

t h e

Tides

r e s t a u r a n t

PRE FIXE LUNCH MENU

2 COURSES - BDS \$95.00

3 COURSES - BDS \$119.00



STARTERS

SPICED CARROT & COCONUT SOUP (V)

Curried Eggplant, Lime Crème Fraiche

CRISPY FRIED CHICKEN WINGS

*Glazed in BBQ Sauce, Sweet Potato Salad,
Red Cabbage, Warm BBQ Sauce*

FRIED CALAMARI

Chili Aioli Dip, Lemon

CHEF'S SALAD

Mixed Leaves, Artichokes, Apples, Grapes, Creme Fraiche Dressing,
roasted Hazelnuts, Parmesan Cheese

CHILLED SHRIMP & TOMATO SALAD

Cucumber, Baby Gem Lettuce, Cocktail Sauce, Fancy Tomatoes

TIDES CAESAR SALAD

*Bacon, Romaine Hearts, Creamy Caesar Dressing,
Parmesan, Focaccia Croutons*



MAINS

CATCH OF THE DAY

*Tides Jerked Sweet Potato Fishcake, Spinach, Kale,
Zucchini Ribbons, Squash & Ginger Sauce*

FLYING FISH TACOS

*Marinated Cabbage, Romaine Lettuce, Avocado Mango Salsa, Sour
Cream, Spicy Sauce, Sweet Potato Fries in Mexican Spices*

SCOTTISH MUSSELS COOKED IN COCONUT MILK

Garlic, Ginger, Lime Leaf, Chili, Sweet Potato Fries

CHICKEN ALFREDO LINGUINI

Broccoli & Aged Parmesan

TIDES DOUBLE BEEF CHEESEBURGER

*Brioche Bun, Lettuce, Pickles, Tomato, Big Mac Sauce,
Crispy Onion & Hand Cut Fries*

THAI VEGETABLE CURRY (V) - ADD CHICKEN

Chili, Lime, Lemongrass, Basmati Rice, Fresh Coconut, Coriander

SRI LANKAN PUMPKIN AND COCONUT CURRY (V)

Scallions, Chili and Cilantro, Wild Rice, Chutney and Poppadoms



DESSERTS

FLAMBED TRADITIONAL WARM PLUM PUDDING

Brandy Creme Anglais, Christmas Cake Ice Cream

MANGO & VANILLA CHEESECAKE

Coconut and Brandy Snap

TONKA BEAN PANNA COTTA

Raspberries, Raspberry Sorbet, Ginger Snaps

TIDATION

*Layers of Flourless Chocolate Cake, Glazed Dark Chocolate Mousse,
Baileys and Espresso Foam*

SPICED STICKY TOFFEE PUDDING

*Butterscotch Sauce, Caramelized Bananas, Roasted Pecan Nuts,
Vanilla Ice Cream*

SELECTION OF HOMEMADE ICE CREAMS & SORBETS

Offered By Your Server