



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