



PRIX FIXE LUNCH MENU

2 Courses \$135.⁰⁰ | 3 Courses \$165.⁰⁰

STARTERS

Spiced Carrot & Coconut Soup (V) - Cilantro, Lime Crème Fraiche

Crispy Pulled Pork & Sweet Potato Croquettes- Chilli Miso Dressing, Pickled Cucumber

Chilli Fried Crispy Calamari- Lemon Aioli

Fresh Sliced Tuna Crudo - Mango, Jalapeno, Red Onion, Citrus & Soy Dressing

Tides Caesar Salad - Romaine Hearts, Creamy Caesar Dressing, Parmesan, Focaccia Croutons

MAINS

Blackened Catch of the Day - Spiced Sweetcorn Chowder, Grilled New Potatoes, Roasted Caribbean Vegetables, Pickled Fennel and Fresh Grapefruit Salad

Flying Fish Tacos - Soft Tortilla, Marinated Cabbage, Romaine Lettuce, Avocado, Mango Salsa, Sour Cream, Spicy Sauce, Sweet Potato Crisps in Mexican Spices

Chicken Alfredo Linguini - Broccoli & Aged Parmesan

Wagyu Beef Burger In A Sesame Brioche Bun - Smoked Cheese, Tomato Relish, Crispy Onion Ring, Lettuce, Tomatoes and Pickle, Served with Hand Cut Fries

Thai Chicken OR Vegetable Curry (Shrimp +BDS\$25)- Chilli, Lime, Lemongrass, Basmati Rice, Fresh Coconut, Coriander

DESSERTS

Baked Mars Bar Cheesecake - Caramel Sauce, Cocoa Nib Tuille, Vanilla Ice Cream

Sticky Toffee Pudding - Butterscotch Sauce, Brandy Snap Tuille, Candied Pecan Nuts, Served with Vanilla Ice Cream or Roddas Cornish Clotted Cream

Tidation - Layers of Flourless Chocolate Cake, Glazed Dark Chocolate Mousse, Baileys & Espresso

Tides Iced Dark Chocolate Coconut Parfait (GF) - Malibu Mango Salsa, Coconut Crumb, Mango Sorbet

A Selection Of Tides Ice Creams & Sorbet - Fresh Fruit and Berries

PLEASE INFORM US OF ANY ALLERGIES OR DIETARY REQUIREMENTS.

(V) - REPRESENTS VEGAN & VEGETARIAN DISHES (GF) - REPRESENTS GLUTEN FREE DISHES

PRICES ARE QUOTED IN BARBADOS DOLLARS, INCLUSIVE OF 2.5% LEVY TAX AND 10% VAT & SUBJECT TO 12.5% SERVICE CHARE
WE ACCEPT VISA, MASTER CARD & AMERICAN EXPRESS CREDIT CARDS ONLY