

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 BRULÉE

Vanilla bean crème brûlée, brandy poached peaches, spice caramel biscuit – (GF)

COCONUT & CRANBERRY BREAD AND BUTTER PUDDING

Banana caramel, Malibu and black pepper ice cream