

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

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

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

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

**Tides Caribbean Curry**  
(with 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

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 Vanilla Ice Cream or  
Roddas Cornish Clotted Cream

**A Selection of Tides Ice Creams & Sorbet** (VE)

SPECIALTY COCKTAILS

**Tides Cooler** \$38  
Mount Gay Eclipse, Cherry Brandy, Triple Sec,  
Orange, Pineapple

**High Tide** \$38  
Mount Gay Eclipse, Blue Curacao,  
Orange & Pineapple Juice

**Passiontini** \$35  
Vodka, Passion Fruit Puree, Splash of Lime

**Classic Rum Sour** \$35  
Mount Gay Eclipse, Sugar, Lots of Lime,  
Angostura Bitters, Shaken with Ice

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