



# MENU



**STORE + ICE CREAM 9-5**  
**BREAKFAST 8-11**  
**LUNCH 11-3**

**TO MAXIMIZE YOUR BEACH TIME**  
**MOBILE ORDERING IS AVAILABLE**  
**[ASSATEAGUEOUTFITTERS.COM](http://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 SOUVENIR CUP \$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](http://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.