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*Tides*

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PRE FIXE LUNCH MENU

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2 COURSES - BDS \$95.00

3 COURSES - BDS \$119.00



## STARTERS

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### SPICED CARROT & COCONUT SOUP (V)

*Curried Eggplant, Lime Crème Fraiche*

### CRISPY FRIED CHICKEN WINGS

*Glazed in BBQ Sauce, Sweet Potato Salad,  
Red Cabbage, Warm BBQ Sauce*

### FRIED CALAMARI

*Chili Aioli Dip, Lemon*

### CHEF'S SALAD

*Mixed Leaves, Artichokes, Apples, Grapes, Creme Fraiche Dressing,  
roasted Hazelnuts, Parmesan Cheese*

### 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

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### 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*

### SCOTTISH MUSSELS COOKED IN COCONUT MILK

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

### 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) OR THAI CHICKEN CURRY

*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

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### POLENTA & ALMOND CAKE

*Set Lemon Curd, Raspberry, Italian Meringue*

### MANGO & VANILLA CHEESECAKE

*Coconut and Brandy Snap*

### TONKA BEAN PANNA COTTA

*Strawberries, Strawberry Sorbet, Ginger Snaps*

### TIDATION

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

### SPICED STICKY TOFFEE PUDDING

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

### SELECTION OF HOMEMADE ICE CREAMS & SORBETS

*Offered By Your Server*