



LUNCH MENU

2 COURSE MENU \$130

3 COURSE MENU \$155

Spiced Carrot & Coconut Soup (V)

Cilantro, Lime Crème Fraiche

Combo of BBQ Baby Back Ribs & Honey Glazed Chicken Wings

Mixed Cabbage and Apple Slaw, Rum and Apple Puree

Chilli Fried Crispy Calamari

Lemon Aioli

Local Mahi Mahi Fish Cake

Shrimp Salad, Cocktail Sauce, Cucumber & Tomato

Tides Caesar Salad

Romaine Hearts, Creamy Caesar Dressing, Parmesan, Focaccia Croutons

Blackened Catch of The Day

Spiced Sweetcorn Chowder, Grilled New Potatoes, Roasted Caribbean Vegetables,
Pickled Fennel and Fresh Grapefruit Salad

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)

Chilli, 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, Candied Pecan Nuts,
Served with Vanilla Ice Cream or Roddas Cornish Clotted Cream

Tidation

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

Tides Iced Dark Chocolate Coconut Parfait (GF)

Malibu Mango Salsa, Coconut Crumb, Mango Sorbet

A Selection Of Tides Ice Creams & Sorbet

Fresh Fruit and Berries

PLEASE INFORM US OF ANY ALLERGIES OR DIETARY REQUIREMENTS.

(V) - 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 CHARE

WE ACCEPT VISA, MASTER CARD & AMERICAN EXPRESS CREDIT CARDS ONLY



Starters

Spiced Carrot & Coconut Soup (V)	\$40.00
Cilantro, Lime Crème Fraiche	
Combo of BBQ Baby Back Ribs & Honey Glazed Chicken Wings	\$48.00
Mixed Cabbage and Apple Slaw, Rum and Apple Puree	
Red Thai Curry Crab and Shrimp Cakes	\$52.00
Peanut Satay Sauce, Guava Jelly, Crunchy Asian Salad with Fragrant Herbs	
Creamy Italian Burrata	\$49.00
Eggplant Caviar, Torched Tomatoes, Chilli & Garlic Honey and Chargrilled Focaccia	
Chilli Fried Crispy Calamari	\$41.00
Lemon Aioli	
Tides Caesar Salad	\$39.00
Romaine Hearts, Creamy Caesar Dressing, Parmesan, Focaccia Croutons	
Crispy Chilli Beef	\$48.00
Rice Noodles, Hoisin and Sweet Chilli Sauce & Sesame	
Jumbo Coconut Crusted Shrimp (4)	\$48.00
Sweet Chilli & Mango Dip	
Warm Salad of Creole Spiced Octopus	\$51.00
Heirloom Tomatoes, Baby New Potatoes, Capers, Red Onions, Herb Emulsion, Fresh Dill	

Mains

Catch Of The Day	\$95.00
Spiced Sweetcorn Chowder, Grilled New Potatoes, Roasted Caribbean Vegetables, Pickled Fennel and Grapefruit Salad	
Atlantic Salmon Filet	\$118.00
Crusted in Seaweed, Sesame & Coconut, Salmon and Shrimp Gyoza, Chilli Miso, Mango and Ginger Sticky Rice, Grilled Asparagus & Coconut, Lemongrass and Cilantro Broth	
Grilled Caribbean Lobster Tail	\$235.00
King Scallops, Mussels and Shrimp, Garlic & Herb Butter, Hand Cut Fries, Caesar Salad	
Bajan Spiced Pork Belly Glazed In Maple Syrup & Rum	\$98.00
Pancetta, White Beans and Wholegrain Mustard Stew, Leek Smoked Cheese and Potato Croquette, Hispi Cabbage, Sweet Pepper and Pineapple Chutney	
Roast Chicken Breast with Moroccan Seasoning	\$89.00
Parmesan & Black Pepper Gnocchi, Garden Peas, White Wine Cream Velouté, Crispy Prosciutto Ham	
Slow Braised Lamb Shank	\$98.00
Creole Style Green Lentils, Creamed Sweet Potato, Grilled and Marinated Zucchini, Crispy Plantain	
Tides Curry with Chicken or Shrimp	\$93.00 / \$98.00
Chilli, Lime, Lemongrass, Basmati Rice, Fresh Coconut, Coriander	
Surf and Turf (6oz Beef Fillet & 3 King Prawns)	\$175.00
Grilled Caribbean Vegetables, Pommies Puree, Beef Gravy, Garlic and Herb Butter, Crispy Onion and Beef Jus	
Roasted Local Squash Risotto (V)	\$78.00
Pumpkin and Hot Pepper Fritters, Toasted Seed Pesto, Beetroot & Zucchini Dressed In Citrus	
Thai Vegetable Curry (V)	\$84.00
Chilli, Lime, Lemongrass, Basmati Rice, Fresh Coconut, Coriander	
Roasted Surrey Farm Beef Tenderloin	\$155.00
Caramelized Onion Stuffed with Braised Shin, Confit Mushroom, Truffled Mash, Grilled Asparagus and a Rich Bordelaise Sauce	

