



Rhythm & Roast Sunday Prix Fixe Menu

BBD\$185.00 per person

Spiced Squash & Coconut Soup (V)

Cilantro, Lime Crème Fraiche

Sticky Baby Back Ribs

Tamarind Glaze, Sweet Potato Salad & Red Cabbage

Chili Fried Crispy Calamari

Lemon Aioli

Local Mahi Mahi Fish Cake

Shrimp Salad, Cocktail Sauce, Cucumber & Tomato

Crispy Chili Beef

Rice Noodles, Hoisin and Sweet Chili Sauce & Sesame

Tides Greek Salad

Tomatoes, Cucumber, Red Onion, Bell Peppers, Feta Cheese

Roast Beef

Yorkshire Pudding, Roasted Duck Fat Potatoes,
Broccoli Hollandaise, Carrot Puree, Buttered Greens, Red Wine Gravy

Blackened Catch of The Day

Spiced Sweetcorn Chowder, Grilled New Potatoes, Roasted Caribbean Vegetables,
Pickled Fennel and 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)

Chili, 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, Vanilla Ice Cream, Candied Pecan Nuts

Chocolate Fudge Cake

Vanilla Ice Cream

Selection of 3 French Cheeses

Served with Chutney and Walnut & Raisin Bread, Fresh Celery, Grapes

Mr. Whippy Vanilla Soft Serve Ice Cream

Caramel Popcorn, Caramel Fudge Pieces & Butterscotch Sauce

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
PRICES ARE QUOTED IN BARBADOS DOLLARS, INCLUSIVE OF 2.5% LEVY TAX AND 10% VAT & SUBJECT TO 12.5% SERVICE CHARGE
WE ACCEPT VISA, MASTER CARD & AMERICAN EXPRESS CREDIT CARDS ONLY


 r e s t a u r a n t
A La Carte Menu

Starters

Spiced Squash & Coconut Soup (V)	\$38.00
Cilantro, Lime Crème Fraiche	
Baby Back Ribs Glazed In Sweet & Sour Tamarind	\$49.00
Potato Salad, Pickled Red Cabbage, Warm Tamarind Sauce and Pineapple Salsa	
Spanish Style Lobster Risotto Balls	\$59.00
Shellfish Gazpacho, Chorizo, Saffron & Garlic Aioli, Smoked Paprika	
Fresh Italian Buffalo Mozzarella	\$45.00
Italian Tomatoes, Basil Pesto, Garlic Croutons	
Chili Fried Crispy Calamari	\$41.00
Lemon Aioli	
Tides Caesar Salad	\$39.00
Romaine Hearts, Creamy Caesar Dressing, Parmesan, Focaccia Croutons	
Crispy Chili Beef	\$48.00
Rice Noodles, Hoisin and Sweet Chili Sauce & Sesame	
Crab Salad	\$53.00
Lightly Spiced, Avocado Guacamole, Eggplant, Chili & Lime Dressing, Plantain Chips, Mango Caviar	
Jumbo Coconut Crusted Shrimp (4)	\$48.00
Sweet Chili & 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 Fresh Grapefruit Salad	
Teriyaki Glazed Salmon Filet	\$117.00
Sticky Coconut & Ginger Rice, Tides Kimchi, Beetroot, Furikake and Mango Salsa	
Grilled Caribbean Lobster Tail	\$235.00
King Scallops, Mussels and Shrimp, Garlic & Herb Butter, Hand Cut Fries, Caesar Salad	
Rare Breed Pork Belly	\$98.00
Garlic Mashed Potatoes, Hispi Cabbage with Sweetcorn, Rum and Date Puree, Beetroot, Charcuterie Sauce	
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
Chili, Lime, Lemongrass, Basmati Rice, Fresh Coconut, Coriander	
Surf and Turf (6oz Beef Fillet & 3 King Prawns)	\$175.00
Grilled Caribbean Vegetables, Pommes Puree, Beef Gravy, Garlic and Herb Butter, Crispy Onion and Beef Jus	
Blackened Cauliflower 'Steak' (V)	\$84.00
Barrel Aged Feta Cheese, Raisin & Caper Dressing, Cauliflower Puree, Cashew Nuts and Sweet Potato Fries	
Thai Vegetable Curry (V)	\$84.00
Chili, Lime, Lemongrass, Basmati Rice, Fresh Coconut, Coriander	
Surrey Farm Beef – Two Ways (6oz Tenderloin and Slow Cooked Short Rib)	\$148.00
Parmesan & Rosemary Dauphinoise Potato, Sauté Mushroom, Broccolini, Carrot & Ainsé Puree, Black Truffle and Herb Jus	

t h e
Tides
r e s t a u r a n t
Desserts

Raspberry Soufflé Madagascar Vanilla Ice Cream, Raspberry Coulis	45		
Baked Mars Bar Cheesecake Caramel Sauce, Cocoa Nib Tuille, Vanilla Ice Cream	41		
Chocolate Tidation Flourless Chocolate Cake, Dark Chocolate Mousse, Baileys Cremeux, Espresso & Chocolate Sauce, Baileys Ice Cream	41		
Sticky Toffee Pudding Butterscotch Sauce, Brandy Snap Tuille, Vanilla Ice Cream, Candied Pecan Nuts	39		
Bread & Butter Pudding Caramelized Banana, Rum & Vanilla Sauce, Banana Ice Cream	42		
Tides Iced Chocolate Coconut Parfait Mango Salsa, Dark Chocolate Coconut, Mango Sorbet	39		
Mr. Whippy Vanilla Soft Serve Ice Cream Caramel Popcorn, Caramel Fudge Pieces & Butterscotch Sauce	34		
A Selection of Tides Ice Creams and Sorbet Fresh Fruit and Berries	30		
Dessert and Fortified Wines by The Glass			
Francescano Natura Assisi, Moscato d’Asti DOCG 2021 – Piedmont, Italy	35		
Château Simon, Sauternes 2018- Bordeaux, France	70		
Ramos Pinto, Tawny Porto- Douro Valley, Portugal NV	35		
Warre’s Otima 10yr Tawny Port, Porto – Portugal	45		
Warre’s Otima 20yr Tawny Port, Porto – Portugal	65		
Special Coffees Served with Biscotti			
Americano	12	Tides Calypso Ice Coffee	19
Cappuccino	12	Jamaica Coffee	33
Espresso	10	Irish Coffee	35
French Press Coffee	12	Baileys Coffee	35
Macchiato	12	Brandy Coffee	35
Flat White Coffee	12	Italian Coffee	35
Herbal Tea	10	Spanish Coffee	35
Latte	12	Bajan Coffee	35
Iced Latte	13	Iced Coffee	12

Ask your Waiter about our Cigar Selection

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