

MOTHER'S DAY LUNCH
Prix Fixe 3 Course Menu BBD \$195

Starters

- Curried Carrot & Coconut Soup (VE.)** - Roasted Carrots, Cilantro & Lime Crème Fraiche
- Pickled Beetroot Carpaccio (V.)** - Pumpkin Fritters, Mescalito, Fresh Citrus, Candied Pecans & Radish
- Citrus Cured Salmon** - Wasabi Dressing, Chilli Miso, Wakame Seaweed & Crispy Rice Noodles
- Buffalo Style Crispy Chicken Wings** - Blue Cheese Dressing, Cabbage, Apple & Carrot Salad
- Seasoned & Fried Flying Fish** - Creamed Polenta, Red Pepper Dressing, Bajan Style Pickled Cucumber
- Slow Cooked Pork & Sweet Potato Croquettes** - Fresh Chilli, Pineapple & Tamarind Ketchup

Mains

- Roasted Rib of Beef** - Yorkshire Pudding, Beef Fat Potatoes, Roast Carrots, Buttered Vegetables, Pan Gravy & Broccoli Hollandaise
- Mixed Seafood Linguini** - Shrimp, Calamari, Mussels & Clams, Grilled Zucchini, Marinara Sauce, Lemon & Fresh Herbs
- Blackened Catch of the Day** - Salt Fish Fritter, Roasted Caribbean Vegetables, Creamed Sweet Potato & Shellfish Creole Sauce
- Pot Roast Garlic Chicken Breast** - Macaroni Pie, Rice & Peas, Buttered Vegetables, Plantain, Coleslaw & Creole Gravy
- Tides Caribbean Curry with Chicken or Local Fish or Vegetables (Shrimp + BDS25) (V.)**
Crispy Plantain, Fresh Coconut, Broccoli & Basmati Rice
- Tempura Fried Oyster Mushrooms (V.)** - Salt & Pepper Tofu, Stir Fried Vegetables, Rice Noodles, Baby Corn & Red Curry Sauce

Desserts

- White Chocolate & Passionfruit Cheesecake** -
Mango Sorbet, Mango-Passion Compote & Vanilla Tuille
- The Tides Eton Mess (GF.)** - Crème Chantilly, Mixed Berry Compote,
Fresh Seasonal Fruit & Gluten Free Chocolate Sponge
- Classic Lemon Tart** - Macerated Berries, Italian Meringue & Raspberry Sorbet
- Coconut, Chocolate Chip Bread & Butter Pudding** - Malted Ice cream,
Banana Caramel & Malibu Sauce
- Chocolate Raspberry Cake (GF.) (V.)** - Chocolate Sauce, Fresh Berries & Coconut Sorbet

(V.) - Vegan (GF.) - Gluten Free (VE.) - Vegetarian

Price is inclusive of 2.5% Levy Tax,
10% VAT and subject to 12.5% Service Charge.