TIDES
BAR+GRILL

CHEF GERARDO'S TASTING MENU

Amuse Bouche

Mosaic Salad VE
Watermelon, cucumber, cherry tomatoes, radishes, pickled mushrooms, strawberry aqua

Lobster Bisque D SF
Potato, braised leeks, creamy Cognac

Catch Of The Day
Marinated vegetables, mango & passion fruit salsa

Palate Cleanser VE
Lime & mint sorbet

Steak & Caviar D
Angus beef tenderloin, Oscietra caviar, potato purée, leek confit, Cabernet jus

Banana Soufflé D G
Rum crème anglaise

EC$350 per guest

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

BAR+GRILL

TIDES VEGETARIAN TASTING MENU

Amuse Bouche

Ratatouille VE
Eggplant, zucchini, bell peppers, tomatoes

Couscous VE
Broccoli, cauliflower, cucumber, lime

Canouan Curry VE
Local seasonal vegetables, lentils, ripe plantains

Palate Cleanser VE
Lime & mint sorbet

Homemade Pappardelle With Vegetable Ragù D G V
Mushrooms, zucchini, eggplant, sundried tomatoes, tofu, thyme, Parmesan

Crème Brulée D V
Vanilla, berries

EC$270++ per guest

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