

Helen's Breakfast Diner

At The Tidewater Cap Cod



Helen's Diner at Tidewater Inn
18 Baxter Ave, West Yarmouth,
MA 02673

*Please note Helen's Breakfast
Diner is open seasonally

If anyone in your party have a food
allergy you please inform your server.



Helen's Breakfast Diner

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Poached Eggs & Hash

Eggs Your Way

Two eggs \$6.00
Home fries, choice of toast

Skillet scramble \$10.00
Three scrambled with cheddar cheese, choice of meat, choice of toast

Pork sausage patties \$10.00
Two eggs, home fries, choice of toast

Corned Beef Hash \$10.00
Two eggs, home fries, choice of toast

Ham \$8.00
Two eggs, home fries, choice of toast

Chicken Apple Sausage \$8.00
Two eggs, home fries, choice of toast

Applewood Smoked Bacon \$8.00
Two eggs, home fries, choice of toast

Kale & brussels & Goat Cheese \$10.00
sweet chili seasoned hollandaise

Eggs Florentine \$10.00
2 poached eggs, cheese, spinach served on toasted English muffin w/classic Hollandaise Sauce & homemade fries.

Corned Beef Hash \$10.00
2 Poached eggs served on toasted English muffin w/classic Hollandaise sauce & homefries

Classic Eggs Benedict \$10.00
Poached eggs ham served on toasted English Muffin w/classic Hollandaise Sauce & Home fries

Cape's Classic Benedict Hash \$10.00
ham with cheddar cheese, classic hollandaise

Griddles

Waffles

with warm

Add berries & whipped cream. \$11.00

Classic Belgian waffles \$9.50

French Toast

with powdered sugar

Topped with berries and whipped cream \$10.00

Texas style thick sliced \$8.00

Short stack with berries \$7.50

Short stack \$6.50

Bowl of oatmeal \$7.00

with fresh berries



House Pancakes

with sweet cream butter and syrup

Violet loves pancakes

Classic stack \$9.00

Add berries and whipped cream \$11.00

Strawberry shortcake pancakes

short stack \$7.50

Classic stack \$9.00

Cinnamon swirl pancakes

short stack \$7.50

Classic stack \$9.00

Blueberry pancakes

short stack \$7.50

Classic stack \$9.00

Chocolate chip pancakes

short stack \$7.50

Classic stack \$9.00

Breakfast Sandwiches

Pork sausage patty \$7.00

eggs and cheese

Bacon, Avocado & Tomato \$9.00

and cheese (choose from American, cheddar, Swiss cheese. Add egg white for \$1)

Avocado Toast \$9.00

with tomato, roasted sesame seed, olive oil

Avocado \$7.00

egg whites and swiss cheese

Ham Egg & Cheese \$7.00

eggs and cheese

Applewood Smoked Bacon \$7.00

eggs & cheese

Grilled Cheese \$6.00

Thick sliced Texas toast, choice of cheese

*Make Your Own Omelet But Stay
Outta My way!*

Three eggs, Violet's Home Fried Potatoes, Choice of Toast \$8.00

(sprouted grain white, wheat, proper English muffin)

Add pepper, onions, tomato \$0.50

Add bacon, sausage, ham \$1.00

Sides

Violet's Home Fries \$4.00

Toast or English Muffin \$2.00

Side of Eggs \$3.00

Pork Sausage Patties \$4.00

Corned Beef Hash \$4.00

Greek Yogurt \$7.00

granola, local honey, berries

Fresh Cut Fruit \$7.00

seasonal berries and melon

Soda \$1.50

Milk \$1.50

Hot Cocoa \$2.50

Fruit Juices \$2.00

apple, cranberry, grapefruit, tomato, orange

Chocolate Milk \$2.00

Fresh Baked Muffins \$3.00

Chicken Apple Sausage \$4.00

With Cream Cheese \$4.00

With Butter \$3.00

Applewood Smoked Bacon \$4.00

Bagel

with cream cheese \$4.00

with butter \$3.00

Beverages

Coffee or Tea

warm, add milk sugar or local honey

Medium \$2.00

Large \$3.00

Iced Coffee \$3.00