



STARTERS

SPICED SQUASH & COCONUT SOUP - \$38

Cilantro, Lime Crème Fraiche

BABY BACK RIBS GLAZED IN SWEET & SOUR TAMARIND - \$49

Potato Salad, Pickled Red Cabbage, Warm Tamarind Sauce & Pineapple Salsa

SPANISH STYLE LOBSTER RISOTTO BALLS - \$59

Shellfish Gazpacho, Chorizo, Saffron & Garlic Aioli, Smoked Paprika

FRESH BURATTA FROM PUGLIA IN ITALY - \$45

Italian Tomatoes, Basil Pesto, Garlic Croutons

CHILI FRIED CRISPY CALAMARI - \$41

Lemon Aioli

TIDES CAESAR SALAD - \$39

Romaine Hearts, Creamy Caesar Dressing, Parmesan & Focaccia Croutons

CRISPY CHILI BEEF - \$48

Rice Noodles, Hoisin and Sweet Chili Sauce & Sesame

CRAB SALAD - \$53

*Lightly Spiced, Avocado Guacamole, Eggplant, Chili & Lime Dressing,
Plantain Chips, Mango Caviar*

JUMBO COCONUT CRUSTED SHRIMP (4) - \$49

Sweet Chili & Mango Dip

WARM SALAD OF CREOLE SPICED OCTOPUS - \$51

*Heirloom Tomatoes, Baby New Potatoes, Capers, Red Onions, Herb Emulsion,
Fresh Dill*



MAINS

CATCH OF THE DAY - \$95

Grilled Pesto Vegetables, Sautéed Potatoes, Spicy Marinara Sauce & Garlic Aioli

TERIYAKI GLAZED SALMON FILLET - \$117

*Sticky Coconut & Ginger Rice, Tides Kimchi, Beetroot, Furikake
and Mango Salsa*

GRILLED CARIBBEAN LOBSTER TAIL - \$235

*King Scallops, Mussels and Shrimp, Garlic & Herb Butter, Hand Cut Fries, Caesar
Salad*

RARE BREED PORK BELLY - \$98

*Garlic Mashed Potatoes, Hispi Cabbage with Sweetcorn, Rum and Date Purée,
Beetroot, Charcuterie Sauce*

ROASTED CHICKEN BREAST WITH MOROCCAN SEASONING - \$89

*Parmesan & Black Pepper Gnocchi, Garden Peas, Parmesan Cream Velouté,
Crispy Prosciutto Ham*

DUO OF CORNISH LAMB – RACK & SHOULDER - \$117

*Spiced Red Pepper, Pecan and Tamarind Purée, Grilled Caribbean Vegetables,
Roasted Baby New Potatoes, Preserved Apricots, Fragrant Lamb Gravy*

TIDES CURRY WITH CHICKEN OR SHRIMP - \$93 / \$98

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

SURF & TURF (8oz BEEF FILLET & 3 KING PRAWNS) - \$175

*Grilled Caribbean Vegetables, Pommés Purée, Beef Gravy, Garlic & Herb
Butter, Crispy Onion and Beef Jus*

SURREY FARM BEEF - TWO WAYS

(6oz TENDERLOIN AND SLOW COOKED SHORT RIB) - \$148

*Parmesan & Rosemary Dauphinoise Potato, Sauté Mushroom,
Broccolini, Carrot & Anise Purée, Black Truffle and Herb Jus*

PLEASE INFORM US OF ANY ALLERGIES OR DIETARY REQUIREMENTS. (V) -REPRESENT VEGAN AND 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, MASTERCARD & AMERICAN EXPRESS CREDIT CARDS ONLY



BLACKENED CAULIFLOWER 'STEAK' (V) - \$84

*Barrel Aged Feta Cheese, Raisin & Caper Dressing, Cauliflower Purée,
Cashew Nuts and Sweet Potato Fries*

THAI VEGETABLE CURRY (V) - \$84

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