

t h e

Tides

r e s t a u r a n t

PRIX FIXE LUNCH MENU



2 COURSES - BDS \$119

3 COURSES - BDS \$139



STARTERS

SPICED CARROT & COCONUT SOUP (V)

Curried Eggplant, Lime Crème Fraiche

CRISPY FRIED CHICKEN WINGS

*Glazed in BBQ Sauce, Sweet Potato Salad,
Red Cabbage, Warm BBQ Sauce*

FRIED CALAMARI

Chili Aioli Dip, Lemon

CHEF'S SALAD

*Mixed Leaves, Artichokes, Apples, Grapes, Creme Fraiche Dressing,
roasted Hazelnuts, Parmesan Cheese*

CHILLED SHRIMP & TOMATO SALAD

Cucumber, Baby Gem Lettuce, Cocktail Sauce, Fancy Tomatoes

TIDES CAESAR SALAD

*Bacon, Romaine Hearts, Creamy Caesar Dressing,
Parmesan, Focaccia Croutons*



MAINS

CATCH OF THE DAY

*Tides Jerked Sweet Potato Fishcake, Spinach, Kale,
Zucchini Ribbons, Squash & Ginger Sauce*

FLYING FISH TACOS

*Marinated Cabbage, Romaine Lettuce, Avocado Mango Salsa,
Sour Cream, Spicy Sauce, Sweet Potato Crisps in Mexican Spices*

SCOTTISH MUSSELS COOKED IN COCONUT MILK

Garlic, Ginger, Lime Leaf, Chili, Sweet Potato Fries

CHICKEN ALFREDO LINGUINI

Broccoli & Aged Parmesan

TIDES DOUBLE BEEF CHEESEBURGER

*Brioche Bun, Lettuce, Pickles, Tomato, Big Mac Sauce,
Crispy Onion & Hand Cut Fries*

THAI VEGETABLE CURRY (V) OR THAI CHICKEN CURRY

Chili, Lime, Lemongrass, Basmati Rice, Fresh Coconut, Coriander

SRI LANKAN PUMPKIN AND COCONUT CURRY (V)

Scallions, Chili and Cilantro, Wild Rice, Chutney and Poppadoms



DESSERTS

MANGO & VANILLA CHEESECAKE

Coconut and Brandy Snap

TONKA BEAN PANNA COTTA

Strawberries, Strawberry Sorbet, Ginger Snaps

TIDATION

*Layers of Flourless Chocolate Cake, Glazed Dark Chocolate Mousse,
Baileys and Espresso Foam*

SPICED STICKY TOFFEE PUDDING

*Butterscotch Sauce, Caramelized Bananas, Roasted Pecan Nuts,
Vanilla Ice Cream*

SOFT SERVE ICE CREAM

Flavours and Toppings Offered By Your Server