

the  
*Tides*  
r e s t a u r a n t

## STARTERS

**SPICED CARROT & COCONUT SOUP - \$45**

*Cilantro, Lime Crème Fraiche*

**COMBO OF BBQ BABY BACK RIBS & HONEY GLAZED CHICKEN WINGS - \$52**

*Sweet Potato Salad, Marinated Cabbage and Rum & Apple Puree*

**CURRIED CRAB, SALTFISH & SWEETCORN CAKE - \$51**

*Spicy Pickled Cucumber, Fennel & Red Onions, Lime and Mint Dressing*

**ITALIAN BUFFALO MOZZARELLA - \$49**

*Eggplant Caponata, Cheese Sable, Cherry Tomatoes, Basil Pesto & Balsamic Reduction*

**CHILI FRIED CRISPY CALAMARI - \$45**

*Lemon Aioli*

**TIDES CAESAR SALAD - \$40**

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

**CRISPY CHILI BEEF - \$52**

*Rice Noodles, Hoisin and Sweet Chili Sauce & Sesame*

**TARTARE OF FRESH CARIBBEAN TUNA - \$53**

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

**JUMBO COCONUT CRUSTED SHRIMP (4) - \$51**

*Sweet Chili & Mango Dip*

**BLACKENED & PAN-SEARED OCTOPUS - \$58**

*Spicy Sausage & Potato Hash, Harissa Aioli, Pickled Red Onion,  
Green Herb & Garlic Dressing*

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## MAINS

### CATCH OF THE DAY - \$98

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

### ATLANTIC SALMON FILLET - \$115

Crusted in Seaweed, Sesame & Coconut, Salmon & Shrimp Gyoza, Chilli Miso,  
Mango Salsa, Stir Fried Vermicelli Noodles, Charred Broccoli, Coconut, Lemongrass & Cilantro Broth

### WHOLE BUTTERFLIED SEABASS - \$125

Seasoned with Lemon and Pepper, Brown Butter, Vine Tomato, Red Onion and Caper Salad,  
Reduced Balsamic & Buttered New Potatoes

### BAJAN SPICED PORK BELLY GLAZED IN MAPLE SYRUP & RUM - \$98

Pancetta, White Beans and Wholegrain Mustard Stew, Leek Smoked Cheese and Potato Croquette,  
Hispi Cabbage, Sweet Pepper & Pineapple Chutney

### CRISPY COCONUT CHICKEN BREAST - \$95

Cucumber, Mango and Sweet Peppers Dressed in Asian Vinaigrette, Peanut Satay Sauce,  
Served with Stir Fried Vegetable Rice

### SLOW BRAISED LAMB SHANK - \$98

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

### TIDES CARIBBEAN CURRY WITH CHICKEN OR LOCAL FISH OR SHRIMP - \$95 / \$93 / \$98

Fresh Coconut, Basmati Rice, Steamed Broccoli & Fried Plantain

### SURF & TURF (6oz BEEF FILLET & 3 KING PRAWNS) - \$175

Grilled Caribbean Vegetables, Pommes Puree, Beef Gravy,  
Garlic & Herb Butter, Crispy Onion and Beef Jus

### ROASTED SURREY FARM BEEF TENDERLOIN - \$145

Lyonaise Potato, Buttered Leeks, Roasted Pumpkin Puree, Tempura Local Mushrooms,  
Finished with a Rich Dianne Sauce

### MUSHROOM RISOTTO - \$84

Mixed Mushrooms, Buffalo Mozzarella, Tempura Oyster Mushroom, Fresh Herb Pesto

### SWEET POTATO & VEGETABLE THAI CURRY (V) - \$88

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

PLEASE INFORM US OF ANY ALLERGIES OR DIETARY REQUIREMENTS. (V) - REPRESENT VEGAN AND 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, MASTERCARD & AMERICAN EXPRESS CREDIT CARDS ONLY