

VALENTINES LUNCH

2 Course Menu \$135 | 3 Course Menu \$175

Starters

Roasted Vine Tomato Soup - Basil Crème & Herb Croutons

BBQ Baby Back Ribs and Honey Glazed Chicken Wings - Cabbage and Apple Slaw,
Rum and Apple Puree

Tides Caesar Salad - Romaine Hearts, Creamy Caesar Dressing, Parmesan, Herb Croutons

Crispy Chilli Fried Calamari - Lemon Aioli

Grilled Halloumi Cheese - Hummus, Tabbouleh Salad, Pomegranate, Beetroots,
Garlic and Herb Yoghurt Dressing

Fresh Tuna Crudo - Mango Puree, Pickled Red Onion, Citrus, Soy and Sesame Dressing

Mains

Catch Of The Day - Spiced Sweetcorn Chowder, Grilled New Potatoes, Roasted Vegetables,
Pickled Fennel and Fresh Grapefruit Salad

Chicken Alfredo Linguini - Broccoli and Aged Parmesan

Flying Fish Tacos - Pickled Red Cabbage, Lettuce, Avocado, Mango Salsa, Spicy Mayo, Sour Cream,
Cajun Sweet Potato Crisps

Wagyu Beef Burger - Toasted Sesame Bun, Smoked Cheese, Tomato Relish, Crispy Onion Ring,
Lettuce, Tomatoes and Pickles, Served with French Fries

Teriyaki King Oyster Mushrooms (V) - Sesame and Vegetable Rice Noodles, Edamame Beans,
Seaweed and Coconut Crumb and a Mixed Salad

Slow Braised Lamb Shank - Creole Style Green Lentils, Creamed Sweet Potatoes,
Grilled Zucchini and Crispy Plantain

Desserts

Baked Mars Bar Cheesecake - Caramel Sauce, Cocoa Nib Tuile, Vanilla Ice Cream

Sticky Toffee Pudding - Butterscotch Sauce, Brandy Snap Tuile, Candied Pecan Nuts,
Served with Vanilla Ice Cream or Roddas Cornish Clotted Cream

Tidation - Layers of Flourless Chocolate Cake, Glazed Dark Chocolate Mousse,
Baileys & Espresso

Malibu Tiramisu - Lady Fingers, Malibu, Chocolate Glaze, Toasted Coconut

A Selection of Tides Ice Creams & Sorbet

Fresh Fruit and Berries

(V) - Vegan (GF) - Gluten Free

Prices are quoted in Barbados Dollars, inclusive of 2.5% Levy Tax,
10% VAT and subject to 12.5% Service Charge.