



## STARTERS

<b>Spiced Carrot &amp; Coconut Soup (V)</b> Cilantro, Lime Crème Fraiche	<b>\$45.00</b>
<b>Combo of BBQ Baby Back Ribs &amp; Honey Glazed Chicken Wings</b> Mixed Cabbage and Apple Slaw, Rum and Apple Puree	<b>\$52.00</b>
<b>Red Thai Curry Crab and Shrimp Cakes</b> Peanut Satay Sauce, Guava Jelly, Crunchy Asian Salad with Fragrant Herbs	<b>\$52.00</b>
<b>Italian Buffalo Mozzarella</b> Eggplant Caponata, Torched Artichokes, Chilli & Garlic Honey and Chargrilled Focaccia	<b>\$49.00</b>
<b>Chilli Fried Crispy Calamari</b> Lemon Aioli	<b>\$45.00</b>
<b>Tides Caesar Salad</b> Romaine Hearts, Creamy Caesar Dressing, Parmesan, Focaccia Croutons	<b>\$40.00</b>
<b>Crispy Chilli Beef</b> Rice Noodles, Hoisin and Sweet Chilli Sauce & Sesame	<b>\$52.00</b>
<b>Tartare of Fresh Caribbean Tuna</b> Spicy Watermelon & Tomato Gazpacho, Avocado, Compress & Pickled Melon, Fresh Cilantro Served with Sesame Rice Crackers	<b>\$53.00</b>
<b>Jumbo Coconut Crusted Shrimp (4)</b> Sweet Chilli & Mango Dip	<b>\$51.00</b>
<b>Seared and Blackened Octopus</b> Spicy Italian Sausage & Potato Hash, Pickled Onion, Harissa Aioli & a Green Herb and Garlic Dressing	<b>\$54.00</b>

## MAINS

<b>Catch of The Day</b> Spiced Sweetcorn Chowder, Grilled New Potatoes, Roasted Caribbean Vegetables, Pickled Fennel and Grapefruit Salad	<b>\$98.00</b>
<b>Atlantic Salmon Fillet</b> Crusted in Seaweed, Sesame & Coconut, Salmon & Shrimp Gyoza, Chilli Miso, Mango Salsa, Stir Fried Vermicelli Noodles, Charred Broccoli, Coconut, Lemongrass and Cilantro Broth	<b>\$115.00</b>
<b>Whole Butterflied Seabass Seasoned with Lemon &amp; Pepper</b> Brown Butter, Vine Tomato, Red Onion and Caper Salad, Reduced Balsamic & Buttered New Potatoes	<b>\$125.00</b>
<b>Bajan Spiced Pork Belly Glazed in Maple Syrup &amp; Rum</b> Pancetta, White Beans and Wholegrain Mustard Stew, Leek Smoked Cheese and Potato Croquette, Hispi Cabbage, Sweet Pepper and Pineapple Chutney	<b>\$98.00</b>
<b>Roast Chicken Breast with Moroccan Seasoning</b> Parmesan & Black Pepper Gnocchi, Garden Peas, White Wine Cream Velouté, Crispy Prosciutto Ham	<b>\$95.00</b>
<b>Slow Braised Lamb Shank</b> Creole Style Green Lentils, Creamed Sweet Potato, Grilled and Marinated Zucchini, Crispy Plantain	<b>\$98.00</b>
<b>Tides Curry with Chicken or Shrimp</b> Chilli, Lime, Lemongrass, Basmati Rice, Fresh Coconut, Coriander	<b>\$95.00 / \$98.00</b>
<b>Surf and Turf (6oz Beef Fillet &amp; 3 King Prawns)</b> Grilled Caribbean Vegetables, Pommes Puree, Beef Gravy, Garlic and Herb Butter, Crispy Onion and Beef Jus	<b>\$175.00</b>
<b>Grilled Cauliflower Steak Marinated in Balti Spice (V)</b> Curried Green Lentils, Sauteed Kale, Sweet Potatoes, Toasted Almonds, Spiced Mango & Golden Raisin Chutney	<b>\$84.00</b>
<b>Sweet Potato &amp; Vegetable Thai Curry (V)</b> Chilli, Lime, Lemongrass, Basmati Rice, Fresh Coconut, Coriander	<b>\$88.00</b>
<b>Roasted Surrey Farm Beef Tenderloin</b> Caramelized Onion Stuffed with Braised Shin, Confit Mushroom, Truffled Mash, Grilled Asparagus and a Rich Bordelaise Sauce	<b>\$155.00</b>