



DAILY LUNCH MENU

Curated seasonal dishes inspired by coastal flavours.

Two Course \$99 | Three Courses \$135

FOR THE TABLE

Jersey Rock Oysters \$18 each
Passionfruit Mignonette,
Wasabi Tobiko

Tides Artisan Bread Basket \$19
Bakers' Selection of
Freshly Baked Breads &
Crackers, Whipped Feta, Green
Olive Tapenade & Smoked
Salmon Rilletes

Spiced Mixed Nuts \$15
Roasted in A Banks Beer Glaze

Truffle Potato Chips \$15
Lemon Aioli

STARTERS

Chilli Fried Crispy Calamari
Sliced Peppers & 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

OPTIONAL UPGRADES

Spicy Seafood Linguini
Crab, Shrimp, Mussels & Clams,
Blistered Cherry Tomatoes, White
Wine, Scotch Bonnet Butter, Charred
Lemon
+ \$28

Steak Frites
12oz USDA Black Angus Ribeye
Steak, Crispy Fries,
Peppercorn Sauce
+ \$60

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

SOMETHING SWEET

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