



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 Weekend Platter

Baked Chicken Leg OR Bajan Spiced Rolled Pork Belly with Macaroni Pie, Rice and Peas,
Plantain, Buttered Vegetables, Coleslaw, 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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