

t h e

Tides

r e s t a u r a n t

PRIX FIXE LUNCH MENU

2 COURSES - BDS \$95

3 COURSES - BDS \$119



STARTERS

SPICED SQUASH & COCONUT SOUP

Cilantro, Lime Creme Fraiche

CRISPY FRIED CHICKEN WINGS

*Glazed in BBQ Sauce, Sweet Potato Salad,
Red Cabbage, Warm BBQ Sauce*

FRIED CALAMARI

Chili, Aioli Dip, Lemon

ORIENTAL SALAD

*Mixed Leaves, Smoked Gouda Cheese, Mandarins,
Peanuts, Mushrooms, Ginger & Sesame Dressing*

THAI SPICED MAHI MAHI FISH CAKES

Dill Pickled Cucumber, Curried Emulsion, Granny Smith Apple

TIDES CAESAR SALAD

*Bacon, Romaine Hearts, Creamy Caesar Dressing,
Parmesan, Focaccia Croutons*



MAINS

BLACKENED CATCH OF THE DAY

Pesto Grilled Vegetables, Fried Potatoes, Spicy Tomato Sauce & Garlic Aioli

FLYING FISH TACOS

Marinated Cabbage, Romaine Lettuce, Avocado, Mango Salsa, Sour Cream, Spicy Sauce, Sweet Potato Crisps in Mexican Spices

CHICKEN ALFREDO LINGUINI

Broccoli & Aged Parmesan

TIDES DOUBLE BEEF CHEESEBURGER

Brioche Bun, Lettuce, Pickles, Tomato, Big Mac Sauce, Crispy Onion & Hand Cut Fries

THAI VEGETABLE CURRY (V) OR THAI CHICKEN CURRY C

hili, Lime, Lemongrass, Basmati Rice, Fresh Coconut, Coriander

MISO GLAZED EGGPLANT (V)

Basmati Rice, Red Curry Sauce, Salt & Pepper Tofu, Hummus, Pineapple Salsa & Crispy Rice Noodles



DESSERTS

BAKED MARS BAR CHEESECAKE

Caramel Sauce, Chocolate Tuile

TIDATION

*Layers of Flourless Chocolate Cake, Glazed Dark Chocolate Mousse,
Baileys and Espresso Foam*

SPICED STICKY TOFFEE PUDDING

*Butterscotch Sauce, Caramelized Bananas, Roasted Pecan Nuts,
Vanilla Ice Cream*

SOFT SERVE ICE CREAM

Flavours and Toppings Offered By Your Server