



STARTERS

SPICED SQUASH & COCONUT SOUP - \$38

Cilantro, Lime Crème Fraiche

COMBO OF BABY BACK PORK RIBS & CRISPY BONELESS CHICKEN WINGS - \$48

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

RED THAI CURRIED CRAB AND SHRIMP CAKES - \$52

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

FRESH ITALIAN BUFFALO MOZZARELLA - \$45

Eggplant Caponata, Torched Artichokes, Chili & 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*

TERIYAKI GLAZED SALMON FILLET - \$117

Sticky Coconut & Ginger Rice, Tides Kimchi, Beetroot, Furikake and Mango Salsa

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