

# TIDES

RESTAURANT & BAR

## Appetizers

### Vegetarian Spring Rolls

Cabbage, carrot, scallion and bell peppers. Served with wasabi and soy sauce  
\$11.5

### Panko & Coconut Shrimp

Golden fried. Served with strawberry mango salsa  
\$13.5

### Pork Pot Stickers

Steamed or fried. Served with sesame soy chili sauce  
\$13.5

### Asian Calamari

Golden fried calamari tossed with sweet chili sauce, crushed red pepper, scallions, toasted sesame seeds  
\$13.5

### P.E.I. Steamed Mussels <sup>GF</sup>

Chardonnay, garlic, local heirloom tomatoes, basil  
\$14.5

### Tuna Tartare

Fresh raw tuna marinated with a sesame soy chili sauce, onion, tomato, sesame seeds, citronette tossed arugula  
\$14.5

### Ceviche <sup>GF</sup>

Chef's special. Using only the freshest fish and ingredients. Please ask your server for details.  
\$15.5

### Crispy Brussel Sprouts

Panko fried Brussel sprouts, parmesan sauce, garlic toast  
\$12

### Ginger Garlic Cauliflower <sup>V</sup>

Tempura fried Cauliflower, Asian ginger garlic sauce, toasted sesame seeds  
\$10

## Soups and Salads

### Hearty Chicken Noodle Soup

Chicken breast, seasonal vegetables, pasta  
\$7.5

### Broccoli and Cheddar Soup <sup>GF</sup>

Broccoli, cheddar cheese, splash of fresh cream  
\$7.5

### Conch Chowder- Manhattan Style <sup>GF</sup>

Conch Infused with seasonal vegetables, thyme and tomato  
\$8.5

### House Salad

Mixed greens, heirloom tomatoes, cucumber, onion, bell peppers, ranch or 1000 island dressing  
\$11

### Classic Caesar Salad

Romaine lettuce, croutons, fresh parmesan, house-made Caesar dressing  
\$12

### Salad Additions

Chicken \$6 | Fish \$8 | Shrimp \$9 | Lobster \$12

### Caprese

Heirloom steak tomatoes, Buffalo mozzarella, basil, crostini, pesto, balsamic reduction  
\$13

### Toasted Coconut Salad <sup>GF</sup>

Mixed greens, heirloom tomatoes, pineapple, strawberries, almonds, toasted coconut, passion fruit dressing  
\$13.5

### Strawberry Spinach Salad <sup>GF</sup>

Baby spinach, strawberries, crumbled feta, candied pecans, orange balsamic dressing  
\$14

### Maytag and Arugula Salad <sup>GF</sup>

Maytag blue cheese, arugula, heirloom tomatoes, beetroot, candied pecans, strawberry dressing  
\$15

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## Snapper <sup>GF</sup>

Fresh 7oz snapper filet, pumpkin mash, heirloom tomatoes and arugula, citrus beurre blanc  
\$29

## Shrimp Scampi Fettuccine

Fresh shrimp sautéed with lemon, garlic and herbs tossed with fettuccine in a creamy lemon garlic sauce, heirloom tomatoes, spinach, lemon zest, garlic toast  
\$30

## 5 Cheese Lobster Mac n' Cheese <sup>Δ</sup>

Fresh lobster sautéed with lemon, garlic butter, paprika and cumin, tossed with macaroni in our signature 5 cheese sauce, broccoli, garlic toast  
\$32

## Seafood Linguine

Fresh lobster, shrimp, scallops, mussels, white wine, basil and heirloom tomatoes, tossed with linguine pasta  
\$35

## Sesame Seared Yellow Fin Tuna <sup>GF</sup> <sup>Δ</sup>

8oz yellow fin tuna steak, crusted with sesame seeds, sweet potato puree, sesame oil and rice wine tossed greens, pickled vegetables  
\$36

## Baked Seafood & Penne Symphony <sup>Δ</sup>

Fresh lobster, shrimp, scallops and catch tossed with béchamel, penne pasta and green peas baked golden brown, broccoli, garlic toast.  
\$38

## Lemon-Pepper Seared Salmon <sup>GF</sup> <sup>Δ</sup>

8oz Salmon Filet, pan seared with lemon-pepper seasoning. Served with spinach and asparagus, truffle mash, caper cream  
\$40

## Broiled Caribbean Lobster Tails <sup>Δ</sup>

12 oz. lobster tails, garlic mash, garlic butter, steamed vegetables, gremolata  
\$48

<sup>V</sup> - Vegan Option

<sup>Δ</sup> Items are not included in the standard purple All-Inclusive plan. Surcharge will apply if selected.

## Herb Grilled Chicken Breast

Herb grilled chicken breast, mushroom shallot demi, mash or fries, steamed veg or side salad  
\$20

## Chicken Parmigiana

Crispy panko fried chicken breast with tomato sauce and mozzarella cheese, served on a bed of spaghetti pomodoro, heirloom tomatoes, basil, fresh parmesan, garlic toast  
\$22

## Braised Lamb Shank

New Zealand lamb shanks braised in a white wine and tomato ragout, served with creamy polenta, green peas and gremolata  
\$32

## Ribeye Steak <sup>Δ</sup>

12 oz. CAB bone-in ribeye steak, served with parmesan mash, steamed vegetables, cabernet demi-glace  
\$40

## Filet Mignon <sup>Δ</sup>

8 oz. CAB beef tenderloin steak, served with truffle mash, roasted brussel sprouts, pinot noir demi-glace  
\$44

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## Vegetarian Entrees

### Gnocchi

Potato dumplings tossed in your choice of tomato, alfredo, 5 cheese or garlic butter sauce, buffalo mozzarella, gremolata, garlic toast  
\$22

### Quinoa <sup>V</sup> <sup>GF</sup>

Roasted local pumpkin, zucchini and squash. Quinoa, heirloom tomatoes, scallions, cilantro, mustard dressing  
\$24

### Pesto Primavera

Sautéed seasonal vegetables tossed with your choice of penne, spaghetti or linguine pasta, basil pesto, garlic toast  
\$26