork, fresh sliced ham, pickles, spicy mustard, swiss, thick Texas toast

5T GRILLED CHEESE \$9

5 types of cheese melted on thick Texas toast

upgrade:

ham - bacon \$2 tomato \$1

CAROLINA STYLE \$13

pulled pork, housemade signature sauce, kaiser, housemade slaw on the side

SHRIMP SALAD WRAP \$16

housemade, lettuce, tomato

FRIED FLOUNDER \$14

lettuce, tomato, housemade tartar

HOT DOG \$8

1/4lb premium frank, 100% beef grilled, your choice of toppings

FREE TOPPINGS

lettuce - tomato - onion - hots - sweets pickles - mayo - relish - ranch - bbq ketchup - mustard - tartar - cocktail honey mustard - oil + vinegar

PREMIUM TOPPINGS

grilled mushrooms - bacon - avocado hummus - dill havarti - american - swiss cheddar - provolone - pepperjack

SALADS

FIELD OF GREENS \$8

cherry tomatoes, sprouts cucumbers, shredded carrots, red onion, housemade croutons **dressings**:

ranch, balsamic, caesar, italian

CAESAR \$8

shaved parmesan, croutons, and housemade dressing

SPINACH \$10

apples, granola, cherry tomatoes, housemade balsamic

+CHICKEN BREAST - 8 +SHRIMP SALAD - 10 +LUMP CRAB - 10

BASKETS

EASTERN SHORE \$15

fried shrimp, fries, housemade slaw and cocktail sauce

FISH + CHIPS \$14

breaded flounder served with fries and housemade tartar

CHICKEN TENDERS \$14

country style breaded, fries, housemade honey mustard

LITTLES

WITH FRESH FRUIT OR FRIES

CHICKEN TACOS (2) \$10
CHICKEN TENDERS \$9
GRILLED CHEESE \$7
MOZZARELLA STICKS \$7

THE FIVE TIDES IS COMMITTED TO SUSTAINABLE PACKAGING

LOOKING FOR AN ADVENTURE?

VISIT THE BAYSIDE RENTAL STAND

BITES

HOMEMADE HUMMUS/CHIPS \$10
ONION RINGS BASKET \$7
MOZZARELLA STICKS \$7
BASKET OF FRIES \$7

SMOOTHIES

STRAWBERRY LETTER \$8

strawberry, banana, honey

VIDA BLUE \$8

pineapple, blueberry, honey

GREEN \$9

spinach, pineapple, banana

ALMOND - WHOLE

SCOOPED ICE CREAM

CUP OR CONE

SINGLE SCOOP **\$4**DOUBLE SCOOP **\$5**WAFFLE CONE + **\$1**

OLD FASHIONED SHAKE \$8

BEVERAGES

TRACTOR DRINKS \$4

organic craft beverages

KIDS \$3

tractor drinks - milk

COFFEE

sm **\$3** lg **\$4** cold brew **\$5**

@the5tides

50% OF OUR PROFITS GO DIRECTLY TO THE MARYLAND COASTAL BAYS PROGRAM LEARN MORE ABOUT OUR MISSION AT WWW.ASSATEAGUEOUTFITTERS.COM

BREAKFAST

8am-11am

MORNING DEW (all day) \$15 traditional acai blended with bananas and blueberries. topped with fresh fruit, granola, and honey

NICK FRENCH'S TOAST \$9

thick texas toast with powdered sugar. add egg* or fruit **\$2**

AVOCADO TOAST \$8

housemade guac, spread on Texas toast or vegan wheatberry. topped with pico. add egg* for \$2

BREAKFAST SANDO \$10

egg*, meat, and cheese on a premium roll or wrap. the choice is yours:

scrapple - bacon - ham - sausage

OMELETTES

BUILD YOUR OWN \$13.50

pick any 3, add extras .75 each spinach - tomato - onions - peppers mushrooms - sausage - bacon - ham scrapple - american - swiss - cheddar pepperjack - provolone - dill havarti add avocado \$2 add crab meat \$5

*CONSUMING RAW OR UNDERCOOKED EGGS MAY INCREASE YOUR RISK OF FOODBORNE ILLNESS, ESPECIALLY IF YOU HAVE CERTAIN MEDICAL CONDITIONS.