



VALENTINE'S LUNCH MENU

2 courses BBD \$135.00 | 3 courses BBD \$ 175.00

Starters

ROASTED VINE TOMATO SOUP
Ricotta dumplings, basil pesto (V\GF)

BBQ BABY BACK RIBS AND HONEY GLAZED CHICKEN WINGS
Sweet potato salad, marinated cabbage, rum and apple puree

FRESH CARIBBEAN TUNA TARTARE
Spicy Watermelon & Tomato Gazpacho, Avocado, Pickled Melon, Fresh Cilantro Served with Sesame Rice Crackers

TIDES ORIENTAL SALAD
Mixed leaves, cucumber, red onion, sweet peppers, mushrooms, mandarin orange, crushed nuts & crispy wonton, dressed in sesame, ginger & soy (V)

CRISPY CHILLI BEEF
Rice Noodles, Hoisin and Sweet Chili Sauce & Sesame

CHILI FRIED CRISPY CALAMARI (GF)
Marinated in Hot Pepper, Served with Lemon Aioli (GF)

Mains

BLACKENED CATCH OF THE DAY
Spiced sweetcorn chowder, grilled new potatoes, Roasted vegetables, pickled grapefruit and fennel salad (GF)

FLYING FISH TACOS
Pickled red cabbage, lettuce, Guacamole, mango salsa, spicy sauce, sour cream, sweet potato crisps seasoned in Cajun spices

FISH & SEAFOOD ALFREDO
Local Fish, Shrimp, Mussels and Clams in Creamy Alfredo Sauce, Buttered Broccoli & Crispy Parmesan Wafers

JERK PORK LOIN
Curried split pea puree, garlic greens, plantain mash, sweet pepper & pineapple chutney (GF)

SLOW BRAISED LAMB SHOULDER
Creole Style Green Lentils, Creamed Sweet Potato, Grilled and Marinated Zucchini, Crispy Plantain (GF)

STEAK FRITES (SUPPLEMENT \$40)
Chargrilled 8oz Ribeye Steak (cooked to your liking) Crispy Fries, Slow Cooked Tomatoes, Roasted Mushroom, Onion Ring, Béarnaise Sauce

TIDES CARIBBEAN CURRY
With Chicken, Local Fish, Shrimp or Vegetables, Steamed Basmati Rice, Buttered Broccoli, Fried Plantain

TEMPURA FRIED LOCAL OYSTER MUSHROOMS
Rice Noodle & Vegetable Stir Fry, Grilled broccoli, Furikake & Five Spice and Miso Broth finished with Fresh Chives (VE)

Desserts

WHITE CHOCOLATE & RASPBERRY CHEESECAKE
Raspberry gel, Madagascan vanilla ice cream

DARK CHOCOLATE DELICE FOR TWO
Dark chocolate mousse, praline base, caramel tuile, coffee ice cream and orange toffee sauce

CHOCOLATE RASPBERRY CAKE
Tropical fruit sorbet, chocolate sauce, raspberry gel (VE\GF)

BAILEYS TIRAMISU
Soaked ladyfingers, coffee liqueur, Baileys, chocolate glaze & vanilla Chantilly cream

PEACHES AND CREAM CRÈME BRULEE
Vanilla bean crème brulee, brandy poached peaches, spice caramel biscuit – (GF)

COCONUT & CRANBERRY BREAD AND BUTTER PUDDING
Banana caramel, Malibu and black pepper ice cream

Prices are quoted in Barbados Dollars, inclusive of 2.5% Levy Tax, 10% VAT and subject to 12.5% Service Charge