



LUNCH MENU

2 COURSE MENU \$135

3 COURSE MENU \$165

Spiced Carrot & Coconut Soup (V)

Cilantro, Lime Crème Fraiche

Crispy Pulled Pork & Sweet Potato Croquettes

Chilli Miso Dressing, Pickled Cucumber

Chilli Fried Crispy Calamari

Lemon Aioli

Fresh Caribbean Tuna Tartare

Spicy Watermelon & Tomato Gazpacho, Avocado, Compress & Pickled Melon,
Fresh Cilantro Served with Sesame Rice Crackers

Tides Caesar Salad

Romaine Hearts, Creamy Caesar Dressing, Parmesan, Focaccia Croutons

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

Homemade Beef Burger In A Sesame Brioche Bun

Smoked Gouda Cheese, Tomato Relish, Crispy Onion Ring, Lettuce, Tomatoes and Pickle,
Served with French Fries

Tides Caribbean Curry with Chicken or Local Fish (Shrimp +BDS\$25)

Fresh Coconut, Basmati Rice, Steamed Broccoli & Fried Plantain

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

Bread & Butter Pudding

Caramelized Banana, Rum & Vanilla Sauce,
Served with Banana Ice Cream or Roddas Cornish Clotted Cream

Baileys Tiramisu

Lady Fingers, Coffee Liqueur, Baileys, Chocolate Glaze, Vanilla Chantilly

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 (GF) - REPRESENTS GLUTEN FREE 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



Starters

Spiced Carrot & Coconut Soup (V) Cilantro, Lime Crème Fraiche	\$45.00
Combo of BBQ Baby Back Ribs & Honey Glazed Chicken Wings Mixed Cabbage and Apple Slaw, Rum and Apple Puree	\$52.00
Red Thai Curry Crab and Shrimp Cakes Peanut Satay Sauce, Guava Jelly, Crunchy Asian Salad with Fragrant Herbs	\$52.00
Italian Buffalo Mozzarella Eggplant Caponata, Marinated Zucchini, Chilli & Garlic Honey and Chargrilled Focaccia	\$49.00
Chilli Fried Crispy Calamari Lemon Aioli	\$45.00
Tides Caesar Salad Romaine Hearts, Creamy Caesar Dressing, Parmesan, Focaccia Croutons	\$40.00
Crispy Chilli Beef Rice Noodles, Hoisin and Sweet Chilli Sauce & Sesame	\$52.00
Tartare of Fresh Caribbean Tuna Spicy Watermelon & Tomato Gazpacho, Avocado, Compress & Pickled Melon, Fresh Cilantro Served with Sesame Rice Crackers	\$53.00
Jumbo Coconut Crusted Shrimp (4) Sweet Chilli & Mango Dip	\$51.00
Seared & Blackened Octopus Spicy Italian Sausage & Potato Hash, Pickled Onion, Harissa Aioli, Green Herb & Garlic Dressing	\$54.00

Mains

Catch of The Day Spiced Sweetcorn Chowder, Grilled New Potatoes, Roasted Caribbean Vegetables, Pickled Fennel and Grapefruit Salad	\$98.00
Atlantic Salmon Filet Crusted in Seaweed, Sesame & Coconut, Salmon & Shrimp Gyoza, Chilli Miso, Mango Salsa, Stir Fried Vermicelli Noodles, Charred Broccoli, Coconut, Lemongrass and Cilantro Broth	\$115.00
Whole Butterflied Seabass Seasoned with Lemon & Pepper, Brown Butter, Vine Tomato, Red Onion & Caper Salad, Reduced Balsamic & Buttered New Potatoes	\$125.00
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	\$95.00
Slow Braised Lamb Shank Creole Style Green Lentils, Creamed Sweet Potato, Grilled and Marinated Zucchini, Crispy Plantain	\$98.00
Tides Caribbean Curry with Chicken or Local Fish or Shrimp Fresh Coconut, Basmati Rice, Steamed Broccoli & Fried Plantain	\$95.00 / \$93.00 / \$98.00
Surf and Turf (6oz Beef Fillet & 3 King Prawns) Grilled Caribbean Vegetables, Pommies Puree, Beef Gravy, Garlic and Herb Butter, Crispy Onion and Beef Jus	\$175.00
Grilled Cauliflower Steak (V) Marinated in Balti Spice, Curried Green Lentils, Sautéed Kale, Sweet Potatoes, Toasted Almonds and Spiced Mango & Golden Raisin Chutney	\$84.00
Sweet Potato & Vegetable Thai Curry (V) Chilli, Lime, Lemongrass, Basmati Rice, Fresh Coconut, Coriander	\$88.00
Roasted Surrey Farm Beef Tenderloin Caramelized Onion Stuffed with Braised Shin, Confit Mushroom, Truffled Mash, Grilled Asparagus and a Rich Bordelaise Sauce	\$155.00