



Rhythms & Roast Sunday Lunch Menu

BBD\$155.00 per person

STARTERS

Spiced Squash & Coconut Soup
Cilantro, Lime Creme Fraiche

Oriental Salad (V)
Mixed Leaves, Smoked Gouda Cheese, Mandarins, Peanuts,
Mushrooms, Ginger & Sesame Dressing

Chili Fried Crispy Calamari
Lemon Aioli

Tides Caesar Salad
Romaine Hearts, Creamy Caesar Dressing,
Parmesan, Focaccia Croutons

Baby Back Ribs Glazed In Sweet & Sour Tamarind
Potato Salad, Pickled Red Cabbage, Warm Tamarind Sauce
& Pineapple Salsa

Chilled Shrimp & Tomato Salad
Cucumber, Baby Gem Lettuce, Cocktail Sauce, Fancy Tomatoes

MAINS

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

Scottish Mussels Cooked In Coconut Milk
Garlic, Ginger, Lime Leaf, Chili, Hand Cut Potato Fries

Blackened Catch of the Day
Grilled Pesto Vegetables, Sautéed Potatoes,
Tomato Fondue & Garlic Aioli

Bombay Inspired Slow Cooked Lamb Shank
Basmati Rice, Local Vegetables, Sweet Pepper Chutney, Plantain, Marsala Curry
Sauce, Yogurt & Poppadoms



Caribbean Style Chicken Breast
Red Beans & Rice, Vegetables, Macaroni Pie,
Fried Plantain, Coleslaw, Creole Gravy

Blackened Cauliflower 'Steak' (V)
Barrel Aged Feta Cheese, Raisin & Caper Dressing,
Cauliflower Puree, Cashew Nuts and Sweet Potato Fries

DESSERTS

Strawberry Cheesecake
Fresh Strawberries, Strawberry Sorbet

Sticky Toffee Pudding
Butterscotch Sauce, Brandy Snap,
Vanilla Ice Cream, Candied Pecan Nuts

Bread & Butter Pudding
Caramelized Banana, Rum & Vanilla Sauce, Banana Ice Cream

Honey & White Chocolate Delice
Banana Ice Cream, Honey Tuile

Mr. Whippy Vanilla Soft Serve Ice Cream
Caramel Popcorn, Caramel Fudge Pieces & Butterscotch Sauce

Selection of 3 French Cheeses
Served with Chutney and Walnut & Raisin Bread,
Fresh Celery, Grapes

Selection of Homemade Sorbets