



## Rhythm & Roast Sunday Prix Fixe Menu

BBD\$185.00 per person

**Spiced Squash & Coconut Soup (V)**

Cilantro, Lime Crème Fraiche

**Sticky Baby Back Ribs**

Tamarind Glaze, Sweet Potato Salad & Red Cabbage

**Chili Fried Crispy Calamari**

Lemon Aioli

**Local Mahi Mahi Fish Cake**

Shrimp Salad, Cocktail Sauce, Cucumber & Tomato

**Crispy Chili Beef**

Rice Noodles, Hoisin and Sweet Chili Sauce & Sesame

**Tides Greek Salad**

Tomatoes, Cucumber, Red Onion, Bell Peppers, Feta Cheese

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**Roast Beef**

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

**Blackened Catch of The Day**

Spiced Sweetcorn Chowder, Grilled New Potatoes, Roasted Caribbean Vegetables,  
Pickled Fennel and Grapefruit Salad

**Flying Fish Tacos**

Soft Tortilla, Marinated Cabbage, Romaine Lettuce, Avocado, Mango Salsa, Sour Cream,  
Spicy Sauce, Sweet Potato Crisps in Mexican Spices

**Chicken Alfredo Linguini**

Broccoli & Aged Parmesan

**Tides Double Beef Cheeseburger**

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

**Thai Chicken OR Vegetable Curry (Shrimp +BDS\$25)**

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

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**Baked Mars Bar Cheesecake**

Caramel Sauce, Cocoa Nib Tuille, Vanilla Ice Cream

**Sticky Toffee Pudding**

Butterscotch Sauce, Brandy Snap Tuille, Vanilla Ice Cream, Candied Pecan Nuts

**Chocolate Fudge Cake**

Vanilla Ice Cream

**Selection of 3 French Cheeses**

Served with Chutney and Walnut & Raisin Bread, Fresh Celery, Grapes

**Mr. Whippy Vanilla Soft Serve Ice Cream**

Caramel Popcorn, Caramel Fudge Pieces & Butterscotch Sauce

**A Selection of Tides Ice Creams & Sorbet**

Fresh Fruit and Berries

PLEASE INFORM US OF ANY ALLERGIES OR DIETARY REQUIREMENTS. (V) - REPRESENTS VEGAN & VEGETARIAN DISHES  
PRICES ARE QUOTED IN BARBADOS DOLLARS, INCLUSIVE OF 2.5% LEVY TAX AND 10% VAT & SUBJECT TO 12.5% SERVICE CHARGE  
WE ACCEPT VISA, MASTER CARD & AMERICAN EXPRESS CREDIT CARDS ONLY

  
 r e s t a u r a n t  
*A La Carte Menu*

**Starters**

|  |         |
|--|---------|
| <b>Spiced Squash &amp; Coconut Soup (V)</b>  | \$38.00 |
| Cilantro, Lime Crème Fraiche   |         |
| <b>Baby Back Ribs Glazed In Sweet &amp; Sour Tamarind</b>  | \$49.00 |
| Potato Salad, Pickled Red Cabbage, Warm Tamarind Sauce and Pineapple Salsa                       |         |
| <b>Spanish Style Lobster Risotto Balls</b>   | \$59.00 |
| Shellfish Gazpacho, Chorizo, Saffron & Garlic Aioli, Smoked Paprika                              |         |
| <b>Fresh Italian Buffalo Mozzarella</b>  | \$45.00 |
| Italian Tomatoes, Basil Pesto, Garlic Croutons   |         |
| <b>Chili Fried Crispy Calamari</b>   | \$41.00 |
| Lemon Aioli  |         |
| <b>Tides Caesar Salad</b>  | \$39.00 |
| Romaine Hearts, Creamy Caesar Dressing, Parmesan, Focaccia Croutons                              |         |
| <b>Crispy Chili Beef</b>   | \$48.00 |
| Rice Noodles, Hoisin and Sweet Chili Sauce & Sesame  |         |
| <b>Crab Salad</b>  | \$53.00 |
| Lightly Spiced, Avocado Guacamole, Eggplant, Chili & Lime Dressing, Plantain Chips, Mango Caviar |         |
| <b>Jumbo Coconut Crusted Shrimp (4)</b>  | \$48.00 |
| Sweet Chili & Mango Dip  |         |
| <b>Warm Salad of Creole Spiced Octopus</b>   | \$51.00 |
| Heirloom Tomatoes, Baby New Potatoes, Capers, Red Onions, Herb Emulsion, Fresh Dill              |         |

**Mains**

|   |                   |
|---|-------------------|
| <b>Catch Of The Day</b>   | \$95.00           |
| Spiced Sweetcorn Chowder, Grilled New Potatoes, Roasted Caribbean Vegetables, Pickled Fennel and Fresh Grapefruit Salad |                   |
| <b>Teriyaki Glazed Salmon Filet</b>   | \$117.00          |
| Sticky Coconut & Ginger Rice, Tides Kimchi, Beetroot, Furikake and Mango Salsa  |                   |
| <b>Grilled Caribbean Lobster Tail</b>   | \$235.00          |
| King Scallops, Mussels and Shrimp, Garlic & Herb Butter, Hand Cut Fries, Caesar Salad                                   |                   |
| <b>Rare Breed Pork Belly</b>  | \$98.00           |
| Garlic Mashed Potatoes, Hispi Cabbage with Sweetcorn, Rum and Date Puree, Beetroot, Charcuterie Sauce                   |                   |
| <b>Roast Chicken Breast with Moroccan Seasoning</b>   | \$89.00           |
| Parmesan & Black Pepper Gnocchi, Garden Peas, White Wine Cream Velouté, Crispy Prosciutto Ham                           |                   |
| <b>Slow Braised Lamb Shank</b>  | \$98.00           |
| Creole Style Green Lentils, Creamed Sweet Potato, Grilled and Marinated Zucchini, Crispy Plantain                       |                   |
| <b>Tides Curry with Chicken or Shrimp</b>   | \$93.00 / \$98.00 |
| Chili, Lime, Lemongrass, Basmati Rice, Fresh Coconut, Coriander   |                   |
| <b>Surf and Turf (6oz Beef Fillet &amp; 3 King Prawns)</b>  | \$175.00          |
| Grilled Caribbean Vegetables, Pommes Puree, Beef Gravy, Garlic and Herb Butter, Crispy Onion and Beef Jus               |                   |
| <b>Blackened Cauliflower 'Steak' (V)</b>  | \$84.00           |
| Barrel Aged Feta Cheese, Raisin & Caper Dressing, Cauliflower Puree, Cashew Nuts and Sweet Potato Fries                 |                   |
| <b>Thai Vegetable Curry (V)</b>   | \$84.00           |
| Chili, Lime, Lemongrass, Basmati Rice, Fresh Coconut, Coriander   |                   |
| <b>Surrey Farm Beef – Two Ways (6oz Tenderloin and Slow Cooked Short Rib)</b>   | \$148.00          |
| Parmesan & Rosemary Dauphinoise Potato, Sauté Mushroom, Broccolini, Carrot & Ainsé Puree, Black Truffle and Herb Jus    |                   |

t i d e s  
*Tides*  
 r e s t a u r a n t  
*Desserts*

|   |           |                          |    |
|---|-----------|--------------------------|----|
| <b>Raspberry Soufflé (GF)</b>   | <b>45</b> |                          |    |
| Madagascar Vanilla Ice Cream, Raspberry Coulis  |           |                          |    |
| <b>Baked Mars Bar Cheesecake</b>  | <b>41</b> |                          |    |
| Caramel Sauce, Cocoa Nib Tuille, Vanilla Ice Cream  |           |                          |    |
| <b>Chocolate Tidation</b>   | <b>41</b> |                          |    |
| Flourless Chocolate Cake, Dark Chocolate Mousse, Baileys Cremeux, Espresso & Chocolate Sauce, Baileys Ice Cream |           |                          |    |
| <b>Sticky Toffee Pudding</b>  | <b>39</b> |                          |    |
| Butterscotch Sauce, Brandy Snap Tuille, Vanilla Ice Cream, Candied Pecan Nuts                                   |           |                          |    |
| <b>Bread &amp; Butter Pudding</b>   | <b>42</b> |                          |    |
| Caramelized Banana, Rum & Vanilla Sauce, Banana Ice Cream   |           |                          |    |
| <b>Tides Iced Dark Chocolate Coconut Parfait (GF)</b>   | <b>39</b> |                          |    |
| Malibu Mango Salsa, Coconut Crumb, Mango Sorbet   |           |                          |    |
| <b>Mr. Whippy Vanilla Soft Serve Ice Cream</b>  | <b>34</b> |                          |    |
| Caramel Popcorn, Caramel Fudge Pieces & Butterscotch Sauce  |           |                          |    |
| <b>A Selection of Tides Ice Creams and Sorbet</b>   | <b>30</b> |                          |    |
| Fresh Fruit and Berries   |           |                          |    |
| <b>Dessert and Fortified Wines by The Glass</b>   |           |                          |    |
| Francescano Natura Assisi, Moscato d’Asti DOCG 2021 – Piedmont, Italy   | 35        |                          |    |
| Château Simon, Sauternes 2018- Bordeaux, France   | 70        |                          |    |
| Ramos Pinto, Tawny Porto- Douro Valley, Portugal NV   | 35        |                          |    |
| Warre’s Otima 10yr Tawny Port, Porto – Portugal   | 45        |                          |    |
| Warre’s Otima 20yr Tawny Port, Porto – Portugal   | 65        |                          |    |
| <b>Special Coffees Served with Biscotti</b>   |           |                          |    |
| Americano   | 12        | Tides Calypso Ice Coffee | 19 |
| Cappuccino  | 12        | Jamaica Coffee           | 33 |
| Espresso  | 10        | Irish Coffee             | 35 |
| French Press Coffee   | 12        | Baileys Coffee           | 35 |
| Macchiato   | 12        | Brandy Coffee            | 35 |
| Flat White Coffee   | 12        | Italian Coffee           | 35 |
| Herbal Tea  | 10        | Spanish Coffee           | 35 |
| Latte   | 12        | Bajan Coffee             | 35 |
| Iced Latte  | 13        | Iced Coffee              | 12 |

**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.  
 Parties of 10 or more subject to 12.5% Service Charge

