

Tides
RESTAURANT
A LA CARTE
Henry

SMALL BITES

Jersey Rock Oysters \$18 each
Passionfruit Mignonette, Wasabi Tobiko

Spiced Mixed Nuts \$15
Banks Beer Glaze

Truffle Potato Chips \$15
Lemon Aioli

STARTERS

Tartare of Fresh Caribbean Tuna \$55
Spicy Watermelon & Tomato Gazpacho, Avocado, Pickled Melon, Served with Sesame Rice Crackers

Crispy Chili Beef \$56
Sesame Dressed Rice Noodles, Hoisin & Sweet Chilli Sauce

Spiced Carrot & Coconut Soup \$42
Cilantro, Lime Crème Fraîche

Chilli Fried Calamari \$45
Lemon Aioli

Coconut Crusted Shrimp (4) \$54
Mango & Sweet Chili Dip, Fresh Lime

Duo of BBQ Baby Back Ribs & Honey Glazed Chicken Wings \$54
Sweet Potato Salad, Marinated Cabbage, Rum and Apple Purée

Italian Buffalo Mozzarella \$52
Eggplant Caponata, Cheese Sable, Cherry Tomatoes, Basil Pesto, Balsamic Reduction

Tides Caesar Salad \$40
Romaine Hearts, Creamy Caesar Dressing, Parmesan & Focaccia Croutons

FROM THE SEA AND LAND

Bajan Spiced Pork Belly, Glazed in Rum and Maple \$84
Pancetta, White Beans and Wholegrain Mustard Stew, Sweet Pepper and Pineapple Chutney

Slow Braised Lamb Shank \$88
Creole Style Green Lentils, Crispy Plantain

Crispy Coconut Chicken \$85
Green Papaya & Carrot Kimchi, Finished with a Fragrant Peanut Satay Sauce

Whole Butterflied Seabass \$115
Seasoned with Lemon Pepper, Spiced Brown Shrimp Butter

Mushroom Risotto ^{VE} \$78
Mixed Mushrooms, Buffalo Mozzarella, Tempura Oyster Mushroom, Fresh Herb Pesto, Finished with Rocket and Parmesan

Thai Green Curry with Sweet Potato & Vegetables ^{VE} \$85
Lemongrass, Lime Leaves, Basmati Rice, Fresh Coconut & Fried Plantain

FROM THE GRILL

Each steak is complemented by your choice of sauce

Surrey Farm Beef Tenderloin (225g)
\$130

Surrey Farm Ribeye Steak (340g)
\$135

Snake River Gold Wagyu Striploin (285g)
\$220

SIGNATURE DISHES

Catch of the Day \$86

Spiced Sweetcorn Chowder, Pickled Fennel & Grapefruit Salad

Crispy Chili Beef \$105

Sesame Dressed Rice Noodles, Hoisin & Sweet Chilli Sauce

Tides Caribbean Curry \$96

*Fresh Coconut, Basmati Rice, Steamed Broccoli, Fried Plantain
With Chicken | Local Fish | Shrimp*

Grilled Caribbean Lobster Tail \$205

Served with Pan Seared Shrimp (3) And Scallops (3), Finished with Garlic and Herb Butter

1.2kg T-Bone Steak (For 2 People) \$260

SIDES TO SHARE

Sides \$25

**French Fries | Sweet Potato Fries |
Rodda's Clotted Cream Mashed Potato |
Fragrant Basmati Rice, Spiced Butter, Crispy Shallots**

Sides \$35

Three Cheese Pasta Gratin

Local Steamed Vegetables
Tossed in Tarragon Butter

Tomato, Watermelon & Feta Salad
Fresh Rocket, Balsamic Dressing

Sautéed Brussel Sprouts
Chilli Miso Dressing, Coconut & Seaweed Crumb

Green Bean Casserole
Sautéed Green Beans & Mushrooms, Crispy Shallots

Chargrilled Sweet Potatoes
Hot Honey, Creamy Garlic Yoghurt Dressing

Roasted Beetroot Salad
Whipped Blue Cheese, Mixed Leaves, Mustard Dressing, Candied Pecans

SAUCES \$15

Green Peppercorn Sauce
Red Wine Jus
Béarnaise Sauce