



PRIX FIXE DINNER MENU

3 COURSES - BDS \$195 PER PERSON

STARTERS

SPICED CARROT & COCONUT SOUP

Cilantro, Lime Crème Fraiche

CHILI FRIED CALAMARI

Lemon Aioli

ORIENTAL SALAD

Mixed Leaves, Smoked Gouda Cheese,
Mandarins, Peanuts, Mushrooms,
Ginger & Sesame Dressing

COMBO OF BBQ BABY BACK RIBS & HONEY GLAZED CHICKEN WINGS

Mixed Cabbage and Apple Slaw,
Rum and Apple Puree

RED THAI CURRY CRAB & SHRIMP CAKES

Peanut Satay Sauce, Guava Jelly, Crunchy Asian Salad with Fragrant Herbs

MAINS

SLOW BRAISED SHREDDED LAMB SHOULDER

Seasoned with Cumin and Garlic,
Creole Style Green Lentils,
Creamed Sweet Potatoes,
Grilled Zucchini and Crispy Plantain

MEDLEY OF LOCAL FISH & SEAFOOD

Pan Seared Fish, Mussels, Clams
& Shrimp poached in a rich
Bouillabaisse Sauce, Crushed Potatoes,
Sautéed Greens and Lemon Aioli

CHICKEN ALFREDO WITH LINGUINI PASTA

Grated Fresh Parmesan,
Steamed Broccoli in Garlic and Herbs,
Parmesan Wafers

FLYING FISH TACOS

Marinated Cabbage, Romaine Lettuce,
Avocado, Mango Salsa, Sour Cream,
Spicy Sauce, Sweet Potato Crisps in
Mexican Spices

TIDES CARIBBEAN CURRY WITH CHICKEN OR LOCAL FISH

Basmati Rice, Fresh Coconut and Fried Plantain

DESSERTS

BREAD & BUTTER PUDDING

Caramelized Banana, Rum & Vanilla Sauce,
Served with Banana Ice Cream or
Roddas Cornish Clotted Cream

STICKY TOFFEE PUDDING

Butterscotch Sauce, Brandy Snap Tuile,
Served with Vanilla Ice Cream or
Roddas Cornish Clotted Cream

BAKED CHOCOLATE MARS BAR CHEESECAKE

Caramel Sauce, Cocoa Nib Tuile,
Vanilla Ice Cream

THE TIDES ICE CREAM SUNDAE

Vanilla Ice Cream, Toasted Waffle
Cone, Caramel Sauce, Chocolate
Fudge, Caramel Popcorn

PRICES ARE QUOTED IN BARBADOS DOLLARS, INCLUSIVE OF 2.5% LEVY TAX AND 10% VAT AND
SUBJECT TO 12.5% SERVICE CHARGE