

# TIDES



BAR+GRILL

## STARTERS

<b>Surf &amp; Turf Gnocchi</b> <small>G D SF</small> <i>Prawn bisque, grilled prawns, beef tenderloin</i>	105
<b>Beetroot Carpaccio</b> <small>N VE</small> <i>Couscous salad, almond dressing</i>	75
<b>Beef Tartare</b> <small>G</small> <i>Mustard, cornichons, egg yolk, leafy greens</i>	100
<b>Crab Cake</b> <small>G SF</small> <i>Canouan mud crabs, spiced capsicum aioli</i>	100
<b>Octopus Salad</b> <i>Texture of potatoes, hibiscus vinaigrette, chilli oil</i>	95

## MAIN COURSES

<b>Marinated Roasted Rack Of Lamb</b> <small>D</small> <i>Baba ghanoush, roasted capsicum, mint yogurt</i>	170
<b>Slow Roasted Duck Breast</b> <small>D</small> <i>Mushroom duxelle, textures of pumpkin, saffron potato, thyme jus</i>	165
<b>Stuffed Eggplant</b> <small>N VE</small> <i>Quinoa, capsicum, tomato fondue, pine nuts</i>	100
<b>Grilled Red Snapper</b> <small>SF</small> <i>Carabinero shrimps, apple &amp; fennel consommé</i>	170
<b>Trofie Pasta</b> <small>G V</small> <i>Vegetarian ragù, green peas, basil oil</i>	110



## FROM OUR GRILL

Grilled U-10 Prawn	160
Catch Of The Day <small>Our fishes are sustainably caught by local fishermen</small>	135
Free Range Chicken Breast	120
200G Grain-Fed Beef Tenderloin	220
300G Rib Eye Steak	200
300G Veal Chop	170
400G T-Bone Steak	240
Tomahawk Steak	500

## SAUCE SELECTION

*Hollandaise sauce / peppercorn / rosemary red wine / lemon butter D  
garlic butter D*

## SIDES TO COMPLETE 40

Brussel Sprouts, Crispy Bacon

Broccoli, Toasted Almonds

Sautéed Triple Mushrooms

Roasted Baby Potato, Paprika Salt

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## SWEET FINISH

<b>Hazelnut Profiterole</b> <small>G D</small>	65
<i>Choux pastry, hazelnut praline, milk chocolate whipped ganache</i>	
<b>70% Vincentian Chocolate Fondant</b> <small>G D</small>	65
<i>Vanilla ice cream</i>	
<b>Mango Mousse</b> <small>D</small>	45
<i>Seasonal mango, vanilla Chantilly</i>	
<b>Homemade Sorbet &amp; Ice Cream Selection (3 Scoops)</b> <small>D</small>	45