



TASTING MENU

Amuse Bouche

Watermelon Compressed

Simple syrup, mint, Asian flavors

2015 Sauvignon Blanc, The Paring, California, USA

Black Mussel Chowder

Provision chips

2019 Chardonnay, La Chablisienne, "Les Vénérables", Chablis, France

Local Catch

Asparagus, passion fruit sauce

2020 Pinot Grigio, Elena Walch, "Castel Ringberg", Alto Adige, Italy

Intermezzo

Tenderloin & Prawn

Roasted sweet potato, red chimichurri

2018 Bordeaux Blend, Château Phélan Ségur, "Frank Phélan", Bordeaux, France

Brazo de Mercedes

Exotic sorbet

Moscato, Castello del Poggio, Veneto, Italy

EC\$350 per guest

EC\$200 wine pairing

G= Gluten D= Dairy N= Nuts SF= Shellfish V= Vegetarian VE= Vegan

All prices are in Eastern Caribbean Dollar (EC\$) and are subject 16% government taxes 10% service charge EC\$2.70 = US\$1.00

TIDES



VEGETARIAN TASTING MENU

Amuse Bouche

Watermelon Compressed

Simple syrup, mint, Asian flavors

2015 Sauvignon Blanc, The Paring, California, USA

Vegetable Chowder

Provision chips

2016 Pinot Noir, Sebastiani Vineyards & Winery, Sonoma Coast, USA

Asparagus

Mesclun, beetroot hummus

2020 Pinot Grigio, Elena Walch, "Castel Ringberg", Alto Adige, Italy

Intermezzo

Pumpkin Risotto

Herb cheese sauce

2016 Pinot Noir, Sebastiani Vineyards & Winery, Sonoma Coast, USA

Brazo de Mercedes

Exotic sorbet

Moscato, Castello del Poggio, Veneto, Italy

EC\$270 per guest

EC\$200 wine pairing

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TIDES

BAR+GRILL

À LA CARTE

APPETIZERS

Jumbo Lump Crab Cake ^{G SF} 95
Caribbean tartare, coleslaw

Beef Tartare ^G 95
Prime tenderloin, red onions, capers, crostini, Cognac

Heirloom Tomato & Cheese ^{D NV} 75
Arugula pesto, Cabernet vinaigrette

MAIN COURSES

Grilled Salmon ^D 130
Citrus beurre blanc

Pan Seared Tenderloin ^D 220
8oz tenderloin, Bordelaise sauce

Grilled Cowboy Ribeye ^D 270
18oz cowboy ribeye, horseradish cream sauce

Impossible Lasagna ^{D GV} 110
Plant based meat, zucchini, eggplant, mushrooms, garlic creamy sauce

SIDES

Creamy mashed potatoes 40
Roasted glazed carrots 30
Garlic spinach 30

DESSERTS

Milk Chocolate Mousse ^D 60
Passion fruit cream

Apple Crumble ^G 60
Fresh vanilla bean ice cream, caramel rum sauce

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TIDES



COFFEE CORNER

All our coffees are sustainably certified
Served with whole milk, 2% milk, soy milk, oat milk or almond milk

Espresso	15
Americano	15
Cappuccino	18
Café Latte	18
Iced Coffee	18
Hot Chocolate	18
Affogato al Caffè (Vanilla Ice Cream & Espresso)	29

ORGANIC TEA

All our teas are sustainably certified

English Breakfast Tea	16
Oolong	16
Long-life Green	16
Chamomile	16
Peppermint	16
Lavender Earl Grey	16

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