

# TIDES



BAR+GRILL

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M E N U



# À LA CARTE

## STARTERS

Roasted Carrot **V**

*Spice hummus, harissa, local honey*

23

Potato Leek Soup **D | G**

*Parmesan crouton, potato crisp, truffle cream*

28

Pan Seared Scallops **D | G**

*Miso & Aji Amarillo sauce, pickle rice crackers*

31

Crab Cake **G | SF**

*Island remoulade*

35

Beef Tartare **D**

*Prime tenderloin, cognac, red onion, capers, crostini*

37



D - Dairy | N - Nuts | SF - Shellfish | V - Vegetarian | VE - Vegan

Our menu utilizes free-range chicken and local fish, responsibly sourced from sustainable farms and waters.

Prices are quoted in USD, subject to 16% government tax and 12% service charge.



# À LA CARTE

## FROM THE LAND AND SEA

Lemon & Thyme Marinated Octopus  
60

12 oz New Zealand Rack of Lamb  
75

8 oz Prime Beef Tenderloin  
75

9 oz Prime Ribeye  
125

### SIDES

15

Garlic Spinach  
Grilled Vegetables  
Roasted Potato

### SAUCES

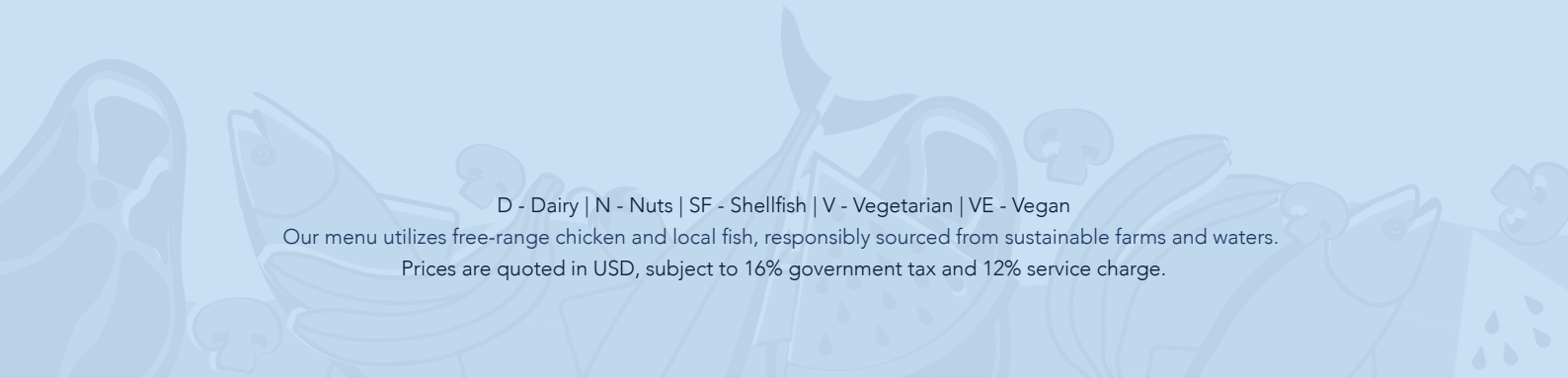
Red Wine Jus  
Chimichurri  
Gorgonzola Creamy Sauce **D**



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Faint, stylized illustrations of various food items like fish, vegetables, and fruits are visible in the bottom background.



# À LA CARTE

## SIGNATURE MAINS

Roasted Eggplant **D | G**  
*Vegetable ragu, quinoa, Tzatziki sauce*  
48

Caribbean Jerk Fish **D**  
*Mango chutney, tobiko, sweet potato,  
purple cabbage chips*  
68

Homemade Fettuccine & Tiger Prawn **D**  
*Cream Armagnac sauce*  
80

Prime Beef Fillet **D**  
*6 oz. tenderloin, potato pavé, morel mushroom,  
confit green peas, red wine jus*  
125

## DESSERTS

Apple Tatin  
*Vanilla ice cream*  
22

Matcha Cream Caramel **G**  
*Sparrow rum berries compote*  
23

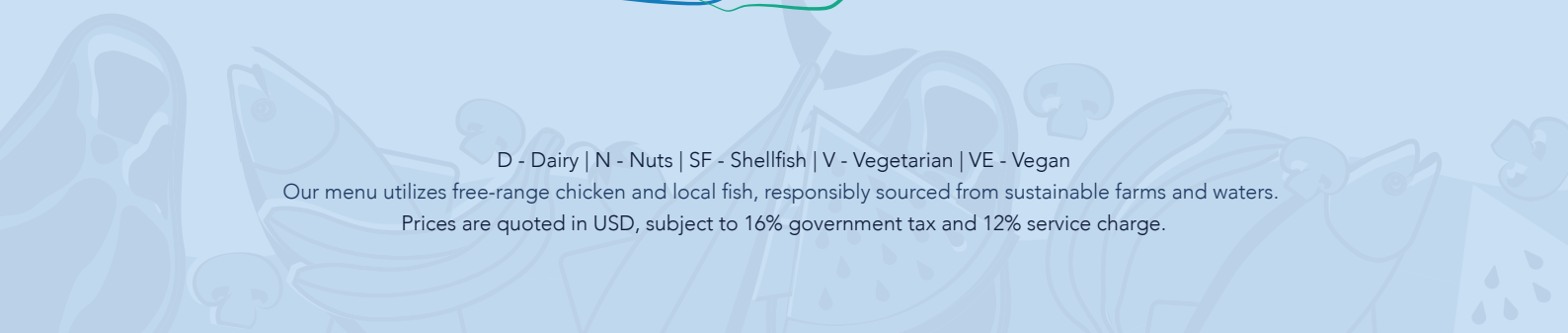
Chocolate Orange Mousse **D | G**  
*Yogurt ice cream*  
23



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# BEVERAGES

## COFFEE CORNER

Espresso  
7

Americano  
7

Cappuccino  
8

Caffè Latte  
8

Iced Coffee  
8

Hot Chocolate  
8

Affogato al Caffè  
Vanilla Ice Cream & Espresso  
15

*All our coffees are sustainably sourced from eco-friendly farms.  
Served with whole milk, 2% milk, soy milk, oat milk or almond milk.*

## ORGANIC TEA

7

English Breakfast Tea

Oolong

Long-life Green

Chamomile

Peppermint

Lavender Earl Grey

Vanilla Rooibos

*All our teas are sustainably sourced from eco-friendly farms.*



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