

# TIDES

RESTAURANT & BAR

## APPETIZERS

### Ceviche of Day

\$13.5

### Crispy Octopus

*Cannellini bean tomato ragout,  
chimichurri.*

\$17.5

### Lobster Bites

*Thermidor sauce, sautéed spinach,  
green asparagus tips.*

\$15

### Smoked Striploin Beef Carpaccio

*Arugula, parmesan, Garlic aioli, olive oil.*

\$17

### Soup of the Day

\$8

### Tuna Tartare

*Yellowfin tuna, soy ginger dressing,  
avocado, fried shallots, plantain chips.*

\$17.5

### Chili Garlic Shrimp

*Aged Gruyere Cheese gratin and  
Grilled Focaccia.*

\$15

### Parma Ham & Truffle Brie

*Homemade brioche bread, local  
mango chutney, arugula*

\$15

## SALADS

### Quinoa Bowl

*Avocado, dried cranberries, roasted pumpkin, cashew,  
cucumber, tomato, corn, cilantro, citrus dressing*

\$10/\$15.5

### Reef Salad

*Mixed greens, strawberry, goat cheese, avocado,  
cashew nuts, citrus salad dressing.*

\$8/\$13.5

### Classic Caesar Salad

*Romaine lettuce, croutons, anchovies, parmesan  
shavings, homemade Caesar dressing*

\$7/\$11.5

## VEGAN

### Vegetable Taco

*Soft shell taco, fried plantain, avocado, black  
bean salsa, baby potato wedges, cilantro aioli*

\$16.5

### Mediterranean Vegetable Risotto

*Tomato coconut broth, grilled chili garlic  
broccolini*

\$17.5

### Vegetable Thai Red Curry (med. spicy)

*Basmati rice, naan bread*

\$18.5

 Items are not included in the standard purple All-Inclusive plan. Surcharge will apply if selected.

All prices in CI dollars and subject to change without notice | subject to 16% gratuity | Open 5pm - 9pm

# TIDES

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## ENTREES

### Beef Tenderloin ▲

*Potato au gratin, grilled asparagus, green peppercorn sauce.*

\$48

### New York Striploin ▲

*Smoky mashed potatoes, chimichurri, wild mushroom, grilled broccolini.*

\$36.5

### Herb Crusted New Zealand Lamb Chops ▲

*Truffle scallop potatoes, minted rosemary juice, roasted root vegetables.*

\$43.5

### Organic Airline Chicken Breast

*Truffle mushroom risotto, broccolini, rosemary sauce.*

\$26.5

### Chicken Marsala

*Parmesan mashed potatoes, mushroom sauce, garden vegetable.*

\$24.5

### Steamed P.E.I. Mussels

*Tomato white wine broth, grilled focaccia.*

\$19.5

### Local Red Snapper Florentine

*Creamy spinach, roasted baby potatoes, wild mushrooms.*

\$31

### Local Blackened Mahi

*Saffron Milanese risotto, grilled asparagus, local mango avocado salsa.*

\$29.5

### Alfredo

*Mushroom, Parmesan, garlic, cream sauce with*

*Chicken \$18*

*Shrimp \$23*

### Seafood Linguine

*Shrimp, mussels, lobster, scallops, garlic, fresh basil, spicy tomato broth.*

\$28.5

### Truffle Veal Bolognese

*Truffle, green asparagus, white veal Bolognese.*

\$24.5



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