



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 Rillettes

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

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

Duo of BBQ Baby Back Ribs & Honey Glazed Chicken Wings \$54
Sweet Potato Salad, Marinated Cabbage, Rum and Apple Purée

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

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

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

Chilli Fried Calamari \$45
Lemon Aioli

Italian Buffalo Mozzarella \$52
Dressed Cherry Tomatoes, Red Onions, Fresh Basil, Garlic

FROM THE SEA & LAND

Bajan Spiced Pork Belly, Glazed in Rum and Maple \$84
Pancetta, White Beans and Wholegrain Mustard Stew, Sweet Pepper and Pineapple Chutney

Chargrilled Harissa Chicken \$88
Marinated in Rose Harissa, Lemon and Spices, Served with Pot-Roasted Sweet Peppers And Chimichurri

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

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

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

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**

Snake River Gold Wagyu Striploin (285g) **\$220**

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 **\$205**
Served with Pan Seared Shrimp
(3) And Scallops (3), Finished with
Garlic and Herb Butter

16oz Chateaubriand **\$290**
(For 2 People)

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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