

# Tides

## A LA CARTE

### SMALL BITES

**Tides Artisan Bread Basket** \$19  
Baker's Selection of Freshly Baked Breads & Crackers, Whipped Feta, Green Olive Tapenade & Smoked Salmon Rillettes

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

**Spiced Mixed Nuts** \$15  
Banks Beer Glaze

**Truffle Potato Chips** \$15  
Lemon Aioli

### STARTERS

**Tartare of Fresh Caribbean Tuna** \$55  
Spicy Watermelon & Tomato Gazpacho, Avocado, Pickled Melon, Served with Sesame Rice Crackers

**Spiced Carrot & Coconut Soup** \$42  
Cilantro, Lime Crème Fraîche

**Duo of BBQ Baby Back Ribs & Honey Glazed Chicken Wings** \$54  
Sweet Potato Salad, Marinated Cabbage, Rum and Apple Purée

**Crispy Chili Beef** \$56  
Sesame Dressed Rice Noodles, Hoisin & Sweet Chilli Sauce

**Coconut Crusted Shrimp (4)** \$54  
Mango & Sweet Chili Dip, Fresh Lime

**Tides Caesar Salad** \$40  
Romaine Hearts, Creamy Caesar Dressing, Parmesan & Focaccia Croutons

**Chilli Fried Calamari** \$45  
Lemon Aioli

**Italian Buffalo Mozzarella** \$52  
Dressed Cherry Tomatoes, Fresh Basil, Garlic Croutons

### FROM THE SEA & LAND

**Bajan Spiced Pork Belly, Glazed in Rum and Maple** \$84  
Pancetta, White Beans and Wholegrain Mustard Stew, Sweet Pepper and Pineapple Chutney

**Crispy Coconut Chicken** \$85  
Green Papaya & Carrot Kimchi, Finished with a Fragrant Peanut Satay Sauce

**Mushroom Risotto *VE*** \$78  
Mixed Mushrooms, Buffalo Mozzarella, Tempura Oyster Mushroom, Fresh Herb Pesto, Finished with Rocket and Parmesan

**Slow Braised Lamb Shank** \$88  
Creole Style Green Lentils, Crispy Plantain

**Whole Butterflied Seabass** \$115  
Seasoned with Lemon Pepper, Spiced Brown Shrimp Butter

**Thai Green Curry with Sweet Potato & Vegetables *VE*** \$85  
Lemongrass, Lime Leaves, Basmati Rice, Fresh Coconut & Fried Plantain

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

# tides

## A LA CARTE

### FROM THE GRILL

Each steak is complemented by your choice of sauce

**Surrey Farm Beef Tenderloin** (225g) **\$130**

**Surrey Farm Ribeye Steak** (340g) **\$135**

**Snake River Gold Wagyu Striploin** (285g) **\$220**

### SIGNATURE DISHES

**Catch of the Day** **\$86**  
Spiced Sweetcorn Chowder,  
Pickled Fennel & Grapefruit Salad

**Crispy Chili Beef** **\$105**  
Sesame Dressed Rice Noodles,  
Hoisin & Sweet Chilli Sauce

**Tides Caribbean Curry** **\$96**  
Fresh Coconut, Basmati Rice,  
Steamed Broccoli, Fried Plantain.  
*With*  
*Chicken | Local Fish | Shrimp*

**Grilled Caribbean Lobster Tail** **\$205**  
Served with Pan Seared Shrimp  
(3) And Scallops (3), Finished with  
Garlic and Herb Butter

**1 2kg T-Bone Steak** **\$260**  
(For 2 People)

### SIDES TO SHARE

SIDES \$25

**French Fries Sweet Potato Fries**

**Rodda's Clotted Cream Mashed Potato**

**Fragrant Basmati Rice**  
Spiced Butter, crispy shallots

SIDES \$35

**Three Cheese Pasta Gratin**

**Local Steamed Vegetables**  
Tossed in Tarragon Butter

**Tomato, Watermelon & Feta Salad**  
Fresh Rocket, Balsamic Dressing

**Roasted Cauliflower Florets**  
Chilli Miso Dressing, Coconut &  
Seaweed Crumb

**Green Bean Casserole**  
Sautéed Green Beans &  
Mushrooms, Crispy Shallots

**Chargrilled Sweet Potatoes**  
Hot Honey, Creamy Garlic  
Yoghurt Dressing

**Roasted Beetroot Salad**  
Whipped Blue Cheese, Mixed  
Leaves, Mustard Dressing,  
Candied Pecans

SAUCES \$15

**Green Peppercorn Sauce**

**Red Wine Jus**

**Béarnaise Sauce**

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