

Rhythm & Roast Sunday Prix Fixe Menu

BBD\$185.00 per person

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

Crispy Chili 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

Tides
restaurant
A La Carte Menu

Starters

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

Mains

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

Desserts

Raspberry Soufflé (GF)	45			
Madagascar Vanilla Ice Cream, Raspberry Coulis				
Baked Mars Bar Cheesecake	41			
Caramel Sauce, Cocoa Nib Tuille, Vanilla Ice Cream				
Chocolate Tidation	41			
Flourless Chocolate Cake, Dark Chocolate Mousse, Baileys Cremeux, Espresso & Chocolate Sauce, Baileys Ice Cream				
Sticky Toffee Pudding	39			
Butterscotch Sauce, Brandy Snap Tuille, Candied Pecan Nuts, Served with Vanilla Ice Cream or Roddas Cornish Clotted Cream				
Bread & Butter Pudding	42			
Caramelized Banana, Rum & Vanilla Sauce, Served with Banana Ice Cream or Roddas Cornish Clotted Cream				
Tides Iced Dark Chocolate Coconut Parfait (GF)	39			
Malibu Mango Salsa, Coconut Crumb, Mango Sorbet				
Mr. Whippy Vanilla Soft Serve Ice Cream	34			
Caramel Popcorn, Caramel Fudge Pieces & Butterscotch Sauce				
A Selection of Tides Ice Creams and Sorbet	30			
Fresh Fruit and Berries				
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

Please inform us of any Allergies or Dietary Requirements. (GF) - Gluten Free
Prices are quoted in Barbados Dollars, inclusive of 2.5% Levy Tax, 10% VAT and subject to 12.5% Service Charge.
Parties of 10 or more subject to 12.5% Service Charge

