



LUNCH MENU

2 COURSE MENU \$130

3 COURSE MENU \$155

Spiced Squash & Coconut Soup (V)

Cilantro, Lime Crème Fraiche

Sticky Baby Back Ribs

Tamarind Glaze, Sweet Potato Salad & Red Cabbage

Chili Fried Crispy Calamari

Lemon Aioli

Local Mahi Mahi Fish Cakes

Shrimp Salad, Cocktail Sauce, Cucumber & Tomato

Tides Caesar Salad

Romaine Hearts, Creamy Caesar Dressing, Parmesan, Focaccia Croutons

Blackened Catch of The Day

Grilled Pesto Vegetables, Sautéed Potatoes, Tomato Fondue & Garlic Aioli

Flying Fish Tacos

Soft Tortilla, Marinated Cabbage, Romaine Lettuce, Avocado, Mango Salsa, Sour Cream, Spicy Sauce, Sweet Potato Crisps in Mexican Spices

Chicken Alfredo Linguini

Broccoli & Aged Parmesan

Tides Double Beef Cheeseburger

Sesame Brioche Bun, Lettuce, Pickles, Tomato, Big Mac Sauce, Crispy Onion & Hand Cut Fries

Thai Chicken OR Vegetable Curry (Shrimp +BDS\$25)

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

Baked Mars Bar Cheesecake

Caramel Sauce, Cocoa Nib Tuille, Vanilla Ice Cream

Sticky Toffee Pudding

Butterscotch Sauce, Brandy Snap Tuille, Vanilla Ice Cream, Candied Pecan Nuts

Tidation

Layers of Flourless Chocolate Cake, Glazed Dark Chocolate Mousse, Baileys & Espresso

Tides Iced Chocolate Coconut

Mango Salsa, Dark Chocolate, Coconut & Mango Sorbet

A Selection of Tides Ice Creams & Sorbet

Fresh Fruit & Berries

PLEASE INFORM US OF ANY ALLERGIES OR DIETARY REQUIREMENTS. (V) - REPRESENTS VEGAN & VEGETARIAN 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, MASTER CARD & AMERICAN EXPRESS CREDIT CARDS ONLY