



the
tides
restaurant

VALENTINE'S DAY

3 COURSES BBD \$249 PER PERSON

STARTERS

CAULIFLOWER SOUP

Green apple, spiced sweet corn & onion fritters

TUNA TARTARE

Fresh mango salsa, Wakami seaweed, soya sauce, wasabi mayonnaise, pickled ginger and sesame

WARM SALAD OF CRISPY SHREDDED DUCK LEG

Oranges, cucumber, roasted beets, sesame seeds, oriental dressing & fried wonton chips

PAN SEARED SEA SCALLOPS

Crispy chicken wing, Peanuts, satay sauce, radish & baby coriander shoots

CARPACCIO OF BEETROOT

Whipped feta cheese, crisp leaves, Mejdool dates, candied pecans, truffled sherry vinaigrette

MAINS

SURF AND TURF- FOR TWO PEOPLE

8oz Beef tenderloin, 8oz grilled lobster tail & 4x jumbo coconut shrimp, Cajun fries, red wine jus, garlic butter, vine tomatoes, fresh asparagus and tender stem broccoli
Supplement BBD\$ 140.00

IBERICO PORK- SERVED TWO WAYS

Buttered Savoy cabbage, caper and mustard jus, roasted carrots and rum & date purée

SAUTÉED SEABASS

Warm Mediterranean "Nicosia inspired salad" with grilled shrimps & white balsamic vinaigrette

POT ROAST CHICKEN BREAST

Parmesan and black pepper gnocchi, garden peas, white wine cream sauce, grilled peppers, crispy ham wafers

CHARRED BROCCOLI HEARTS

Pumpkin, chickpea hummus, basmati rice, red curry and pineapple sauce, salt n pepper tofu & crispy sweet potato straws





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DESSERTS

SET LEMON CURD

Meringue, fresh strawberries polenta cake, alpine strawberry sorbet

CHOCOLATE LOVERS PASSION - TO SHARE (SERVED IN TWO PARTS)

- Burbon vanilla ice cream, rum and chocolate sauce, passion fruit & marshmallows*
- 70% dark chocolate tart, passion fruit, PX sherry vinegar caramel*

WARM TOFFEE APPLE

Bramley Apple Tart, Cinnamon Ice Cream, Toffee Caramel

POACHED PEACHES

Fresh peaches, mascarpone, raspberries and Tonka bean ice cream

SELECTION OF ARTISAN FARMHOUSE CHEESES

Celery, grapes, chutney & homemade crackers

HAPPY
Valentine's
Day

PLEASE INFORM US OF ANY-ALLERGIES OR DIETARY REQUIREMENTS. (V) - VEGETARIAN
PRICES ARE QUOTED IN BARBADOS DOLLARS, INCLUSIVE OF 2.5% LEVY TAX & 10% VAT & SUBJECT TO 10% SERVICE CHARGE.
PARTIES OF 10 OR MORE ARE SUBJECT TO 12% SERVICE CHARGE.
WE ACCEPT VISA, MASTER CARD & AMERICAN EXPRESS CREDIT CARDS ONLY

