

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