



## 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*



## 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, Pommies Puree, Beef Gravy,  
Garlic & Herb Butter, Crispy Onion and Beef Jus*

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

*Lyonnais 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*