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*Tides*

r e s t a u r a n t

**PRIX FIXE LUNCH MENU**

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**2 COURSES - BDS \$95**

**3 COURSES - BDS \$119**

**INCLUDES A COMPLIMENTARY HOUSE MARTINI**



## STARTERS

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### 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

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### **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

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### **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*