



SUNDAY LUNCH MENU

BBD\$135.00 per person

STARTERS

SPICED SQUASH & COCONUT SOUP

Cilantro, Lime Creme Fraiche

BEER BATTERED MONKFISH SCAMPI

Heirloom Tomatoes, Baby Gem Lettuce, Cocktail Sauce

CRISPY FRIED CHICKEN WINGS

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

ORIENTAL SALAD

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

TIDES CAESAR SALAD

Romaine Hearts, Creamy Caesar
Dressing, Parmesan, Focaccia Croutons

CHILLI FRIED CRISPY CALAMARI

Lemon Aioli

MAINS

ROAST BEEF

Yorkshire Pudding, Roasted Duck Fat Potatoes, Broccoli
Hollandaise, Carrot Puree, Buttered Greens, Red Wine Gravy

SCOTTISH MUSSELS COOKED IN COCONUT MILK

Garlic, Ginger, Lime Leaf, Chili. Sweet Potato Fries

BLACKENED CATCH OF THE DAY

Sauteed Potatoes, Buttered Spinach & Kale,
Zucchini Ribbons, Squash & Ginger Sauce

SLOW ROAST PULLED SHOULDER OF PORK

Spiced Red Pepper and Tamarind Puree, Grilled Vegetables, Gratin of
Potatoes, Cider & Mustard Cream

CARIBBEAN STYLE CHICKEN BREAST

Red Beans & Rice, Vegetables, Macaroni Pie, Coleslaw, Creole
Gravy

THAI SPICED MAHI MAHI FISH CAKES

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

D E S S E R T S

HONEY AND WHITE CHOCOLATE DELICE

Banana Ice Cream, Honey Tuile

BREAD & BUTTER PUDDING

Caramelized Banana, Rum & Vanilla Sauce, B anana Ice Cream

STICKY TOFFEE PUDDING

Butterscotch Sauce, Brandy Snap Tuile, Tonka Bean Ice
Cream, Candied Pecan Nut s

TIDES STRAWBERRY BABA WITH VANILLA & PROSECCO

Strawberry Sorbet

MR. WHIPPY VANILLA SOFT SERVE ICE CREAM

Caramel Popcorn, Caramel Fudge Pieces & Butterscotch Sauce

SELECTION OF 3 FRENCH CHEESES

Served with Chutney and Walnut & Raisin Bread, Fresh Celery

SELECTION OF HOMEMADE SORBETS