



RHYTHM & ROAST SUNDAY PRIX FIXE MENU

2 COURSE MENU \$145 | 3 COURSE MENU \$185

SMALL BITES

Jersey Rock Oysters Passionfruit Mignotte, Wasabi Tobiko - \$18 each	Tides Artisan Bread Basket Bakers Selection of Freshly Baked Breads & Crackers, Whipped Feta, Green Olive Tapenade & Smoked Salmon Rillettes - \$19	Beer Glazed Mixed Nuts Peanuts, Cashews, Pecans & Walnuts, Roasted & Glazed in a Banks Beer Glaze - \$15	Handcut Truffle Potato Crisps, Lemon Aioli \$15
---	---	---	--

STARTERS

Spiced Carrot & Coconut Soup (V/GF) Cilantro, Lime Crème Fraiche	Crispy Chili Beef Rice Noodles, Hoisin and Sweet Chili Sauce & Sesame	Jumbo Coconut Shrimp (4) Sweet Chili & Mango Dip, Fresh Lime	Tomato, Watermelon & Feta Salad (V/GF) Mixed Leaves, Cherry Tomatoes, Red Onions, Dressed in a Wholegrain Mustard & Balsamic Vinaigrette
Buttermilk Fried Chicken Thighs Buffalo Aioli, Lemon Zest & Pickled Jalapeño	Chili Fried Crispy Calamari (GF) Marinated in Hot Pepper, Served with Lemon Aioli	Tartare of Fresh Caribbean Tuna Spicy Watermelon & Tomato Gazpacho, Avocado, Compress & Pickled Melon, Fresh Cilantro Served with Sesame Rice Crackers	Tides Caesar Salad Romaine Hearts, Creamy Caesar Dressing, Parmesan & Focaccia

MAINS

All main courses served with Rosemary Roasted Potatoes, Rice & Peas, Honey Roasted Carrots, Braised Red Cabbage & Steamed Local Vegetables.

Served Family Style to Share

Roasted Sirloin of Beef Rich Red Wine Gravy, Yorkshire Pudding	Grilled Pork Cutlet Grilled Peaches Dressed with Red Onion, Jalepeno & Lime, Served with a White Miso Butter Sauce and Herb Oil	USDA Black Angus Ribeye Steak (340gr) + \$55 Served with your choice of Peppercorn or Béarnaise Sauce	Chargrilled ½ Chicken Marinated in Harissa, Lemon & Spices, Served with Chimichurri
Blackened Catch of the Day (GF) Sweetcorn Chowder, Fennel and Fresh Grapefruit Salad	Fillet of Sea Bass Passionfruit Beurre Blanc, Chilli Oil, Sauteed Greens	Vegetarian Mixed Nut Roast (V) Squash Puree, Creole Gravy	Slow Braised Lamb Shoulder (GF) Creole Style Green Lentils, Crispy Plantain

OPTIONAL EXTRAS

Truffle Fries + \$15	Three Cheese Pasta Gratin +\$15	Truffled Cauliflower Cheese +\$20	Rodda’s Clotted Cream Mash Potato +\$12
-----------------------------	--	--	--

DESSERTS

Sticky Toffee Pudding Butterscotch Sauce, Brandy Snap Tuille, Candied Pecan Nuts, Served with Vanilla Ice Cream	Baked Mars Bar Cheesecake Caramel Sauce, Cocoa Nib Tuille, Vanilla Ice Cream	Baileys Bread & Butter Pudding Caramelized Banana, Rum & Vanilla Sauce, Served with Banana Ice Cream	A Selecrtion of The Tides Ice Creams and Sorbets (VE)
---	---	---	--

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