



LUNCH MENU

2 COURSE MENU \$99

3 COURSE MENU \$135

FOR THE TABLE

Jersey Rock Oysters
(subject to availability)
Yuzu Ponzu Dressing, Pickled
Cucumber & Wasabi Tobiko
\$16 each

Hand Cut Truffle Potato Crisps
(V/GF)
Lemon Aioli
\$12

Beer Glazed Mixed Nuts (V/GF)
Peanuts, Cashews, Pecans &
Walnuts, Roasted and Glazed in a
Banks Beer Glaze
\$15

SALADS

(can be chosen as a starter or larger main course size)

Tides Oriental Salad (M)
Mixed Leaves, Cucumber, Red
Onions, Sweet Peppers,
Mushrooms, Mandarin Orange,
Crushed Nuts & Crispy Wonton,
Dressed in Sesame, Ginger & Soy

**Beetroot & Roasted
Pumpkin Salad (VE/GF)**
Mixed Leaves, Quinoa,
Dried Cranberries,
Clementines & Toasted Seeds,
Dressed in Honey & Wholegrain
Mustard Vinaigrette

Tomato, Watermelon & Feta Salad
(V/GF)
Mixed Leaves, Avocado,
Red Onion & Cucumber,
Dressed in a Wholegrain Mustard
Vinaigrette

Add to any main course salad

Chicken +\$20 Grilled 6oz Tuna Steak +\$30 Shrimp (6) +\$30 Halloumi Cheese +\$20

STARTERS

Spiced Carrot & Coconut Soup (M)
Cilantro, Lime Crème Fraiche

Chili Fried Crispy Calamari
Lemon Aioli

Curried Lamb Shoulder Spring Roll
Plantain, Tamarind and Hot Pepper Puree
Dressed Beetroot & Carrot

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

Bajan Pumpkin Fritters (M)

Hot Pepper and Chive Cream Cheese, Dressed Beetroot & Carrot

MAINS

British Style Fish & Chips (GF)
Crispy Beer Battered Fish, Chips, Crushed Minted
Peas, Homemade Tartare Sauce

Chicken Alfredo Linguini
Creamy Tossed Pasta, Served with
Steamed Broccoli and Crispy Parmesan Wafers

Ultimate Club Sandwich
Three Layers of White Toast, Roasted Chicken,
Fried Heritage Egg, Streaky Bacon,
Lettuce & Tomato, Dressed with Lemon Aioli,
Served with French Fries

Tides Homemade Beef Burger
Toasted Sesame Brioche, Tomato Relish, Pepperjack
Cheese, Crispy Onion Ring, Lettuce,
Tomato & Dill Pickle, Served with French Fries

Flying Fish Tacos (2)
Soft Tortilla, Marinated Cabbage, Romaine Lettuce,
Avocado, Mango Salsa, Sour Cream, Spicy Sauce,
Served with Cajun Spiced Sweet Potato Crisps

**Tides Caribbean Curry (with Chicken, Local Fish or
Vegetables & Sweet Potato)**
Served with Basmati Rice,
Steamed Broccoli & Plantain

Herb Crusted Roasted Eggplant (VE)

Caponata Vegetables, Tomato & Basil Sauce, Grilled Zucchini, Served with Roasted New Potatoes

DESSERTS

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

Baileys Bread & Butter Pudding
Caramelized Banana, Rum & Vanilla Sauce,
Served with Banana Ice Cream or
Roddas Cornish Clotted Cream

Sticky Toffee Pudding
Butterscotch Sauce, Brandy Snap Tuile,
Candied Pecan Nuts, Served with Vanilla 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 (VE)

Fresh Fruit and Berries