

## SUNDAY LUNCH MENU

BBD\$135.00 per person

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### STARTERS

#### SPICED CARROT & COCONUT SOUP (V)

*Curried Eggplant, Lime Crème Fraiche*

#### SCOTTISH SALMON FISHCAKES

*Lobster Gazpacho & Aioli*

#### CHEF'S SALAD (V)

*Mixed Leaves, Artichoke, Apple, Grapes, Crème Fraiche Dressing,  
Roasted Hazelnuts & Parmesan Cheese*

#### CRISPY FRIED CHICKEN WINGS

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

#### TIDES CAESAR SALAD

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

#### TARTARE OF FRESH CARIBBEAN TUNA

*Wakame Seaweed, Radish, Wasabi, Sesame Seeds*

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### MAINS

#### ROAST BEEF

*Yorkshire Pudding, Roasted Duck Fat Potatoes, Broccoli Hollandaise,  
Carrot Puree, Buttered Greens, Red Wine Gravy*

#### MISO BLACKENED SCOTTISH SALMON FILLET

*Sweet Potatoes, Finely Shredded Vegetables  
in a Chili & Sesame Dressing, Fresh Mango Sauce*

#### GRILLED CATCH OF THE DAY

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

#### SLOW COOKED PULLED PORK

*Creamed Mash Potatoes, Buttered Savoy Cabbage, Beetroot, Roast  
Carrots, Caramelized Apple Puree, Cider & Mustard Cream Sauce*

#### ROAST CHICKEN BREAST

*Parmesan & Black Pepper Gnocchi, Grilled Peppers, Peas, Parmesan  
Cream Sauce, Crispy Prosciutto Ham*

#### SRI LANKAN PUMPKIN & COCONUT CURRY (V)

*Scallions, Chili, Cilantro, Wild Rice, Mango Chutney & Poppadoms*

## DESSERTS

### MANGO & VANILLA CHEESECAKE

*Coconut & Ginger Snap*

### TIDES CREAM PUFF

*Fresh Strawberries, Pistachios, Strawberry Ice Cream*

### SPICED DATE PUDDING

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

### TIDATION

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

### TIDES CARROT CAKE

*Caramelized Confit Orange, Walnut & Pecan Parline, Spiced Cream  
Cheese*

### SELECTION OF FRESHLY CHURNED ICE CREAMS & SORBETS