

## Starters

<b>Spiced Sweet Potato &amp; Lentil Soup (V)</b> Jerk Sour Cream & Cilantro	30.00
<b>Sauté Fresh Foie Gras</b> Pineapple Brulee, Caramelized Onions, Guava & Rum Reduction, Ginger Bread Crumb, Breadfruit Crisps	70.00
<b>Raw &amp; Pickled Rainbow Salad (V)</b> Spiced Guacamole, Carrots, Beetroot & Cucumber, Picked Local Herbs, Sesame Honey & Mustard Vinaigrette	48.00
<b>Classic Beef Tartare</b> Prime Aberdeen Angus Beef, Hand Minced & Seasoned, Raw Egg Yolk, Wonton Crisps	54.00
<b>Passion Fruit Cured Local Fish Ceviche</b> Passion Fruit Gel, Lime, Ginger & Chili, Horseradish Cream, Herring Caviar	48.00
<b>Spiced King Scallops</b> Pickled & Puree of Sand Carrots, Orange, Vanilla & Cardamom Reduction, Toasted Sesame Seeds, Cilantro	52.00
<b>The Tides Tower of Seafood – served cold (for 2 persons)</b> Poached Lobster, King Crab Legs, Salmon & Tuna, Mini Fish Balls, Jumbo Shrimp & Fresh Mersea Oysters - Trio of Dips (Spicy Bloody Mary, Lemon & Herb Mayo & Chili, Lime & Ginger dressing)	150.00
<b>Pan Fried Flying Fish</b> Polenta Cou-Cou Cake, Red Pepper Sauce, Okra Crisps	48.00
<b>Boneless Chicken Wings</b> Potato Gnocchi, Asparagus, Sweet Corn, Roast Chicken Emulsion	48.00
<b>Crispy Chili Beef</b> Rice Noodles, Hoisin & Sweet Chili Sauce, Cilantro, Sesame & Lime	54.00

## Mains

<b>Blackened Crusted Yellowfin Tuna</b> Warmed Kimchi, Israeli Cous Cous with Wasabi Spinach & Cashew Nuts, Soy & Honey Vinaigrette	88.00
<b>Catch of the Day - Pan-fried, Blackened or Grilled</b> Lobster Bisque, Potato Gnocchi, Charred Lettuce, Peas & Bacon, Spiced Tomato Salsa (Pesto Sauce for Allergens)	88.00
<b>Spiced King Prawns</b> Wet Polenta, Sweet Peppers, Smoked Andouille Sausage with Creole Jus	92.00
<b>Pan Fried Seabass</b> Seared Scallops, Basmati Wild Rice, Red Curry and Ginger Broth	90.00
<b>Thai Spiced Seafood Stew</b> Jumbo Shrimp, Scallops, Calamari, Salmon, Mussels, Clams and Local Fish Coconut, Lemon Grass, Ginger, Chili and Lime, Toasted Peanuts, Fresh Herbs, Basmati & Wild Rice	88.00
<b>Roast Scottish Salmon</b> Crab & Fennel Risotto, Asparagus, Spiced Crab Beignet, Passion Fruit Beurre Blanc, Plantain Salsa	92.00
<b>Cumin Marinated Chicken</b> Salt Baked Carrot, Slow Roasted Carrot & Puree, Wilted Garlic Greens, Spiced Ginger Jus	88.00
<b>Duo of Lamb</b> Rack, Spiced Shepherd's Pie, Sweet Potato Asparagus, Confit Turnip, Garlic Puree	98.00
<b>Aberdeen Angus Aged Beef Fillet</b> Braised Oxtail & Celeriac Croquette, Textures of Shallot, Charred Broccoli, Mushroom & Madera Jus	118.00
<b>Roast Pork Belly</b> Bacon & White Cabbage Choucroute, Whole Grain Mustard Mash, Caramelized Apple Puree, Burnt Baby Leeks, Green Pepper Relish, Cider Jus	88.00
<b>Cauliflower Steak &amp; Zucchini Fries (V)</b> Spiced Lentil Dahl, Almond Cream Pepper Sauce	88.00

PLEASE INFORM US OF ANY ALLERGIES OR DIETARY REQUIREMENTS

(V)- REPRESENTS VEGAN & VEGETARIAN DISHES

LADIES BAG HANGERS ARE FOR YOUR CONVENIENCE. THEY CAN BE PURCHASED FOR BDS \$50 EACH

PRICES ARE QUOTED IN BARBADOS DOLLARS, INCLUSIVE OF 2.5% LEVY TAX AND 7.5% VAT & SUBJECT TO 10% SERVICE CHARGE

PARTIES OF 10 OR MORE SUBJECT TO A 12% SERVICE CHARGE

WE ACCEPT VISA, MASTER CARD & AMERICAN EXPRESS CREDIT CARDS ONLY