



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.