



## MORNING CLASSICS

### SERVED FROM 9:00 A.M. TO 11:30 A.M.

#### Freshly Baked Pastries

Ask Your Server for Today's Selection  
\$8-\$11

#### Avocado on Sourdough

Smashed Avocado on Chargrilled Sourdough Toast,  
Two Poached Heritage Happy Eggs, Roasted Tomatoes, Toasted Seeds  
\$45  
+ Streaky Bacon \$10 | + Smoked Salmon \$15

#### American Style Pancakes (3)

Served With Maple Syrup And Fresh Berries  
\$35  
+ 3 Rashers Streaky Bacon \$10

#### Homemade French Toast

Spiced Apple Compote, Whipped Vanilla Cream, Maple Syrup  
\$35

#### Homemade Granola Parfait

Organic Greek Yogurt, Fruit Compote, Crunchy Granola  
\$22

## HERITAGE HAPPY EGGS

#### Full English Breakfast

Two Heritage Happy Eggs Any Style, Streaky Bacon, Pork Sausage, Roasted Tomato,  
Sautéed Mushrooms, Breakfast Potatoes, Baked Beans  
+ Your Choice of Toast (White, Brown Or Sourdough)  
\$60

#### Full Bajan Breakfast

Two Heritage Happy Eggs Any Style, Fried Flying Fish, Plantain, Salt Fish Buljol,  
Breakfast Potatoes, Baked Beans, Bajan Bakes  
\$62

#### Eggs Benedict

Toasted English Muffin, Two Poached Heritage Happy Eggs,  
Hollandaise Sauce Choice of Smoked Salmon, Sliced Ham Or Local Buttered Spinach  
\$52

#### Heritage Happy Egg Omelet

Three Heritage Happy Eggs, Choice of Three Fillings  
(Ham, Sweet Peppers, Tomato, Onion, Cheese)  
Served with Breakfast Potatoes and A Salad Garnish  
\$54

PLEASE INFORM US OF ANY ALLERGIES OR DIETARY REQUIREMENTS.  
(VE) - 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 CHARGE.  
WE ACCEPT VISA, MASTERCARD & AMERICAN EXPRESS CREDIT CARDS ONLY.



## BEVERAGES

### HARNEY & SONS - \$10

English Breakfast  
Organic  
Green Peppermint  
Rooibos Chai  
Darjeeling

White Vanilla  
Grapefruit  
Earl Grey  
Hot Cinnamon

### LAVAZZA COFFEE

Americano - \$12  
Cappuccino - \$12  
Espresso - \$10  
Double Espresso - \$19  
Latte - \$12  
Flat White - \$12  
French Press - \$12  
Macchiato - \$12  
Affogato - \$28  
(Espresso & Icecream)

Bajan Coffee / Italian  
Coffee - \$35  
Jamaican Coffee - \$33  
Iced Coffee - \$12  
Irish Coffee - \$35  
Iced Latte - \$13  
Tides Calypso Iced  
Coffee - \$19

### FRESH WELLNESS SHOTS - \$12

Fresh Start (Cucumber, Watermelon, Beetroot)  
Health is Wealth (Carrot, Pineapple, Green Apple)

### BLENDS

Fresh Fruit Smoothie - \$16  
Berry Blast - \$20  
Fruit Punch - \$15

### JUICES

Orange Juice - \$18  
Watermelon Juice - \$18  
Coconut Water - \$12

### MIXES

Mimosa / Bucks Fizz - \$28  
Bloody Mary / Bloody Caesar - \$28  
Fresh Ginger Squash - \$15  
Bajan Lemonade / Lime Squash - \$15

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## WEEKEND WAVEY BRUNCH

2 COURSES - BBD \$135.00 | 3 COURSES - BBD \$165.00

SERVED FROM 9:00 A.M. TO 3:00 P.M.

### STARTERS

#### Bajan Rustic Soup

Chicken Broth, Chunky Vegetables and Dumplings

#### Spiced Bajan Pumpkin Fritters

Hot Pepper and Chive Cream Cheese, Beetroot and Carrot Salad  
Chili Fried Calamari - Sliced Pepper and Lemon Aioli

#### Jumbo Coconut Crusted Shrimp (4)

Sweet Chili & Mango Dip

#### Crispy Chili Beef

Rice Noodles, Hoisin and Sweet Chili Sauce & Sesame

#### Crispy Fried Chicken Wings Glazed in Chili & Honey

Sweet Potato Salad, Marinated Cabbage and Rum & Apple Puree

#### Scottish Smoked Salmon

Horseradish Cream Cheese, Capers, Pickled Onion and Dill,  
Served with Sourdough Crisps

#### Tides Caesar Salad

Crunchy Romaine Lettuce, Parmesan, Creamy Caesar Dressing, Focaccia Croutons

### MAINS

#### Sunday Roast

Roasted Sirloin of Beef, Beef Fat Roasted Potatoes, Seasonal Vegetables,  
Broccoli Hollandaise, Yorkshire Puddings and Pan Gravy **(Available on Sundays Only)**

#### Tides Christmas Platter

Roast Turkey, Glazed Ham, Stuffing, Jug Jug, Macaroni Pie,  
Rice and Peas, Buttered Vegetables, Cranberry Sauce & Creole Gravy

#### Steak and Eggs (Supplement \$30)

8oz. Sirloin Grilled to Your Liking with Two Fried Heritage Happy Eggs, Breakfast Potatoes,  
Roast Tomato, Sautéed Mushrooms and a Choice of Béarnaise or Peppercorn Sauce

#### Homemade Fluffy Waffles

Choice of Fried Chicken Thighs or BBQ Pulled Pork, Avocado and Sweet Corn Salsa,  
Rosemary Aioli, Rum and Maple, Served with Sweet Potato Fries

#### Catch of The Day

Spiced Sweetcorn Chowder, Grilled New Potatoes, Roasted Caribbean Vegetables,  
Pickled Fennel and Grapefruit Salad

#### Fish and Seafood Alfredo

Local Fish, Shrimp, Mussels and Clams in Creamy Alfredo Sauce  
With Garlic Buttered Broccoli and Aged Parmesan

#### Tides Curry with Chicken or Local Fish or Shrimp

Basmati Rice, Steamed Broccoli, Fresh Coconut & Fried Plantain

#### Beetroot and Roasted Pumpkin Salad

Mixed Leaves, Quinoa, Dried Cranberries, Clementines, Toasted Seeds,  
Dressed in Honey & Wholegrain Mustard Vinaigrette,  
Served with a choice of Chicken, Catch of The Day or Grilled Halloumi Cheese

#### Mushroom Risotto

Mixed Mushroom Risotto, Mozzarella Cheese, Tempura Oyster Mushrooms and Fresh Herb Pesto

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## DESSERTS

### Trio of Mini Desserts

Chocolate & Coconut Éclair, Lemon Tart, Vanilla Cheesecake & Mixed Berry Compote

### Sticky Toffee Pudding

Butterscotch Sauce, Brandy Snap Tuille, Candied Pecans,  
Served with Vanilla Ice Cream or Roddas Cornish Clotted Cream

### Baileys Bread and Butter Pudding

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

### Baileys Tiramisu

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

### Warm Banana Bread

Rum Caramel, Whipped Vanilla Mascarpone, Fruit Compote, Candied Pecans

### The Tides Ice Cream Sundae

Vanilla Ice Cream, Toasted Waffle Cone, Caramel Sauce,  
Chocolate Fudge, Caramel Popcorn



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