

## Rhythm & Roast Sunday Prix Fixe Menu

2 COURSE MENU \$145 | 3 COURSE MENU \$185

### STARTERS

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

**Slow Cooked Hoisin Pork Spring Roll** – Stir Fried Vegetables, Pineapple & Tamarind Puree, Crunchy Asian Salad

**Crispy Chili Beef** – Rice Noodles, Hoisin and Sweet Chili Sauce & Sesame

**Chili Fried Crispy Calamari (GF)** – Marinated in Hot Pepper, Served with Lemon Aioli

**Jumbo Coconut Shrimp (4)** – Sweet Chili & Mango Dip, Fresh Lime

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

**Tides Oriental Salad (M)** – Mixed Leaves, Cucumber, Red Onion, Sweet Peppers, Mushroom, Mandarin Orange, Crushed Nuts & Crispy Won Ton, Dressed in Sesame, Ginger & Soy

**Tides Caesar Salad** – Romaine Hearts, Creamy Caesar Dressing, Parmesan & Focaccia

### MAINS

#### Tides Sunday Roast

All Roast dishes are served with Rosemary Roasted Potatoes, Buttered Savoy Cabbage, Carrot and Swede Mash, Braised Red Cabbage & Broccoli Hollandaise

#### With Your Choice of:

**Roasted Rump of Beef**  
Rich Red Wine Gravy,  
Yorkshire Pudding

**Slow Cooked Pork Belly**  
**Rolled in Bajan Spices (GF)**  
Crispy Crackling,  
Rum & Apple Puree,  
Wholegrain Mustard Sauce

**Vegetarian Mixed**  
**Nut Roast (V/GF)**  
Squash Puree, Creole Gravy

**Bajan Sunday Platter** – Baked Chicken Leg, Macaroni Pie, Rice and Peas, Plantain, Buttered Vegetables, Coleslaw, Creole Gravy

**Catch of The Day (GF)** – Spiced Sweetcorn Chowder, Grilled New Potatoes, Roasted Caribbean Vegetables, Pickled Fennel and Fresh Grapefruit Salad

**Fish & Seafood Alfredo** – Local Fish, Shrimp, Mussels and Clams in Creamy Alfredo Sauce, Buttered Broccoli & Crispy Parmesan Wafers

**Steak Frites (Supplement \$40)** – Chargrilled 8oz Ribeye Steak (*cooked to your liking*)  
Crispy Fries, Slow Cooked Tomatoes, Roasted Mushroom, Onion Ring, Béarnaise Sauce

**Tides Caribbean Curry** – With Chicken, Local Fish, Shrimp or Vegetables, Steamed Basmati Rice, Buttered Broccoli, Fried Plantain

**Slow Braised Lamb Shank (GF)** – Creole Style Green Lentils, Creamed Sweet Potato, Grilled & Marinated Zucchini, Crispy Plantain

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### DESSERTS

**Trio of Mini Desserts** – Chocolate & Coconut Éclair, Lemon Tart, Vanilla Cheesecake & Mixed Berry Compote

**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

**Roasted Pineapple (V/GF)** – Mango Puree, Coconut Sorbet, Caramel Biscuit, Mango & Malibu Salsa

**The Tides Ice Cream Sundae** – Vanilla Ice Cream, Toasted Waffle Cone, Caramel Sauce, Chocolate Fudge, Caramel Popcorn