



STARTERS

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

MAINS

Catch of The Day Spiced Sweetcorn Chowder, Grilled New Potatoes, Roasted Caribbean Vegetables, Pickled Fennel and Grapefruit Salad	\$98.00
Atlantic Salmon Filet Crusted in Seaweed, Sesame & Coconut, Salmon and Shrimp Gyoza, Chilli Miso, Mango and Ginger Sticky Rice, Grilled Asparagus & Coconut, Lemongrass and Cilantro Broth	\$118.00
Grilled Caribbean Lobster Tail King Scallops, Mussels and Shrimp, Garlic & Herb Butter, Hand Cut Fries, Caesar Salad	\$235.00
Bajan Spiced Pork Belly Glazed in Maple Syrup & Rum Pancetta, White Beans and Wholegrain Mustard Stew, Leek Smoked Cheese and Potato Croquette, Hispi Cabbage, Sweet Pepper and Pineapple Chutney	\$98.00
Roast Chicken Breast with Moroccan Seasoning Parmesan & Black Pepper Gnocchi, Garden Peas, White Wine Cream Velouté, Crispy Prosciutto Ham	\$95.00
Slow Braised Lamb Shank Creole Style Green Lentils, Creamed Sweet Potato, Grilled and Marinated Zucchini, Crispy Plantain	\$98.00
Tides Curry with Chicken/Local Fish/Shrimp Chilli, Lime, Lemongrass, Basmati Rice, Fresh Coconut, Coriander	\$95.00 / \$93.00 / \$98.00
Surf and Turf (6oz Beef Fillet & 3 King Prawns) Grilled Caribbean Vegetables, Pommies Puree, Beef Gravy, Garlic and Herb Butter, Crispy Onion and Beef Jus	\$175.00
Roasted Local Squash Risotto (V) Pumpkin and Hot Pepper Fritters, Toasted Seed Pesto, Beetroot & Zucchini Dressed in Citrus	\$82.00
Sweet Potato & Vegetable Thai Curry (V) Chilli, Lime, Lemongrass, Basmati Rice, Fresh Coconut, Coriander	\$88.00
Roasted Surrey Farm Beef Tenderloin Caramelized Onion Stuffed with Braised Shin, Confit Mushroom, Truffled Mash, Grilled Asparagus and a Rich Bordelaise Sauce	\$155.00