Hi Tide Restaurant

All Day Menu

Appetizers, Soups and Salads

LOCAL HOMEMADE SOUP OF THE DAY — **$21.00**
Local Homemade Soup (Ask your Waiter)

ISLAND CAESAR SALAD — **$26.00**
Romaine Lettuce, Garlic Croutons, Parmesan Shavings and Black Olives
with Jerked Chicken Satay — **$33.00**
with Shrimp Kebab — **$46.00**

FARM GROWN MIXED LEAVES SALAD — **$26.00**
Freshly Picked Mixed Organic Leaves, handmade Spaghetti Cucumbers
with Jerked Chicken Satay — **$33.00**
with Shrimp Kebab — **$46.00**

WATERMELON, MINT FETA SALAD — **$27.00**
With Balsamic Dressing

MANGO BARBEQUE GLAZED WINGS — **$30.00**
Island Style BBQ Wings with Tossed Salad

PANKO BREADED CALAMARI — **$36.00**
Served with Chairman's Spice Dip

Burgers

HANDMADE BURGER — **$43.00**
Burger Patty topped with your choice of Pepper Jack Cheese or Cheddar Cheese, served with Tomatoes, Lettuce and Cucumbers

ASIAN FISH BURGER — **$36.00**
Homemade Pattie of Fish Fillet seasoned with Asian Spices, served with Aioli Mayo and Sweet Potato Fries

LAMB BURGER — **$40.00**
Finely ground A-Grade Lamb Loin served with a Greek Yogurt

BREAKFAST	7:30am - 10:30am	HAPPY HOUR	12:00pm - 2:00pm
LUNCH	12:00pm - 6:00pm		5:30pm - 6:30pm
DINNER	6:30pm - 10:00pm		

Entrees

BAY GARDENS SEAFOOD BOUILLABAISE — **$75.00**
Octopus, Conch, Mussels, Shrimp and Seared Fish of the Day served in a White Wine Broth

GREEN FIG & SALT FISH GNOCCI — **$42.00**
An Italian interpretation of our National Dish! Green Banana Mini Dumplings in a Tomato or Cream based Saltfish Sauce

HONEY GLAZED BBQ PORK TENDERLOIN — **$53.00**
Served with Rice & Lentils and Caramelized Ripe Plantains

SLOW COOKED BABY BACK RIBS — **$70.00**
Served with Sweet Potato Fries, Sweet Chili and BBQ Sauce

PITON BEER BATTERED FISH & CHIPS — **$55.00**
Served with Sweet Potato Fries, Green Pea Mash with Mint and Classic Tartar Sauce

CATCH OF THE DAY — **$60.00**
Served with Rice & Peas, Green Fig & Saltfish Salad and Buttered Vegetables

HONEY GLAZED CHICKEN ROULADE — **$55.00**
Stuffed with Curry Cream Cheese, Dasheen & Saltfish Rosti and Chocolate Dust served with Steamed Vegetables

PASTA ALFREDO — **$31.00**
Penne Pasta served with a Light Parmesan Cream Sauce
with Chicken — **$40.00**
with Shrimp — **$47.00**

EGGPLANT PUMPKIN & SPINACH LASSAGNA — **$30.00**
Served with Cheesy Garlic Bread

ISLAND JERK TOFU — **$65.00**
Jerk Tofu with Curried Pumpkin, Cucumber Spaghetti, Souski Sauce

Classic Sandwiches

All Sandwiches are served with a side of French Fries, Sweet Potato Fries, Plantain Chips or Salad

CLUB SANDWICH — **$35.00**
Bay Gardens Bun, Grilled Chicken, Bacon, Fried Egg, Tomatoes and Lettuce

JERK CHICKEN BAGUETTE — **$45.00**
Served with Shredded Romaine Lettuce, Red Onion, Sundried Tomato and Aioli Mayo

BLT SANDWICH — **$29.00**
Bay Gardens Bun, Aioli Mayo, Bacon, Lettuce and Tomato Sandwich

SPICY CRISPY CHICKEN SANDWICH — **$39.00**
Tenderized Chicken with Spicy Panko Breadcrumbs, served on a Sesame Bun with Plantain Chips

ST. LUCIA CURRY ROTI OF THE DAY
Ask your waiter for our daily special

Desserts

Banana Cheese Cake	**$28.00**
Apple Crumble with Vanilla Ice Cream	**$28.00**
Coconut Tart	**$27.00**
Banana Tempura	**$21.00**
Local Ice Cream	**$16.00**

Prices are stated in EC Dollars and are subject to 10% Service Charge and 10% VAT

A la Carte Dinner

Appetizers

CASTRIES MARKET TOSSED SALAD — **$45.00**
Crispy Vegetables, Mango, Avocado, Cucumber, Pumpkin, Tomato and Organic Romaine Lettuce served with Souski

LOCALLY GROWN TOMATO TART — **$45.00**
With Caramelized Onion, Feta Cheese, Black Olives and Garden Pesto

SPICY LOBSTER RAVIOLLI, LOBSTER BISQUE — **$55.00**
With Sugar Ginger Strips and Mandarin Segment

PAN ROASTED CHORIZO RISOTTO — **$30.00**
With Parmesan Disk

ROAST GARLIC HUMMUS — **$25.00**
Served with Peta Bread and Organic Greens

Entrees

CHICKEN ROULADE — **$65.00**
Stuffed with Eggplant Casserole served with Sweet Potato Puree, Sundried Tomato Pesto, Butter Green Peas, Shadow Benny and Creole Sauce

AROMATIC ROASTED PORK BELLY — **$85.00**
Served with Dasheen Gratin, Caramelized Squid and Red Wine Sauce

BUTTER ROAST BEEF TENDERLOIN — **$110.00**
With Potato and Pumpkin Mash, Okra Tempura

POACHED JACK FISH — **$85.00**
Stuffed with Salmon Mousse, Seafood Nage and Butter Spinach

ROSEMARY DUCK LEG CONFIT — **$90.00**
Garlic Potato Mash and Roast Vegetables, Crispy Carrot with Red Wine Jus

Desserts

Chocolate Fondant with Vanilla Ice Cream	**$35.00**
Freshly Churned Local Ice Cream	**$16.00**
Selection of Cheese with Walnut Bread	**$25.00**
Passion Fruit Ice Cold Soufflé	**$25.00**

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Creole Dinner

Appetizers

ISLAND TOSSED SALAD — **$25.00**
Crispy Vegetables, Mango, Avocado, Cucumber, Pumpkin, Tomato and Organic Romaine Lettuce served with Souski

SMOKED SALMON — **$40.00**
Cucumber Spaghetti with Avocado Puree

Salted Pig Tail Soup — **$28.00**
With Yellow Split Peas

Caesar Salad Romaine Lettuce — **$35.00**
Garlic Croutons, Parmesan Shavings and Black Olives

Entrees

JERK GRILLED RED SNAPPER — **$85.00**
Green Fig and Salt Fish Salad, Mango Salad and Souski Sauce

BUTTER ROAST STRIPLOIN STEAK — **$110.00**
With Sweet Potato Mash, Steamed Vegetables, Red Wine Jus

VEGETABLE KEBAB — **$55.00**
With Feta Cheese, Organic Greens and Basil Pesto

ONE POT CREOLE SEAFOOD — **$90.00**
With Ground Provisions, Sautéed Vegetables and Local Herbs

Desserts

Chocolate Cake with Vanilla Ice Cream — **$25.00**

Freshly Churned Local Ice Cream — **$16.00**

Bread Pudding with Rum Sauce — **$25.00**

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