



MENU

PURVEYORS OF FRESH EATS

5

WEARABLES AND SUPPLIES

TIDES

EST. **A·O** 2023



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

WINGS

HOUSE SIGNATURE JERK OLD BAY - BUFFALO - BBQ

1 pound of crispy wings tossed in your choice of sauce. served with celery and blue cheese or ranch.

- \$13 -

SUBMARINES

available as a wrap

SERVED WITH CHIPS

UPGRADE FOR \$3

FRIES - RINGS - SLAW - FRESH FRUIT

THE PIPER \$16

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 JIVE LEE \$14

house sliced turkey, swiss, sprouts, your choice of toppings

FREE TOPPINGS

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

PREMIUM TOPPINGS

sautéed mushrooms - avocado - hummus
bacon - american - swiss
cheddar - provolone

SANDOS

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

SMASHBURGER \$15

black angus beef, american, lettuce, sautéed onions, pickles, housemade burger sauce, premium roll

FISH TACOS (2) \$15

mahi, sharp cheddar, asian slaw, house made tortilla chips + pico

CHICKEN CAESAR WRAP \$14

romaine, housemade caesar, grilled chicken and shaved parmesan.

SHRIMP SALAD WRAP \$16

housemade, lettuce, tomato

THE GARDEN WRAP \$13

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

CAROLINA STYLE \$13

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

5T GRILLED CHEESE \$9

american and cheddar melted on thick Texas toast

upgrade:

ham - bacon \$3 tomato \$1

HOT DOG \$8

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

SALADS

FIELD OF GREENS \$8

tomatoes, sprouts, cucumbers, shredded carrots, red onion, housemade croutons

dressings: ranch, caesar, italian honey mustard

CAESAR \$8

shaved parmesan, croutons, and housemade dressing

ITALIAN CHOPPED \$15

romaine, raw onions, tomatoes, chick peas, provolone, salami, capicola, citterio ham, dusted with oregano served with an Italian vinaigrette

+CHICKEN BREAST - 8
+SHRIMP SALAD - 10

BASKETS

FISH + CHIPS \$14

breaded flounder served with fries and housemade tartar

CHICKEN TENDERS \$14

country style breaded, fries, housemade honey mustard

HUMMUS + GUAC \$13

homemade hummus and guac, tortilla chips, celery, cucumber

ONION RINGS BASKET \$7

beer battered onion rings

MOZZARELLA STICKS \$7

served with marinara

BASKET OF FRIES \$7

THE **FIVE TIDES** IS COMMITTED
TO SUSTAINABLE PACKAGING

LOOKING FOR AN ADVENTURE?
VISIT THE BAYSIDE RENTAL STAND

LITTLES

with fresh fruit or fries

CHICKEN TENDERS \$9

SMASHBURGER \$9

GRILLED CHEESE \$7

MOZZARELLA STICKS \$7

NOR'EASTERS

premium fruit puree
blended with ice

BERRY GARCIA \$8

FROZEN LEMONADE \$8

MANGO PINEAPPLE \$8

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 \$3.5 lg \$4.5 cold brew \$5.5

@the5tides

50% OF OUR PROFITS GO DIRECTLY TO
THE MARYLAND COASTAL BAYS PROGRAM

BREAKFAST

8am-11am

FARMHOUSE PLATTER \$15

your choice of Nick Fench's Toast or buttermilk pancakes, blueberry compote, 2 eggs*, choice of meat

BREAKFAST SANDO \$10

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

scrapple - bacon - ham
sausage - porkroll

MORNING DEW (all day) \$15

traditional acai blended with bananas and blueberries. topped with fresh fruit, granola, and honey

AVOCADO TOAST \$8

housemade guac, spread on locally sourced sourdough. topped with pico. add egg* for \$3

OMELETTES

BUILD YOUR OWN \$13.50

pick any 3 - add extras .75 each

SERVED WITH HOMEFRIES

tomatoes - **sautéed mushrooms**

onions - peppers - **bacon** - sausage

ham - **pork roll** - scrapple

american - swiss - **cheddar** - provolone

add avocado \$2

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