



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 CHARGE
WE ACCEPT VISA, MASTER CARD & AMERICAN EXPRESS CREDIT CARDS ONLY



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