



LUNCH MENU

2 COURSE MENU \$135

3 COURSE MENU \$165

Spiced Carrot & Coconut Soup (M)

Cilantro, Lime Crème Fraiche

Crispy Pulled Pork & Sweet Potato Croquettes

Chilli Miso Dressing, Pickled Cucumber

Chilli Fried Crispy Calamari

Lemon Aioli

Fresh Caribbean Tuna Tartare

Spicy Watermelon & Tomato Gazpacho, Avocado, Compress & Pickled Melon,
Fresh Cilantro Served with Sesame Rice Crackers

Tides Caesar Salad

Romaine Hearts, Creamy Caesar Dressing, Parmesan, Focaccia Croutons

Blackened Catch of the Day

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

Homemade Beef Burger In A Sesame Brioche Bun

Smoked Gouda Cheese, Tomato Relish, Crispy Onion Ring, Lettuce, Tomatoes and Pickle,
Served with French Fries

Tides Caribbean Curry with Chicken or Local Fish (Shrimp +BDS\$25)

Fresh Coconut, Basmati Rice, Steamed Broccoli & Fried Plantain

Baked Mars Bar Cheesecake

Caramel Sauce, Cocoa Nib Tuille, Vanilla Ice Cream

Sticky Toffee Pudding

Butterscotch Sauce, Brandy Snap Tuille, Candied Pecan Nuts,
Served with Vanilla Ice Cream or Roddas Cornish Clotted Cream

Bread & Butter Pudding

Caramelized Banana, Rum & Vanilla Sauce,
Served with Banana Ice Cream or Roddas Cornish Clotted Cream

Baileys Tiramisu

Lady Fingers, Coffee Liqueur, Baileys, Chocolate Glaze, Vanilla Chantilly

A Selection Of Tides Ice Creams & Sorbet

Fresh Fruit and Berries

PLEASE INFORM US OF ANY ALLERGIES OR DIETARY REQUIREMENTS.

(M) - REPRESENTS VEGAN & VEGETARIAN DISHES (GF) - REPRESENTS GLUTEN FREE DISHES

PRICES ARE QUOTED IN BARBADOS DOLLARS, INCLUSIVE OF 2.5% LEVY TAX AND 10% VAT & SUBJECT TO 12.5% SERVICE CHARE
WE ACCEPT VISA, MASTER CARD & AMERICAN EXPRESS CREDIT CARDS ONLY