



## STARTERS

### **SPICED SQUASH & COCONUT SOUP - \$38**

*Cilantro, Lime Crème Fraiche*

### **BABY BACK RIBS GLAZED IN SWEET & SOUR TAMARIND - \$49**

*Potato Salad, Pickled Red Cabbage, Warm Tamarind Sauce & Pineapple Salsa*

### **SPANISH STYLE LOBSTER RISOTTO BALLS - \$59**

*Shellfish Gazpacho, Chorizo, Saffron & Garlic Aioli, Smoked Paprika*

### **FRESH BURATTA FROM PUGLIA IN ITALY - \$45**

*Italian Tomatoes, Basil Pesto, Garlic Croutons*

### **CHILI FRIED CRISPY CALAMARI - \$41**

*Lemon Aioli*

### **TIDES CAESAR SALAD - \$39**

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

### **CRISPY CHILI BEEF - \$48**

*Rice Noodles, Hoisin and Sweet Chili Sauce & Sesame*

### **CRAB SALAD - \$53**

*Lightly Spiced, Avocado Guacamole, Eggplant, Chili & Lime Dressing,  
Plantain Chips, Mango Caviar*

### **JUMBO COCONUT CRUSTED SHRIMP (4) - \$49**

*Sweet Chili & Mango Dip*

### **WARM SALAD OF CREOLE SPICED OCTOPUS - \$51**

*Heirloom Tomatoes, Baby New Potatoes, Capers, Red Onions, Herb Emulsion,  
Fresh Dill*



## MAINS

### CATCH OF THE DAY - \$95

*Grilled Pesto Vegetables, Sautéed Potatoes, Spicy Marinara Sauce & Garlic Aioli*

### TERIYAKI GLAZED SALMON FILLET - \$117

*Sticky Coconut & Ginger Rice, Tides Kimchi, Beetroot, Furikake  
and Mango Salsa*

### GRILLED CARIBBEAN LOBSTER TAIL - \$235

*King Scallops, Mussels and Shrimp, Garlic & Herb Butter, Hand Cut Fries, Caesar  
Salad*

### RARE BREED PORK BELLY - \$98

*Garlic Mashed Potatoes, Hispi Cabbage with Sweetcorn, Rum and Date Purée,  
Beetroot, Charcuterie Sauce*

### ROASTED CHICKEN BREAST WITH MOROCCAN SEASONING - \$89

*Parmesan & Black Pepper Gnocchi, Garden Peas, Parmesan Cream Velouté,  
Crispy Prosciutto Ham*

### DUO OF CORNISH LAMB – RACK & SHOULDER - \$129

*Spiced Red Pepper, Pecan and Tamarind Purée, Grilled Caribbean Vegetables,  
Roasted Baby New Potatoes, Preserved Apricots, Fragrant Lamb Gravy*

### TIDES CURRY WITH CHICKEN OR SHRIMP - \$93 / \$98

*Chili, Lime, Lemongrass, Basmati Rice, Fresh Coconut, Coriander*

### SURF & TURF (6oz BEEF FILLET & 3 KING PRAWNS) - \$175

*Grilled Caribbean Vegetables, Pommés Purée, Beef Gravy, Garlic & Herb  
Butter, Crispy Onion and Beef Jus*

### SURREY FARM BEEF - TWO WAYS

#### (6oz TENDERLOIN AND SLOW COOKED SHORT RIB) - \$148

*Parmesan & Rosemary Dauphinoise Potato, Sauté Mushroom,  
Broccolini, Carrot & Anise Purée, Black Truffle and Herb Jus*

PLEASE INFORM US OF ANY ALLERGIES OR DIETARY REQUIREMENTS. (V) -REPRESENT VEGAN AND VEGETARIAN DISHES PRICES  
ARE QUOTED IN BARBADOS DOLLARS, INCLUSIVE OF 2.5% LEVY TAX AND 10% VAT & SUBJECT TO 12.5% SERVICE CHARGE. WE  
ACCEPT VISA, MASTERCARD & AMERICAN EXPRESS CREDIT CARDS ONLY



**BLACKENED CAULIFLOWER 'STEAK' (V) - \$84**

*Barrel Aged Feta Cheese, Raisin & Caper Dressing, Cauliflower Purée,  
Cashew Nuts and Sweet Potato Fries*

**THAI VEGETABLE CURRY (V) - \$84**

*Chili, Lime, Lemongrass, Basmati Rice, Fresh Coconut, Coriander*