



A LA CARTE

SMALL BITES

Tides Artisan Bread Basket \$19
Baker's Selection of Freshly Baked Breads & Crackers, Whipped Feta, Green Olive Tapenade & Smoked Salmon Rilletes

Jersey Rock Oysters \$18 *(each)*
Passionfruit Mignonette, Wasabi Tobiko

Spiced Mixed Nuts \$15
Banks Beer Glaze

Truffle Potato Chips \$15
Lemon Aioli

STARTERS

Tartare of Fresh Caribbean Tuna \$55
Spicy Watermelon & Tomato Gazpacho, Avocado, Pickled Melon, Served with Sesame Rice Crackers

Crispy Chili Beef \$56
Sesame Dressed Rice Noodles, Hoisin & Sweet Chilli Sauce

Chilli Fried Calamari \$45
Lemon Aioli

Spiced Carrot & Coconut Soup \$42
Cilantro, Lime Crème Fraîche

Coconut Crusted Shrimp (4) \$54
Mango & Sweet Chili Dip, Fresh Lime

Italian Creamy Burrata \$52
Dressed Cherry Tomatoes, Fresh Basil, Garlic Croutons

Duo of BBQ Baby Back Ribs & Honey Glazed Chicken Wings \$54

Sweet Potato Salad, Marinated Cabbage, Rum and Apple Purée

Tides Caesar Salad \$40
Romaine Hearts, Creamy Caesar Dressing, Parmesan & Focaccia Croutons

Pan Seared Scallops \$58
Served with Local Yam & Cauliflower Puree, Parmesan Florets, Soffritto & Lemon Butter Sauce

FROM THE SEA & LAND

24hr Marinated Pork Cutlet \$86
Grilled Peaches Dressed with Red Onion, Jalapeno & Lime, Served with a White Miso Butter Sauce and Herb Oil

Slow Braised Lamb Shank \$88
Creole Style Green Lentils, Crispy Plantain

Chargrilled Spatchcock Cornish Hen \$88
Marinated in Rose Harissa, Citrus and Spices, Red Pepper & Walnut Puree, Served with Chimichurri

Whole Butterflied Seabass \$115
Seasoned with Lemon Pepper, Spiced Brown Shrimp Butter

Mushroom Risotto *VE* \$78
Mixed Mushrooms, Buffalo Mozzarella, Tempura Oyster Mushroom, Fresh Herb Pesto, Finished with Rocket and Parmesan

Thai Green Curry with Sweet Potato & Vegetables *VE* \$85
Lemongrass, Lime Leaves, Basmati Rice, Fresh Coconut & Fried Plantain

Ask your Waiter about our Cigar Selection

Please inform us of any Allergies or Dietary Requirements. (GF) - Gluten Free

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



A LA CARTE

FROM THE GRILL

Each steak is complemented by your choice of sauce

Surrey Farm Beef Tenderloin (225g) **\$130**

Surrey Farm Ribeye Steak (340g) **\$135**

16 oz Chateaubriand **\$270**
(For 2 People)

SIGNATURE DISHES

Catch of the Day **\$86**
Spiced Sweetcorn Chowder,
Pickled Fennel & Grapefruit Salad

Crispy Chili Beef **\$105**
Sesame Dressed Rice Noodles,
Hoisin & Sweet Chilli Sauce

Tides Caribbean Curry **\$96**
Fresh Coconut, Basmati Rice,
Steamed Broccoli, Fried Plantain
With Chicken / Local Fish / Shrimp

Grilled Caribbean Lobster Tail **\$220**
Served with Pan Seared Shrimp (3)
And Scallops (3), Finished with
Garlic and Herb Butter

Herb Crusted Rack Of Lamb **\$120/240**
Carrot & Anise Puree, Rosemary
Lamb Jus

SIDES TO SHARE

SIDES \$25

French Fries **Sweet Potato Fries**

Rodda's Clotted Cream Mashed Potato

Fragrant Basmati Rice
Spiced Butter, crispy shallots

SIDES \$35

Three Cheese Pasta Gratin

Local Steamed Vegetables
Tossed in Tarragon Butter

Tomato, Watermelon & Feta Salad
Fresh Rocket, Balsamic Dressing

Roasted Cauliflower Florets
Chilli Miso Dressing, Coconut &
Seaweed Crumb

Green Bean Casserole
Sautéed Green Beans &
Mushrooms, Crispy Shallots

Chargrilled Sweet Potatoes
Hot Honey, Creamy Garlic
Yoghurt Dressing

Roasted Beetroot Salad
Whipped Blue Cheese, Mixed
Leaves, Mustard Dressing,
Candied Pecans

SAUCES \$15

Green Peppercorn Sauce

Red Wine Jus

Béarnaise Sauce

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