

t h e

Tides

r e s t a u r a n t

PRE FIXE LUNCH MENU



2 COURSES - BDS \$95.00

3 COURSES - BDS \$119.00



STARTERS

SPICED CARROT & COCONUT SOUP (V)

Curried Eggplant, Lime Crème Fraiche

BARBECUED BABY BACK RIBS

Potato Salad, Red Cabbage, Warm BBQ Sauce

FRIED CALAMARI

Chili Aioli Dip, Lemon

CHEF'S SALAD

*Mixed Leaves, Artichokes, Apple, Grapes, Crème Fraiche Dressing,
Roasted Hazel Nuts, Parmesan Cheese*

TARTARE OF FRESH LOCAL TUNA

Wakame Seaweed, Radish, Wasabi & Sesame

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, Sweet Potato Fries in Mexican Spices*

INDONESIAN LIGHTLY SPICED FISH & SEAFOOD STEW

Rice Noodles, Cashew Nuts, Fragrant Herbs

CHICKEN ALFREDO LINGUINI

Broccoli & Aged Parmesan

TIDES DOUBLE BEEF CHEESEBURGER

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

THAI VEGETABLE CURRY (V) - ADD CHICKEN

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

SRI LANKAN PUMPKIN AND COCONUT CURRY (V)

Scallions, Chili and Cilantro, Wild Rice, Chutney and Poppadoms



DESSERTS

SPICED BREAD & BUTTER PUDDING - \$40

Vanilla Ice Cream, Baileys Banana, Caramel and Rum Anglais

MANGO & VANILLA CHEESECAKE - \$40

Coconut and Brandy Snap

COCONUT & PASSIONFRUIT PANNA COTTA - \$40

Mango Sorbet and Honeycomb

TIDATION - \$40

*Layers of Flourless Chocolate Cake, Glazed Dark Chocolate Mousse,
Baileys and Espresso Foam*

SPICED DATE PUDDING - \$40

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

SELECTION OF HOMEMADE ICE CREAMS & SORBETS - \$38

Offered By Your Server