

## Lunch Menu

Two Courses – \$99 | Three Courses – \$135

### For the Table

#### Beer-Glazed Mixed Nuts (V/GF) \$15

Peanuts, cashews, pecans & walnuts, roasted and glazed in a Banks beer glaze

#### Hand-Cut Truffle Potato Crisps (V/GF) \$12

Lemon aioli

#### Jersey Rock Oysters (subject to availability) \$16 each

Spicy Bloody Mary dressing, caviar

### Starters

**Crispy Fried Calamari** Marinated in hot pepper, served with lemon aioli

**Spiced Carrot & Coconut Soup (V)** Cilantro, lime crème fraîche

**Slow-Cooked Hoisin Pork Spring Roll** Stir-fried vegetables, pineapple & tamarind purée, crunchy Asian salad

**Fresh Caribbean Tuna Tartare** Spicy watermelon & tomato gazpacho, avocado, compressed & pickled melon, fresh cilantro, served with sesame rice crackers

**Bajan Pumpkin Fritters (V.)** Hot pepper & chive cream cheese, dressed beetroot & carrot

### Salads

(can be chosen as a starter or larger main course size)

**Tides Oriental Salad (V.)** Mixed leaves, cucumber, red onion, sweet peppers, mushrooms, mandarin orange, crushed nuts & crispy wonton, dressed in sesame, ginger & soy

**Tomato, Watermelon & Feta Salad (V/GF)** Mixed leaves, avocado, red onion & cucumber, dressed in a wholegrain mustard vinaigrette

**Beetroot & Roasted Pumpkin Salad (VE/GF)** Mixed leaves, quinoa, dried cranberries, clementines & toasted seeds, dressed in honey & wholegrain mustard vinaigrette

#### Add to any main-course salad:

Chicken + \$20

Halloumi cheese (V.) + \$20

Fresh catch of the day + \$30

Shrimp (6) + \$30

### Mains

**Flying Fish Tacos (2)** Soft tortillas, marinated cabbage, lettuce, guacamole, mango salsa, sour cream & spicy sauce, served with Cajun-spiced sweet potato crisps

**Chicken Alfredo Linguine** Creamy tossed pasta, served with steamed broccoli & crispy Parmesan wafers

**Tides Homemade Beef Burger** Toasted sesame brioche, tomato relish, Pepper Jack cheese, crispy onion ring, lettuce, tomato & dill pickle, served with French fries

**British Style Fish & Chips (GF)** Crispy beer-battered fish, chips, crushed minted peas & homemade tartare sauce

**Ultimate Club Sandwich** Three layers of white toast, roasted chicken, fried heritage egg, streaky bacon, lettuce & tomato, dressed with lemon aioli, served with French fries

**Tides Caribbean Curry** (with chicken, local fish or vegetables & sweet potato) served with basmati rice, steamed broccoli & plantain

#### Herb-Crusted Roasted Eggplant (VE)

Caponata vegetables, tomato & basil sauce, grilled zucchini, served with roasted new potatoes

Desserts

**Baileys Tiramisu**

Soaked ladyfingers, coffee liqueur, Baileys, chocolate glaze & vanilla Chantilly cream

**Baileys Bread & Butter Pudding**

Caramelized banana, rum & vanilla sauce, served with a choice of banana ice cream or Rodda's Cornish clotted cream

**Sticky Toffee Pudding**

Butterscotch sauce, brandy snap tuile, candied pecans, served with a choice of vanilla ice cream or Rodda's Cornish clotted cream

**Baked Mars Bar Cheesecake**

Caramel sauce, cocoa nib tuile & vanilla ice cream

**Selection of Tides Homemade Ice Creams & Sorbets (VE)**

Fresh fruit & berries