



A LA CARTE

SMALL BITES

Tides Artisan Bread..... \$19
Basket

Baker's Selection of
Freshly Baked Breads &
Crackers, Whipped Feta,
Green Olive Tapenade &
Smoked Salmon Rillettes

Jersey Rock.....\$18 (each)
Oysters

Passionfruit Mignonette,
Wasabi Tobiko

Spiced Mixed Nuts\$15
Banks Beer Glaze

Truffle Potato Chips\$15
Lemon Aioli

STARTERS

Tartare of Fresh \$55
Caribbean Tuna

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

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

Pan Seared Scallops . . . \$58
Served with Local Yam &
Cauliflower Puree, Parmesan
Florets, Soffritto & Lemon
Butter Sauce

Spiced Carrot & \$42
Coconut Soup

Cilantro, Lime Crème Fraîche

Coconut Crusted \$54
Shrimp (4)

Mango & Sweet Chili Dip,
Fresh Lime

Italian Buffalo \$52
Mozzarella

Dressed Cherry Tomatoes,
Fresh Basil, Garlic Croutons

Chilli Fried Calamari . . \$45
Lemon Aioli

Duo of BBQ Baby Back .. \$54
Ribs & Honey Glazed
Chicken Wings

Sweet Potato Salad, Marinated
Cabbage, Rum and Apple Purée

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

Crispy Chilli \$45
Fried Tofu v/ve

Guava Cheese, Crunchy Asian
Salad With Fragrant Herbs &
Spicy Peanut Dressing

FROM THE SEA & LAND

24hr Marinated \$86
Pork Cutlet

Grilled peaches dressed with red
onion, Jalapeño & Lime. Served
with a White Miso Butter Sauce
and Herb Oil

Slow Braised \$88
Lamb Shoulder

Creole Style Green Lentils,
Crispy Plantain

Herb Crusted \$82
Roasted Eggplant v/ve

Caponata Vegetables, Tomato &
Basil Sauce, Grilled Zucchini

Chargrilled Spatchcock . \$88
Cornish Hen

Marinated in Rose Harissa,
Citrus and Spices, Red Pepper &
Walnut

Whole Butterflied . . . \$115
Seabass

Buerre Noisette, Cherry
Tomatoes, Red Onion, Capers &
Rocket, Aged Balsamic

Mushroom Risotto v/ve . . . \$78

Mixed Mushrooms, Buffalo
Mozzarella, Tempura Oyster
Mushroom, Finished with
Rocket and Parmesan

Thai Green Curry \$85
with Sweet Potato &
Vegetables v/ve

Lemongrass, Lime Leaves,
Basmati Rice, Fresh Coconut
& Fried Plantain

Ask your Waiter about our Cigar Selection

Please inform us of any Allergies or Dietary Requirements. (GF) - Gluten Free

Prices are quoted in Barbados Dollars, inclusive of 2.5% Levy Tax, 10% VAT and subject to 12.5% Service Charge



A LA CARTE

FROM THE GRILL

Each steak is complemented by your choice of sauce

Surrey Farm Beef \$130
Tenderloin (225g)

USDA Black Angus \$145
Ribeye Steak (340g)

16 oz Chateaubriand . . . \$270
(for two people)

SIGNATURE DISHES

Catch of the Day \$86
Spiced Sweetcorn Chowder,
Pickled Fennel & Grapefruit
Salad

Spicy Caribbean \$130
Lobster Linguini
Blistered Cherry Tomatoes,
White Wine, Scotch Bonnet
Butter, Basil and Charred
Lemon

Tides Caribbean \$96
Curry
Fresh Coconut, Basmati Rice,
Steamed Broccoli, Fried
Plantain.
With
Chicken | Local Fish | Shrimp

Grilled Caribbean . . . \$205
Lobster Tail
Served with Pan Seared Shrimp
(3) And Scallops (3), Finished
with Garlic and Herb Butter

Herb Crusted . . \$120 / \$240
Rack of Lamb
Carrot & Anise Puree,
Rosemary Lamb Jus

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

Roasted Cauliflower Florets
Chilli Miso Dressing, Coconut &
Seaweed Crumb

Chargrilled Sweet Potatoes
Hot Honey, Creamy Garlic
Yoghurt Dressing

**Tomato, Watermelon &
Feta Salad**
Fresh Rocket, Balsamic Dressing

Sautéed Brussel Sprouts
Maple Glaze, Crispy Bacon &
Chestnut Crumb

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

SAUCES \$15

Green Peppercorn Sauce

Red Wine Jus

Béarnaise Sauce

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