



## STARTERS

SPICED CARROT & COCONUT SOUP - \$40

*Cilantro, Lime Crème Fraiche*

COMBO OF BBQ BABY BACK RIBS & HONEY GLAZED CHICKEN WINGS - \$48

*Mixed Cabbage and Apple Slaw, Rum and Apple Puree*

RED THAI CURRIED CRAB AND SHRIMP CAKES - \$52

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

CREAMY ITALIAN BURRATA - \$49

*Eggplant Caviar, Torched Tomatoes, Chilli & Garlic Honey and Chargrilled Focaccia*

CHILI FRIED CRISPY CALAMARI - \$41

*Lemon Aioli*

TIDES CAESAR SALAD - \$39

*Romaine Hearts, Creamy Caesar Dressing, Parmesan & Focaccia Croutons*

CRISPY CHILI BEEF - \$48

*Rice Noodles, Hoisin and Sweet Chili Sauce & Sesame*

TARTARE OF FRESH CARIBBEAN TUNA - \$53

*Spicy Watermelon & Tomato Gazpacho, Avocado, Compress & Pickled Melon,  
Fresh Cilantro Served with Sesame Rice Crackers*

JUMBO COCONUT CRUSTED SHRIMP (4) - \$49

*Sweet Chili & Mango Dip*

WARM SALAD OF CREOLE SPICED OCTOPUS - \$51

*Heirloom Tomatoes, Baby New Potatoes, Capers, Red Onions,  
Herb Emulsion, Fresh Dill*



## MAINS

### CATCH OF THE DAY - \$95

*Spiced Sweetcorn Chowder, Grilled New Potatoes,  
Roasted Caribbean Vegetables, Pickled Fennel and Fresh Grapefruit Salad*

### ATLANTIC SALMON FILLET - \$118

*Crusted in Seaweed, Sesame and Coconut, Salmon and Shrimp Gyoza, Chilli Miso,  
Mango and Ginger Sticky Rice, Grilled Asparagus & Coconut, Lemongrass and Cilantro Broth*

### GRILLED CARIBBEAN LOBSTER TAIL - \$235

*King Scallops, Mussels and Shrimp, Garlic & Herb Butter, Hand Cut Fries, Caesar Salad*

### BAJAN SPICED PORK BELLY GLAZED IN MAPLE SYRUP & RUM - \$98

*Pancetta, White Beans and Wholegrain Mustard Stew, Leek Smoked Cheese and Potato Croquette,  
Hispi Cabbage, Sweet Pepper & Pineapple Chutney*

### ROASTED CHICKEN BREAST WITH MOROCCAN SEASONING - \$89

*Parmesan & Black Pepper Gnocchi, Garden Peas, White Wine Cream Velouté,  
Crispy Prosciutto Ham*

### SLOW BRAISED LAMB SHANK - \$98

*Creole Style Green Lentils, Creamed Sweet Potato,  
Grilled and Marinated Zucchini, Crispy Plantain*

### TIDES CURRY WITH CHICKEN OR SHRIMP - \$93 / \$98

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

### SURF & TURF (6oz BEEF FILLET & 3 KING PRAWNS) - \$175

*Grilled Caribbean Vegetables, Pommies Puree, Beef Gravy,  
Garlic & Herb Butter, Crispy Onion and Beef Jus*

### ROASTED SURREY FARM BEEF TENDERLOIN - \$155

*Caramelized Onion Stuffed with Braised Shin, Confit Mushroom, Truffled Mash,  
Grilled Asparagus and a Rich Bordelaise Sauce*

### ROASTED LOCAL SQUASH RISOTTO (V) - \$78

*Pumpkin and Hot Pepper Fritters, Toasted Seed Pesto,  
Beetroot and Zucchini Dressed in Citrus*

### THAI VEGETABLE CURRY (V) - \$84

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

PLEASE INFORM US OF ANY ALLERGIES OR DIETARY REQUIREMENTS. (V) - REPRESENT VEGAN AND VEGETARIAN 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, MASTERCARD & AMERICAN EXPRESS CREDIT CARDS ONLY