tides

RHYTHM & ROAST SUNDAY PRIX FIXE MENU

2 COURSE MENU $145 | 3 COURSE MENU $185

SMALL BITES

Jersey Rock Oysters
Passionfruit Mignotte, Wasabi Tobiko - $18 each

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

Beer Glazed Mixed
Nuts Peanuts, Cashews, Pecans & Walnuts, Roasted & Glazed in a Banks Beer Glaze - $15

Handcut Truffle
Potato Crisps, Lemon Aioli
$15

STARTERS

Spiced Carrot & Coconut Soup (V/GF)
Cilantro, Lime Crème Fraiche

Buttermilk Fried Chicken Thighs
Buffalo Aioli, Lemon Zest & Pickled Jalapeño

Crispy Chili Beef
Rice Noodles, Hoisin and Sweet Chili Sauce & Sesame

Chili Fried Crispy Calamari (GF)
Marinated in Hot Pepper, Served with Lemon Aioli

Jumbo Coconut Shrimp (4)
Sweet Chili & Mango Dip, Fresh Lime

Tartare of Fresh Caribbean Tuna
Spicy Watermelon & Tomato Gazpacho, Avocado, Compress & Pickled Melon, Fresh Cilantro
Served with Sesame Rice Crackers

Tomato, Watermelon & Feta Salad (V/GF)
Mixed Leaves, Cherry Tomatoes, Red Onions, Dressed in a Wholegrain Mustard & Balsamic Vinaigrette

Tides Caesar Salad
Romaine Hearts, Creamy Caesar Dressing, Parmesan & Focaccia

MAINS

All main courses served with Rosemary Roasted Potatoes, Rice & Peas, Honey Roasted Carrots, Braised Red Cabbage & Steamed Local Vegetables.

Served Family Style to Share

Roasted Sirloin of Beef
Rich Red Wine Gravy, Yorkshire Pudding

Blackened Catch of the Day (GF)
Sweetcorn Chowder, Fennel and Fresh Grapefruit Salad

Grilled Pork Cutlet
Grilled Peaches Dressed with Red Onion, Jalepeno & Lime, Served with a White Miso Butter Sauce and Herb Oil

Fillet of Sea Bass
Passionfruit Beurre Blanc, Chilli Oil, Sauteed Greens

USDA Black Angus Ribeye Steak (340gr) + $55
Served with your choice of Peppercorn or Béarnaise Sauce

Vegetarian Mixed Nut Roast (V)
Squash Puree, Creole Gravy

Chargrilled ½ Chicken
Marinated in Harissa, Lemon & Spices, Served with Chimichurri

Slow Braised Lamb Shoulder (GF)
Creole Style Green Lentils, Crispy Plantain

OPTIONAL EXTRAS

Truffle Fries + $15

Three Cheese Pasta Gratin +$15

Truffled Cauliflower Cheese +$20

Rodda's Clotted Cream Mash Potato +$12

DESSERTS

Sticky Toffee Pudding
Butterscotch Sauce, Brandy Snap Tuille, Candied Pecan Nuts,
Served with Vanilla Ice Cream

Baked Mars Bar Cheesecake
Caramel Sauce, Cocoa Nib Tuille, Vanilla Ice Cream

Baileys Bread & Butter Pudding
Caramelized Banana, Rum & Vanilla Sauce,
Served with Banana Ice Cream

A Selection of The Tides Ice Creams and Sorbets (VE)

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