



LUNCH MENU

:: CRUSHES ::

**Blended drink made with 100% fruit puree and crushed ice,
Choose one or two of the following flavours:**

Coconut, Lime, Raspberry, Strawberry, Banana, Guava, Passion or Mango.

:: DAIQUIRIS ::

Any of the above blended with Antiguan Rum and lime juice

:: WINES BY THE GLASS ::

White

Sauvignon Blanc Mapu, Chili - \$12

Chardonnay Les Jamelles, France - \$15

Red

Cabernet Sauvignon Map, Chili - \$12

Merlot Les Jamelles, France - \$15

Rose & Sparkling

Minuty Rose (dry) or White Zinfandel (fruity) - \$15

Prosecco Santa Margherita - \$25

Veuve Cliquot Brut - \$45

:: OTHER DRINKS ::

Beers

Wadadli, Wadadli Gold, Carib & Heineken - \$10

Heineken Light & Guinness - \$12

Mineral Waters

Mineral small still - \$6

San Benedetto & Eau de Perrier - \$15

Freshly squeezed fruit juices - \$10

Orange, lime, grapefruit or mixed citrus, lime squash

Other juices & sodas - \$7



LUNCH MENU

:: SALADS ::

Traditional Caesar - \$29

Romaine lettuce tossed in Caesar dressing, with croutons, anchovy fillets & shaved parmesan

Add Jerk chicken for \$14

Add garlic tiger prawns for \$20

Pepper Shrimp Salad - \$48

Tiger prawn seasoned with chilli and tossed together with crisp lettuce, roasted bell pepper, tomatoes and citrus vinaigrette

Sweet Chicken Salad - \$39

Tender strips of chicken breast marinated in a sweet garlic sauce, resting on a bed of mixed leaves and pickle vegetables with a Yuzu dressing

:: SANDWICHES - served with fries or salad ::

The Tides Beef Cheese Burger - \$39

*Freshly ground rib-eye & sirloin topped with tomato chutney and melted cheddar,
With crisp lettuce, fresh tomato, cucumber & garlic mayo, in homemade toasted sesame bun*

Cajun Chicken Burger - \$39

Toasted sesame bun filled with Cajun grilled chicken, roasted garlic mayo, guacamole and tomato salsa

Fish Focaccia - \$44

Homemade focaccia, crusted fish, escabiche vegetables, crisp lettuce, with garlic aioli

Roast Beef Focaccia - \$46

Homemade focaccia, filled with Roast beef, lettuce, tomatoes, cheddar cheese and parmesan pesto sauce

:: ROTI - served with tomato chutney & salad ::

Homemade roti skin, filled the following lightly sautéed and simmered

With carrots & potatoes in traditional West Indian curry sauce

Vegetables - \$36

Chicken - \$39

Prawn - \$46



LUNCH MENU

:: STARTERS ::

Soup of the day – market price

The Tides Bouillabaisse - \$45

*Mixed seafood poached in homemade fish stock with potatoes, carrot and tomatoes,
Flavoured with fennel & Pastis*

Fried Plantain - \$24

Fried ripe plantain with guacamole and tomato salsa

Spiced Calamari - \$37

Deep fried Cajun spiced calamari, served with chipotle mayo

Local Fish Cakes - \$35

Fresh catch chopped and seasoned with fresh herb & spices, served with tartar sauce

:: MAIN COURSES ::

Chicken of the Day – \$55

Chef's Choice of cuisine, see waiter for details

Catch of the day - \$65

Grilled or pan fried, served with rice & vegetables of the day

Mango Chilli Prawns - \$68

Shrimp simmered in Mango chilli sauce, served with rice and vegetables

Grilled Strip loin - \$75

Grilled 6 oz sirloin topped with Brandy peppercorn sauce, served with fat chips & salad

Grilled lobster tail - \$88

Fresh lobster tail grilled with garlic butter, served with fat chips and salad

Pepper shrimp Alfredo - \$68

Shrimp and linguine pasta tossed with chilli and white wine in a parmesan crème sauce

BBQ Spare Ribs - \$59

Succulent Ribs glazed in Caribbean barbeque sauce, served with French fries and salad



LUNCH MENU

:: DESSERTS ::

Bread & Butter Pudding - \$28

Traditional Caribbean delicacy served with Antiguan rum sauce

Chocolate Fondant - \$28

Melting chocolate cake, baked to order (please allow 10 minutes) served with vanilla ice cream

Cinnamon Pumpkin Cheesecake - \$25

Cinnamon & pumpkin cheesecake, served with orange caramel sauce

Fresh Fruit Salad - \$26

Local fruit medley topped with Mango sorbet

Ice Cream and Sorbets - \$24

Please ask your waiter for our selection

:: COFFEES ::

Espresso / Macchiato - \$8

Dbl espresso / Cappuccino - \$12

Tea pot (assorted selection) - \$8

Affogato (vanilla ice cream & espresso) - \$15

:: DIGESTIVES & LIQUORS ::

Hennessy VS - \$15

Hennessy XO - \$65

Remy Martin VSOP - \$20

Chivas Regal - \$15

Makers Mark - \$18

Calvados, Cognac XO, Mirabelle, Grappa - \$18

Old Rums

5 Years: English Harbour, Mount Gay Extra Old - \$12

8 years: Angostura 1919, Captain Morgan Private Reserve - \$15

12 years: Appelton Extra - \$15

Liquors - \$15

Cointreau, Grand Marnier, Frangelico, Chambord, Kalhua,

Baileys, Amaretto, Harvey Bristol, Tio Peppe Dry Cherry



DINNER MENU

:: CHAMPAGNE COCKTAILS - \$25 ::

Nelson's Blood

Named after the famous Admiral Nelson based in Antigua: port topped with sparkling wine.

Kir royal

The Chambord liquor gives this classic cocktail a spectacular twist.

Raspberry puree topped with sparkling wine.

:: MARTINIS - \$15 ::

The Tides Martini

Vodka, fresh pineapple, fresh ginger & sugar syrup

French Martini

Vodka, Pineapple juice, Chambord liquor

Cosmopolitan

Mandarin vodka, Cointreau, cranberry & lime juice

Espressotini

Vodka, Kalhua, espresso, sugar syrup

:: SPECIALS ::

Raspberry Mojito - \$15

Raspberry puree, fresh mint, lime juice & baccardi rum, topped with soda water

Sours - \$12

Your favourite spirit, lime juice & sugar syrup shaken & strained over ice in a rock glass

Old fashioned rum punch - \$15

Your favourite old rum, lime juice, sugar syrup & bitters shaken and strained over ice

Manhattan - \$12

Classic American cocktail, bourbon, sweet vermouth, bitters & maraschino cherry pour over ice

Sidecar - \$20

Very trendy and delicious made with Hennessy cognac, Cointreau liquor & lemon juice

White Russian - \$15

Russian vodka, Kalhua & double cream, poured over ice



DINNER MENU

:: STARTERS ::

The Tides Bouillabaisse - \$48

*Mixed seafood poached in homemade fish stock with potatoes, carrot and tomatoes,
Flavoured with fennel & Pastis*

Seafood Crepe - \$48

*A mixture of seafood and mushroom bound in a white wine cream sauce delicately fold in a thin crepe
and gratinated with parmesan*

Pork and Prawn Shumai - \$46

*Ground pork tenderloin and tiger prawn marinated in Asian spices in a Cantonese style steamed
dumpling served with lemon grass and sweet chilli sauce*

Bruschetta two ways - \$48

*Smoke salmon with caramelized onions and crème friche with caper dressing, poach lobster with
roasted eggplant caviar, avocado and crusty bread*

Grilled Prawn Cocktail - \$48

*Tiger Prawn marinated with local herbs and spices then grilled, served with a mango, orange and
tomato cocktail sauce and garnished with crispy plantain chip*

Thai Beef salad - \$45

*Thin slices of sirloin marinated with garlic, sambal & soy sauce, on a bed of mixed leaves, tomato,
cucumber and lemon grass tossed in Thai dressing*

Deep fried Squid Salad - \$39

*Squid marinated and deep fried then tossed with spring mix, tomatoes, cucumbers, toasted sesame
and sweet chilli and lime dressing*

Grilled Asparagus & Goat Cheese - \$39

*Grilled asparagus, Arugula, roasted peppers and toasted walnuts, toss in a passion fruit vinaigrette
and topped with warm goat cheese drizzled with balsamic reduction*



DINNER MENU

:: MAIN COURSES ::

Red Snapper - \$79

Pan seared Snapper with Mediterranean crush potato, vegetable medley and citrus salsa Verde

Chicken Fricassee - \$69

Tender Chicken breast pared with garden vegetables stew and finish with a hint of balsamic butter and basmati rice

Pork Tenderloin - \$79

Succulent Pork tenderloin roasted then glazed in a peppered teriyaki sauce on a bed of sautéed mushrooms and stir fried rice noodles

Black Angus sirloin

Fresh Black Angus sirloin grilled to your liking, served with deep-fried onion rings, Potato gallette, asparagus and peppercorn sauce; available in the following cuts:

- 8 oz: \$88

- 12 oz:

\$115

-16 oz: \$140

Barbuda Lobster - \$98

Lobster tail grilled to perfection, resting on a potato Croquettes, baby spinach and roasted garlic burr blanc

Seafood Fettuccini - \$79

Mixed seafood sautéed with Mushrooms and marinated tomatoes, tossed in white wine creamy dill sauce, light tomato sauce or olive oil on bed of freshly made pasta & showered with garden basil

Beef and Vegetable pasta-\$74

Strips of sirloin sautéed with grilled vegetables, pesto sauce, wilted spinach, and penne pasta

Polenta Lasagne -\$64

Deep-fried polenta cake layered between pesto roasted vegetables and tomato ragu then granited with parmesan and goat cheese crust



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*Melting chocolate cake, baked to order served with vanilla ice cream
(Please allow 10 minutes)*

Cinnamon Pumpkin Cheesecake - \$25

*Pumpkin & Cinnamon spice cheesecake, garnished with caramel sauce
Infused with orange*

Fresh Fruit Salad - \$26

Local fruit medley topped with Mango sorbet

Ice Cream and Sorbets - \$24

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