

t h e

# Tides

r e s t a u r a n t

## MOTHER'S DAY LUNCH MENU

SUNDAY, MAY 10TH 2026

**BDS \$195.00**

+ 12.5% SERVICE CHARGE

1 COMPLIMENTARY GLASS OF BUBBLY FOR ALL MOTHERS.

### FOR THE TABLE

**Jersey Rock Oysters**  
(subject to availability)  
Passionfruit, Mignonette & Caviar  
- \$16 each

**Handcut Truffle Potato Crisps** <sup>V</sup>  
Lemon Aioli - \$12

**Beer Glazed Mixed Nuts** <sup>VE</sup>  
Peanuts, cashews, pecans &  
walnuts, roasted and glazed in a  
banks beer glaze - \$15

### STARTERS

**Curried Split Pea Soup** <sup>VE & GF</sup>  
Carrots, fresh peas & garlic  
croutons

**Tropical Shrimp and Lobster  
Cocktail** <sup>GF</sup>  
Marinated green papaya, mango &  
hot pepper salsa, prawn tapioca  
cracker

**Crispy Fried Calamari** <sup>GF</sup>  
Marinated in hot pepper, served  
with lemon aioli

**Tomato, Watermelon & Feta  
Salad** <sup>V & GF</sup>  
Mixed leaves, avocado, red onion  
and cucumber, dressed in a  
wholegrain mustard vinaigrette

**Rich Slow Braised Beef in Red  
Wine**  
Baked polenta, blue cheese sauce,  
crispy shallots

**Fried Buttermilk Chicken Thighs**  
Spicy buffalo aioli, fresh lime

### MAINS

#### SUNDAY ROAST

All Lunches are served with rosemary roasted potatoes, buttered savoy cabbage, carrot and swede mash, braised red cabbage & broccoli hollandaise

**Slow Cooked Pork Belly Rolled  
in Bajan Spices**  
Crispy crackling, rum & apple  
puree, wholegrain mustard sauce

**Roasted Sirloin of Beef**  
Rich red wine gravy, Yorkshire  
pudding

**Vegetarian Mixed Nut Roast**  
Squash Puree, creole gravy

**Bajan Sunday Platter**  
Garlic Baked chicken, Macaroni  
pie, Rice and Peas, Plantain,  
buttered vegetables, coleslaw,  
Creole Gravy

**Steak Frites (Supplement \$40)**  
Chargrilled 8oz Ribeye steak,  
cooked to your liking  
Crispy fries, slow cooked  
tomatoes onion ring, béarnaise  
sauce

**Slow Braised Lamb Shank** <sup>GF</sup>  
Creole Style Green Lentils,  
Creamed Sweet Potato, Grilled  
and Marinated Zucchini, Crispy  
Plantain

**Catch of the Day** <sup>GF</sup>  
Spiced sweetcorn chowder,  
grilled new potatoes, roasted  
Caribbean vegetables, pickled  
fennel and grapefruit salad

**Tides Caribbean Curry**  
With chicken, local fish, shrimp or  
vegetables  
Steamed basmati rice, buttered  
broccoli, fried plantain

**Mushroom Risotto** <sup>V</sup>  
Mixed mushroom risotto,  
mozzarella cheese, tempura  
oyster mushrooms, fresh herb  
pesto

**Fish & Seafood Alfredo**  
Local fish, shrimp, mussels and  
clams in creamy alfredo sauce,  
buttered broccoli & crispy  
parmesan wafers

### DESSERTS

**Triple Chocolate Mousse**  
Layered with homemade brownie  
and salted caramel sauce, served  
with espresso ice cream

**Warm Chocolate Raspberry  
Cake** <sup>VE & GF</sup>  
Fresh berries, chocolate sauce,  
raspberry sorbet

**Mom's Ice Cream Sundae**  
Vanilla ice cream, salted  
caramel, toasted marshmallows,  
oreos & assorted candies

**Duo of Guava and Coconut  
Cheesecake** <sup>GF</sup>  
Fresh mango and passionfruit  
compote, served with malibu ice  
cream

**Tides Sticky Toffee Pudding**  
Butterscotch Sauce, Brandy Snap  
Tuille, Candied Pecan Nuts,  
Served with Vanilla Ice Cream or  
Roddas Cornish Clotted Cream

PLEASE INFORM US OF ANY ALLERGIES OR DIETARY REQUIREMENTS. (V) - REPRESENT VEGAN AND VEGETARIAN DISHES (GF) - REPRESENT GLUTEN FREE 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