



VEGAN MENU

STARTERS

SPICED PUMPKIN & COCONUT SOUP - \$38

Curry Oil & Cilantro

TIDES KITCHEN TOSSED SALAD - \$40

Crisp Leaves, Tossed Beetroot, Mushrooms, Red Onions, Edamame Beans, Cucumber, Sherry Dressing & Peanuts

WARM GRILLED BROCCOLI FRICASSEE - \$40

Red Pepper and Tamarind Puree, Romaine Hearts, Croutons, White Balsamic Vinaigrette

MAINS

THAI GREEN VEGETABLE CURRY - \$84

Chili, Lime, Lemongrass, Steamed Basmati Rice, Fresh Coconut & Coriander

KING ERYNGII MUSHROOMS GLAZED IN TERIYAKI - \$78

Rice Noodle & Vegetable Stir Fry, Furikake and Sesame Oil

GRILLED CAULIFLOWER STEAK MARINATED IN BALTI SPICE - \$84

Curried Green Lentils, Sauteed Kale, Sweet Potatoes, Toasted Almonds, Spiced Mango & Golden Raisin Chutney

DESSERTS

CARAMELISED PINEAPPLE - \$38

Malibu, Coconut Sorbet, Lime and Mango Salsa

DARK CHOCOLATE CAKE - \$42

Served with Raspberry Sorbet and Pine Nut Crunch

SELECTION OF TIDES SORBETS & SEASONAL FRESH FRUITS - \$38

PLEASE INFORM US OF ANY ALLERGIES OR DIETARY REQUIREMENTS
WE ACCEPT VISA, MASTER CARD & AMERICAN EXPRESS CREDIT CARDS ONLY
PRICES ARE QUOTED IN BARBADOS DOLLARS, INCLUSIVE OF 2.5% LEVY TAX,
10% VAT & SUBJECT TO 12.5% SERVICE CHARGE