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Review

Rise And Shine And Indulge at Flood Tide's Breakfast Buffet

By [David Collins](#) Published on 10/18/2007



The Inn at Mystic

Routes 27 and 1 in Mystic

536-9604

innatmystic.com

Cuisine: Breakfast seven days a week here is a lavish buffet, from a variety of juices, cereals, toast and rolls to eggs, sausage, bacon and French toast.

Atmosphere: Breakfast may be the best time of day to enjoy the sun-washed, south-facing dining room at the Inn at Mystic, where wide picture windows offer a majestic view across Mason's Island to Fishers Island Sound.

Hours: From 7:30 a.m. to 10:30 a.m. daily.

One of the best things about vacation may be having the time and leisure to devote to big, lazy breakfasts.

And one of the nice things about living in a place where so many people are on vacation is the preponderance of venues for lazy mornings at the breakfast table. It's hard to think of many better options, among all the choices, than the Flood Tide Restaurant at the Inn at Mystic.

Here, breakfast is by the buffet, rather than a la carte, and it's an impressive display, from fresh-squeezed orange juice to grilled sticky

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Reservations: Not needed.

Service: Attentive and friendly.

Prices: All-you-can-eat breakfast for \$13.

Credit cards: Major cards accepted.

Handicapped access: The main section of the dining room is all on one level.

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buns with pecans. In between are eggs, sausage, bacon and French toast, for \$13 a head.

You certainly could find more variety elsewhere, and if custom omelets, eggs to order, hash, crepes or waffles are required for your vacation-style breakfast, then the Flood Tide may not be for you.

On the other hand, I can think of no better place to start the day, whether as part of a vacation, weekend or workday, than in this comfortable dining room, with its wide windows looking across the trim green lawn of the inn toward the blue waters of the Mystic River and, in the distance, Fishers Island Sound.

It's a spectacular setting, one you can enjoy for

the view more during the day, at breakfast or lunch, than at dinner. It's also rather sumptuous, with thick carpets, linen tablecloths, heavy silverware and fresh flowers on every table.

We visited on a Saturday morning and found the pace pleasantly relaxed. We lingered over the newspaper, and could see around us that others, too, most of them apparently guests of the inn, seemed to be

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taking a leisurely start to the day.

The food is served up at a counter in one of the two main dining rooms, one open to a grill kitchen. Much of the food is put out in the pans that it's actually cooked in, big copper skillets and pots that are refreshed regularly.

For starters, there's a big bowl of boxed cereal, with lots of variety, as well as bowls of yogurt and granola. For juice, there are decanters of apple and cranberry and tomato. Best of all, there's a big jug with spigot for all that fresh-squeezed orange juice, clearly a house favorite.

The wait staff serves tea and coffee at the table, and they are diligent at keeping cups filled to the brim.

The main entrees are fairly routine but well done. There are plain scrambled eggs and scrambled eggs with veggies and onion. The sausage is big and juicy and not too spicy. The bacon is meaty and cooked just right, to a crispy brown. The French toast is thinly sliced, fresh and hot. The potatoes are quartered and grilled perfectly.

On the cold carb side, there are croissants, coffee cake and a make-your-own toast station with butter and jams. I would suggest some bagels here might be a nice improvement. The fruit selection, mostly melon and some grapes, could also be widened. Some berries would be welcome.

Still, it's hard to complain too much about the breakfast bounty here on the hill in Mystic.

The bad part of slipping into vacation mode for breakfast, of course, is the inevitability of all vacations, which must eventually come to an end. In this case that can happen pretty abruptly, before lunch even.■