



VALENTINE'S LUNCH MENU

2 COURSES BBD \$119 | 3 COURSES BBD \$145

STARTERS

CAULIFLOWER SOUP

Green apple, spiced sweet corn & onion fritters

WARM SALAD OF CRISPY SHREDDED DUCK LEG

Oranges, cucumber, roasted beets, sesame seeds, oriental dressing & fried wonton chips

FRIED CALAMARI

Chili Aioli Dip, Lemon

CARPACCIO OF BEETROOT

Whipped feta cheese, crisp leaves, Mejdool dates, candied pecans, truffled sherry vinaigrette

CHILLED SHRIMP & TOMATO SALAD

Cucumber, Baby Gem Lettuce, Cocktail Sauce, Fancy Tomatoes

TIDES CAESAR SALAD

Bacon, Romaine Hearts, Creamy Caesar Dressing, Parmesan & Focaccia Croutons

MAINS

CATCH OF THE DAY

Tides Jerked Sweet Potato Fishcake, Spinach, Kale, Zucchini Ribbons, Squash & Ginger Sauce

FLYING FISH TACOS

Marinated Cabbage, Romaine Lettuce, Avocado, Mango Salsa, Sour Cream, Spicy Sauce

SCOTTISH MUSSELS COOKED IN COCONUT MILK

Garlic, Ginger, Lime Leaf, Chili, Sweet Potato Fries

CHICKEN ALFREDO LINGUINI

Broccoli, Aged Parmesan

THAI VEGETABLE CURRY (V) - ADD CHICKEN

Chili, Lime, Lemongrass, Basmati Rice, Fresh Coconut, Coriander

POT ROAST CHICKEN BREAST

*Parmesan and black pepper gnocchi
Garden peas, white wine cream sauce, grilled peppers, crispy ham wafers*

CHARRED BROCCOLI HEARTS

Pumpkin, chickpea hummus, basmati rice, red curry and pineapple sauce, salt N pepper tofu & crispy sweet potato straws





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DESSERTS

SET LEMON CURD

Meringue, fresh strawberries polenta cake, alpine strawberry sorbet

CHOCOLATE LOVERS PASSION

70% dark chocolate tart, passion fruit, Bourbon vanilla ice cream

TONKA BEAN PANNA COTTA

Ginger snap, fresh raspberries & sorbet

MANGO & VANILLA CHEESECAKE

Coconut and Brandy snap

SPICED STICKY TOFFEE PUDDING

*Butterscotch Sauce, Caramelized Bananas,
Roasted Pecan Nuts, Vanilla Ice Cream*

SELECTION OF SORBET & ICE CREAM

Offered by your Server

HAPPY
Valentine's
Day

PLEASE INFORM US OF ANY-ALLERGIES OR DIETARY REQUIREMENTS. (V) - VEGETARIAN
PRICES ARE QUOTED IN BARBADOS DOLLARS, INCLUSIVE OF 2.5% LEVY TAX & 10% VAT & SUBJECT TO 10% SERVICE CHARGE.
PARTIES OF 10 OR MORE ARE SUBJECT TO 12% SERVICE CHARGE.
WE ACCEPT VISA, MASTER CARD & AMERICAN EXPRESS CREDIT CARDS ONLY

