

DAILY LUNCH

2 COURSE MENU \$99 | 3 COURSE MENU \$135

FOR THE TABLE

Jersey Rock Oysters
(subject to availability)
Passion Fruit, Mignonette &
Caviar - **\$18 each**

**Hand Cut Truffle
Potato Crisps** *(V/GF)*
Lemon Aioli - **\$12**

Beer Glazed Mixed Nuts *(V/GF)*
Peanuts, Cashews, Pecans
& Walnuts, Roasted and Glazed in
a Banks Beer Glaze - **\$15**

SALADS

(can be chosen as a starter or larger main course size)

Tides Caesar Salad *(V)* Romaine
Hearts, Creamy Caesar Dressing,
Parmesan & Focaccia Croutons

**Tomato, Watermelon & Feta
Salad** *(V/GF)*
Mixed Leaves, Avocado, Red Onion
& Cucumber, Dressed in a
Wholegrain Mustard Vinaigrette

**Add to any main
course salad** Chicken
+\$20
Shrimp (6) +\$30 Halloumi
Cheese (V) +\$20

STARTERS

**Spiced Carrot &
Coconut Soup** *(V)*
Cilantro, Lime Crème Fraiche

Chili Fried Crispy Calamari
Lemon Aioli

**Fresh Caribbean
Tuna Tartare**
Spicy Watermelon & Tomato
Gazpacho, Avocado, Compress &
Pickled Melon, Fresh Cilantro
Served with Sesame Rice Crackers

**Buttermilk Fried
Chicken Thighs**
Buffalo Aioli, Lemon Zest &
Pickled Jalapeño

Grilled Focaccia Bruschetta
Caponata, Buffalo Mozzarella,
Pesto & Balsamic Reduction

MAINS

British Style Fish & Chips *(GF)*
Crispy Beer Battered Fish, Chips,
Crushed Minted Peas,
Homemade Tartare Sauce

Hoisin Pork Belly Bao Buns *(3)*
Papaya & Carrot Kimchi,
Crispy French Fries

Chicken Alfredo Linguini
Creamy Tossed Pasta,
Served with Steamed Broccoli
and Crispy Parmesan Wafers

Flying Fish Tacos *(2)*
Soft Tortilla, Marinated Cabbage,
Romaine Lettuce, Avocado,
Mango Salsa, Sour Cream,
Spicy Sauce, Served with Cajun
Spiced Sweet Potato Crisps

Tides Homemade Beef Burger
Toasted Sesame Brioche,
Tomato Relish, Pepperjack Cheese,
Crispy Onion Ring, Lettuce,
Tomato & Dill Pickle,
Served with French Fries

Tides Caribbean Curry
*(Chicken, Local Fish or
Vegetables & Sweet Potato)*
Served with Basmati Rice,
Steamed Broccoli & Plantain

**Herb Crusted Roasted
Eggplant** *(VE)*
Caponata Vegetables, Tomato &
Basil Sauce, Grilled
Zucchini, Served with Roasted New
Potatoes

Ask your Waiter about our Cigar Selection

Please inform us of any Allergies or Dietary Requirements. *(GF)* - Gluten Free
Prices are quoted in Barbados Dollars, inclusive of 2.5% Levy Tax, 10% VAT and subject to 12.5% Service Charge

DAILY LUNCH

2 COURSE MENU \$99 | 3 COURSE MENU \$135

DESSERTS

Sticky Toffee Pudding

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

Served with Vanilla Ice Cream or Roddas Cornish Clotted Cream

Baked Mars Bar Cheesecake

Caramel Sauce, Cocoa Nib Tuille, Vanilla Ice Cream

Baileys Bread & Butter Pudding

Caramelized Banana, Rum & Vanilla Sauce,

Served with Banana Ice Cream or Roddas Cornish Clotted Cream

A Selection of Tides Ice Creams & Sorbet (VE)

SPECIALTY COCKTAILS

Tides Cooler

Mount Gay Eclipse, Cherry Brandy, Triple Sec, Orange, Pineapple

\$38

High Tide

Mount Gay Eclipse, Blue Curacao, Orange & Pineapple Juice

\$38

Passiontini

Vodka, Passion Fruit Puree, Splash of Lime

\$35

Classic Rum Sour

Mount Gay Eclipse, Sugar, Lots of Lime, Angostura Bitters, Shaken
with Ice

\$35

Ask your Waiter about our Cigar Selection

Please inform us of any Allergies or Dietary Requirements. (GF) - Gluten Free

Prices are quoted in Barbados Dollars, inclusive of 2.5% Levy Tax, 10% VAT and subject to 12.5% Service Charge