Tides
BARBADOS

A LA CARTE

FOR THE TABLE

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

Fresh Maldon Oysters ..... $18 *(each)*
Passionfruit Mignonette, Wasabi Tobiko

Spiced Mixed Nuts $15
Banks Beer Glaze

Truffle Potato Chips $15
Lemon Aioli

Prosciutto di San Daniele Ham $30
Celeriac Remoulade

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

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

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

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

Italian Buffalo Mozzarella $52
Dressed Cherry Tomatoes, Fresh Basil, Garlic Croutons

Chilli Fried Calamari .. $45
Lemon Aioli

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

Crispy Chilli Fried Tofu V/VE $45
Guava Cheese, Crunchy Asian Salad With Fragrant Herbs & Spicy Peanut Dressing

FROM THE SEA & LAND

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

Herb Crusted Roasted Eggplant V/VE $82
Caponata Vegetables, Tomato & Basil Sauce, Grilled Zucchini

Chargrilled Peri Chicken $88
Spiced Red Pepper & Walnut Purée, Served with Chimichurri

24hr Marinated Pork Cutlet $86
Grilled apples dressed with red onion, Jalapeño & Lime. Served with a White Miso Butter Sauce and Herb Oil

Whole Butterflied Seabass ... $115
Buerre Noisette, Cherry Tomatoes, Red Onion, Capers & Rocket, Aged Balsamic

Mushroom Risotto VE ... $78
Mixed Mushrooms, Buffalo Mozzarella, Tempura Oyster Mushroom, 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

Tides
BARBADOS

A LA CARTE

FROM THE GRILL

Each steak is complemented by your choice of sauce

Surrey Farm Beef $130
Tenderloin (225g)

USDA Black Angus. $145
Ribeye Steak (340g)

16oz Chateaubriand . . . $270
(for two people)

SIGNATURE DISHES

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

Spicy Carribean Lobster Linguini . . . $130
Blistered Cherry Tomatoes, White Wine, Scotch Bonnet Butter, Basil and Charred Lemon

Tides Caribbean Curry $96
Fresh Coconut, Basmati Rice, Steamed Broccoli, Fried Plantain.
With Chicken | Local Fish | Shrimp

Grilled Caribbean Lobster Tail $205
Served with Pan Seared Shrimp (3) and Scallops (3), Finished with Garlic and Herb Butter

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

Tender Fried Eggplant
Chilli Miso Dressing, Coconut & Seaweed Crumb

Sautéed Brussel Sprouts
Maple Glaze, Crispy Bacon & Chestnut Crumb

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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