



Rhythm & Roast Sunday Prix Fixe Menu

BBD\$185.00 per person

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

Combo of BBQ Baby Back Ribs & Honey Glazed Chicken Wings
Mixed Cabbage & Apple Slaw, Rum and Apple Puree

Chilli Fried Crispy Calamari
Lemon Aioli

Local Mahi Mahi Fish Cake
Shrimp Salad, Cocktail Sauce, Cucumber & Tomato

Crispy Chilli Beef
Rice Noodles, Hoisin and Sweet Chili Sauce & Sesame

Tides Greek Salad
Tomatoes, Cucumber, Red Onion, Bell Peppers, Feta Cheese

Roast Beef
Yorkshire Pudding, Roasted Duck Fat Potatoes,
Broccoli Hollandaise, Carrot Puree, Buttered Greens, Red Wine Gravy

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

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

Chocolate Fudge Cake
Served with Vanilla Ice Cream or Roddas Cornish Clotted Cream

Selection of 3 French Cheeses
Served with Chutney and Walnut & Raisin Bread, Fresh Celery, Grapes

Mr. Whippy Vanilla Soft Serve Ice Cream
Caramel Popcorn, Caramel Fudge Pieces & Butterscotch Sauce

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
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



A La Carte Menu

Starters

Spiced Carrot & Coconut Soup (V) Cilantro, Lime Crème Fraiche	\$40.00
Combo of Baby Back Ribs & Honey Glazed Chicken Wings Mixed Cabbage & Apple Slaw, Rum and Apple Puree	\$48.00
Red Thai Curry Crab and Shrimp Cakes Peanut Satay Sauce, Guava Jelly, Crunchy Asian Salad with Fragrant Herbs	\$52.00
Creamy Italian Burrata Eggplant Caviar, Torched Tomatoes, Chili & Garlic Honey and Chargrilled Focaccia	\$49.00
Chili Fried Crispy Calamari Lemon Aioli	\$41.00
Tides Caesar Salad Romaine Hearts, Creamy Caesar Dressing, Parmesan, Focaccia Croutons	\$39.00
Crispy Chili Beef Rice Noodles, Hoisin and Sweet Chili Sauce & Sesame	\$48.00
Jumbo Coconut Crusted Shrimp (4) Sweet Chili & Mango Dip	\$48.00
Warm Salad of Creole Spiced Octopus Heirloom Tomatoes, Baby New Potatoes, Capers, Red Onions, Herb Emulsion, Fresh Dill	\$51.00

Mains

Catch Of The Day Spiced Sweetcorn Chowder, Grilled New Potatoes, Roasted Caribbean Vegetables, Pickled Fennel and Fresh Grapefruit Salad	\$95.00
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	\$89.00
Slow Braised Lamb Shank Creole Style Green Lentils, Creamed Sweet Potato, Grilled and Marinated Zucchini, Crispy Plantain	\$98.00
Tides Curry with Chicken or Shrimp Chili, Lime, Lemongrass, Basmati Rice, Fresh Coconut, Coriander	\$93.00 / \$98.00
Surf and Turf (6oz Beef Fillet & 3 King Prawns) Grilled Caribbean Vegetables, Pommés 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	\$78.00
Thai Vegetable Curry (V) Chili, Lime, Lemongrass, Basmati Rice, Fresh Coconut, Coriander	\$84.00
Roasted Surrey Farm Beef Tenderloin Caramelized Onion Stuffed with Braised Shin, Confit Mushroom, Truffled Mash, Grilled Asparagus and a Rich Bordelaise Sauce	\$155.00

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Desserts

Raspberry Soufflé Madagascar Vanilla Ice Cream, Raspberry Coulis	45		
Baked Mars Bar Cheesecake Caramel Sauce, Cocoa Nib Tuille, Vanilla Ice Cream	41		
Chocolate Tidation Flourless Chocolate Cake, Dark Chocolate Mousse, Baileys Cremeux, Espresso & Chocolate Sauce, Baileys Ice Cream	41		
Sticky Toffee Pudding Butterscotch Sauce, Brandy Snap Tuille, Candied Pecan Nuts, Served with Vanilla Ice Cream or Roddas Cornish Clotted Cream	39		
Bread & Butter Pudding Caramelized Banana, Rum & Vanilla Sauce, Served with Banana Ice Cream or Roddas Cornish Clotted Cream	42		
Tides Iced Chocolate Coconut Parfait Mango Salsa, Dark Chocolate Coconut, Mango Sorbet	39		
Mr. Whippy Vanilla Soft Serve Ice Cream Caramel Popcorn, Caramel Fudge Pieces & Butterscotch Sauce	34		
A Selection of Tides Ice Creams and Sorbet Fresh Fruit and Berries	30		
Dessert and Fortified Wines by The Glass			
Francescano Natura Assisi, Moscato d’Asti DOCG 2021 – Piedmont, Italy	35		
Château Simon, Sauternes 2018- Bordeaux, France	70		
Ramos Pinto, Tawny Porto- Douro Valley, Portugal NV	35		
Warre’s Otima 10yr Tawny Port, Porto – Portugal	45		
Warre’s Otima 20yr Tawny Port, Porto – Portugal	65		
Special Coffees Served with Biscotti			
Americano	12	Tides Calypso Ice Coffee	19
Cappuccino	12	Jamaica Coffee	33
Espresso	10	Irish Coffee	35
French Press Coffee	12	Baileys Coffee	35
Macchiato	12	Brandy Coffee	35
Flat White Coffee	12	Italian Coffee	35
Herbal Tea	10	Spanish Coffee	35
Latte	12	Bajan Coffee	35
Iced Latte	13	Iced Coffee	12

Ask your Waiter about our Cigar Selection

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