Tides
BARBADOS

LUNCH

Curated seasonal dishes inspired by coastal flavours.

Two Course $99 | Three Courses $135

FOR THE TABLE

Tides Artisan Bread Basket $19
Baker's Selection of Freshly Baked Breads & Crackers, Whipped Feta, Green Olive Tapenade & Smoked Salmon Rillettes

Spiced Mixed Nuts $15
Banks Beer Glaze

Fresh Maldon Oysters ..... $18 *(each)*
Passionfruit Mignonette, Wasabi Tobiko

Truffle Potato Chips $15
Lemon Aioli

STARTERS

Chilli Fried Calamari
Lemon Aioli

Buttermilk Fried Chicken Thighs
Buffalo Aioli, Pickled Jalapeño

Tomato, Watermelon & Feta Salad
Mixed Leaves, Cherry Tomatoes, Red Onion & Cucumber, Dressed in A Wholegrain Mustard Vinaigrette

MAINS

Fried Mahi Mahi Tacos
Soft Tortilla, Pickled Red Cabbage, Romaine Lettuce, Avocado, Tropical Salsa, Sour Cream, Spicy Sauce, Served with Sweet Potato Fries

Tides Caribbean Curry
Chicken, Local Fish or Vegetables + Sweet Potato
Basmati Rice, Steamed Broccoli, Crispy Plantain

Tides Handmade Beef Burger
Toasted Brioche Bun, Tomato Relish, Pepperjack Cheese, Lettuce, Red Onion, Fresh Tomato and Pickles, Served with Crispy French Fries

Maine-Style Caribbean Lobster Roll + $30
Sweet Chunks of Lobster Dressed in A Lemon and Celery Mayonnaise, Boston Lettuce, Warm Brioche Roll, Served with Crispy French Fries

DESSERTS

Sticky Toffee Pudding
Butterscotch Sauce, Vanilla Ice Cream

Baileys Bread & Butter Pudding
Rum Caramel, Banana Ice Cream

Baked Mars Bar Cheesecake
Caramel Sauce, Cocoa Nib Tuile

Selection of House-Made Ice Creams & Sorbets

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