



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

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 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

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

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

A La Carte Menu

Starters

Spiced Squash & Coconut Soup (V)	\$38.00
Cilantro, Lime Crème Fraiche	
Baby Back Ribs Glazed In Sweet & Sour Tamarind	\$49.00
Potato Salad, Pickled Red Cabbage, Warm Tamarind Sauce and Pineapple Salsa	
Spanish Style Lobster Risotto Balls	\$59.00
Shellfish Gazpacho, Chorizo, Saffron & Garlic Aioli, Smoked Paprika	
Fresh Italian Buffalo Mozzarella	\$45.00
Eggplant Caponata, Torched Artichokes, Chilli and Garlic Honey and Chargrilled Focaccia	
Chili Fried Crispy Calamari	\$41.00
Lemon Aioli	

Tides Caesar Salad \$39.00
Romaine Hearts, Creamy Caesar Dressing, Parmesan, Focaccia Croutons

Crispy Chili Beef \$48.00
Rice Noodles, Hoisin and Sweet Chili Sauce & Sesame

Crab Salad \$53.00
Lightly Spiced, Avocado Guacamole, Eggplant, Chili & Lime Dressing, Plantain Chips,
Mango Caviar

Jumbo Coconut Crusted Shrimp (4) \$48.00
Sweet Chili & Mango Dip

Warm Salad of Creole Spiced Octopus \$51.00
Heirloom Tomatoes, Baby New Potatoes, Capers, Red Onions, Herb Emulsion, Fresh Dill

Mains

Catch Of The Day \$95.00
Spiced Sweetcorn Chowder, Grilled New Potatoes, Roasted Caribbean Vegetables,
Pickled Fennel and Fresh Grapefruit Salad

Teriyaki Glazed Salmon Filet \$117.00
Sticky Coconut & Ginger Rice, Tides Kimchi, Beetroot, Furikake and Mango Salsa

Grilled Caribbean Lobster Tail \$235.00
King Scallops, Mussels and Shrimp, Garlic & Herb Butter, Hand Cut Fries, Caesar Salad

Bajan Spiced Pork Belly Glazed In Maple Syrup & Rum \$98.00
Pancetta, White Beans and Wholegrain Mustard Stew, Leek Smoked Cheese and
Potato Croquette, Hispi Cabbage, Sweet Pepper and Pineapple Chutney

Roast Chicken Breast with Moroccan Seasoning \$89.00
Parmesan & Black Pepper Gnocchi, Garden Peas, White Wine Cream Velouté,
Crispy Prosciutto Ham

Slow Braised Lamb Shank \$98.00

Creole Style Green Lentils, Creamed Sweet Potato, Grilled and Marinated Zucchini,
Crispy Plantain

Tides Curry with Chicken or Shrimp \$93.00 / \$98.00
Chili, Lime, Lemongrass, Basmati Rice, Fresh Coconut, Coriander

Surf and Turf (6oz Beef Fillet & 3 King Prawns) \$175.00
Grilled Caribbean Vegetables, Pommes Puree, Beef Gravy, Garlic and Herb Butter,
Crispy Onion and Beef Jus

Blackened Cauliflower 'Steak' (V) \$84.00
Barrel Aged Feta Cheese, Raisin & Capers Dressing, Cauliflower Puree,
Cashew Nuts and Sweet Potato Fries

Thai Vegetable Curry (V) \$84.00
Chili, Lime, Lemongrass, Basmati Rice, Fresh Coconut, Coriander

**Surrey Farm Beef – Two Ways (6oz Tenderloin and Slow Cooked
Short Rib)** \$148.00
Parmesan & Rosemary Dauphinoise Potato, Sauté Mushroom, Broccolini,
Carrot & Ainsie Puree, Black Truffle and Herb Jus

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