



## LUNCH MENU

**2 COURSE MENU \$130**

**3 COURSE MENU \$155**

**Spiced Squash & Coconut Soup (V)**

Cilantro, Lime Crème Fraiche

**Combo of Baby Back Pork Ribs & Crispy Boneless Chicken Wings**

Glazed in a Sweet & Tangy BBQ Sauce, Mixed Cabbage and Apple Slaw

**Chili Fried Crispy Calamari**

Lemon Aioli

**Local Mahi Mahi Fish Cake**

Shrimp Salad, Cocktail Sauce, Cucumber & Tomato

**Tides Caesar Salad**

Romaine Hearts, Creamy Caesar Dressing, Parmesan, Focaccia Croutons

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**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

**Tides Double Beef Cheeseburger**

Sesame Brioche Bun, Lettuce, Pickles, Tomato, Big Mac Sauce,  
Crispy Onion & Hand Cut Fries

**Thai Chicken OR Vegetable Curry (Shrimp +BDS\$25)**

Chili, Lime, Lemongrass, Basmati Rice, Fresh Coconut, Coriander

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**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

<b>Spiced Squash &amp; Coconut Soup (V)</b>	\$38.00
Cilantro, Lime Crème Fraiche	
<b>Combo of Baby Back Pork Ribs &amp; Crispy Boneless Chicken Wings</b>	\$48.00
Glazed In A Sweet & Tangy BBQ Sauce, Mixed Cabbage and Apple Slaw	
<b>Red Thai Curry Crab and Shrimp Cakes</b>	\$52.00
Peanut Satay Sauce, Guava Jelly, Crunchy Asian Salad with Fragrant Herbs	
<b>Fresh Italian Buffalo Mozzarella</b>	\$45.00
Eggplant Caponata, Torched Artichokes, Chili and Garlic Honey and Chargrilled Focaccia	
<b>Chili Fried Crispy Calamari</b>	\$41.00
Lemon Aioli	
<b>Tides Caesar Salad</b>	\$39.00
Romaine Hearts, Creamy Caesar Dressing, Parmesan, Focaccia Croutons	
<b>Crispy Chili Beef</b>	\$48.00
Rice Noodles, Hoisin and Sweet Chili Sauce & Sesame	
<b>Crab Salad</b>	\$53.00
Lightly Spiced, Avocado Guacamole, Eggplant, Chili & Lime Dressing, Plantain Chips, Mango Caviar	
<b>Jumbo Coconut Crusted Shrimp (4)</b>	\$48.00
Sweet Chili & Mango Dip	
<b>Warm Salad of Creole Spiced Octopus</b>	\$51.00
Heirloom Tomatoes, Baby New Potatoes, Capers, Red Onions, Herb Emulsion, Fresh Dill	

## Mains

<b>Catch Of The Day</b>	\$95.00
Spiced Sweetcorn Chowder, Grilled New Potatoes, Roasted Caribbean Vegetables, Pickled Fennel and Grapefruit Salad	
<b>Teriyaki Glazed Salmon Filet</b>	\$117.00
Sticky Coconut & Ginger Rice, Tides Kimchi, Beetroot, Furikake and Mango Salsa	
<b>Grilled Caribbean Lobster Tail</b>	\$235.00
King Scallops, Mussels and Shrimp, Garlic & Herb Butter, Hand Cut Fries, Caesar Salad	
<b>Bajan Spiced Pork Belly Glazed In Maple Syrup &amp; Rum</b>	\$98.00
Pancetta, White Beans and Wholegrain Mustard Stew, Leek Smoked Cheese and Potato Croquette, Hispi Cabbage, Sweet Pepper and Pineapple Chutney	
<b>Roast Chicken Breast with Moroccan Seasoning</b>	\$89.00
Parmesan & Black Pepper Gnocchi, Garden Peas, White Wine Cream Velouté, Crispy Prosciutto Ham	
<b>Slow Braised Lamb Shank</b>	\$98.00
Creole Style Green Lentils, Creamed Sweet Potato, Grilled and Marinated Zucchini, Crispy Plantain	
<b>Tides Curry with Chicken or Shrimp</b>	\$93.00 / \$98.00
Chili, Lime, Lemongrass, Basmati Rice, Fresh Coconut, Coriander	
<b>Surf and Turf (6oz Beef Fillet &amp; 3 King Prawns)</b>	\$175.00
Grilled Caribbean Vegetables, Pommés Puree, Beef Gravy, Garlic and Herb Butter, Crispy Onion and Beef Jus	
<b>Roasted Local Squash Risotto (V)</b>	\$78.00
Pumpkin and Hot Pepper Fritters, Toasted Seed Pesto, Beetroot & Zucchini Dressed In Citrus	
<b>Thai Vegetable Curry (V)</b>	\$84.00
Chili, Lime, Lemongrass, Basmati Rice, Fresh Coconut, Coriander	
<b>Roasted Surrey Farm Beef Tenderloin</b>	\$155.00
Caramelized Onion Stuffed with Braised Shin, Confit Mushroom, Truffled Mash, Grilled Asparagus and a Rich Bordelaise Sauce	

