

THE TIDES

RESTAURANT

3 COURSES FOR THE PRICE OF YOUR MAIN

SERVED MONDAY – SATURDAY 5PM – LATE & SUNDAY ALL DAY

IF YOU CAN'T MANAGE ALL THREE COURSES WHY NOT CHOOSE A SMALL GLASS OF WINE, SELECTED BEER OR SOFT DRINK INSTEAD.

Starters

Soup of the Day Chefs Soup of the Day, Crusty Bread	Salt & Chilli Prawns Crispy Coated Salt & Chilli Prawns, Garlic Aioli, Chilli Butter	BBQ Pulled Pork Bao Buns BBQ Pulled Pork, Pickle, Bao Bun
Caesar Salad Crispy Baby Gem, Parmesan Shavings, Bacon Lardons, Croutons, Dressing	Tides Nachos Fried Tortilla Chips, Chilli, Cheese Sauce	Roast Garlic Flatbread Baked Flatbread, Roast Garlic Butter, Parsley & Garlic Dip
Garlic Mushroom Bruschetta Sauté Mushrooms, Garlic Butter, Toasted Sour Dough	Smoked Haddock & Champ Fishcake Smoked Haddock & Champ Fishcake, Parsley & Lemon Butter, Crisp Salad	Roast Garlic & Red Pepper Hummus Garlic & Red Pepper Hummus, Extra Virgin Olive Oil, Crusty Bread

Mains

(All dishes marked with an * are complete meals and do not include a side)

Chicken Escalope £16 Chicken Escalope, Crispy Onions, Choice of Sauce, Side	Salt & Chilli Chicken* £17 Crispy Chicken, Onions, Peppers, Carrot, Garlic, Chilli, Noodles, Prawn Crackers	Chicken Penne* £16 Chilli Chicken Strips, Penne Pasta, Chilli Cream	Chicken Goujons £15 Breaded Chicken Strips, Choice of Dip, Side	Chilli Chicken Flatbread £16 Chilli Chicken Strips, Flatbread, Lettuce, Tomato, Sour Cream, Side	Chicken Maryland £17 Breaded Chicken, Tomato, Bacon, Pineapple, Breaded Banana, Corn, Choice of Sauce, Side	Salt & Chilli Chicken Burger £16 Spicy Breaded Chicken, Brioche Bun, Gem, Tomato, Chilli Mayo, Crispy Onions, Side	Tides Chicken Curry* £17 Crispy Chicken, Peppers, Onions, Chinese Style Curry, Basmati Rice, Naan
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Fillet of Beef Penne* £19 Chilli Fillet Steak Strips, Penne Pasta, Chilli Cream	Tides Burger £16 Beef Patty, Crispy Onions, Gem, Tomato, Cheese, Bacon, Brioche Bun, Side	Fillet of Beef Flatbread £19 Chilli Fillet Steak Strips, Flatbread, Lettuce, Tomato, Sour Cream, Side	Honey Glazed Gammon Chop £18 Glazed Gammon Chop, Grilled Pineapple, Fried Egg, Side	Salt & Chilli Fillet of Beef* £19 Crispy Fillet Steak, Onions, Peppers, Carrot, Garlic, Chilli, Noodles, Prawn Crackers	Lamb Burger £17 6oz Homemade Lamb Burger, Goats Cheese, Crispy Baby Gem, Tomato, Red Onion Relish, Brioche Bun, Side	Honey Glazed Duck Breast £21 Glazed Duck, Pak Choi, Clementine & Honey Syrup, Plum Puree, Side	8oz Irish Rump Steak £19 Irish Rump Steak, Crispy Onions, Choice of Sauce, Side	10oz Irish Sirloin Steak £25 Irish Sirloin Steak, Crispy Onions, Choice of Sauce, Side	8oz Irish Fillet Steak £26 Irish Fillet Steak, Crispy Onions, Choice of Sauce, Side
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Sides £3.50

Home Cut Chips	French Fries	Chilli & Sour Cream Fries	Salt & Chilli Chips	Garlic Fries	Ganzao Curry Fries	Vegetables of the Day	Creamy Garlic Mushrooms	Mixed Leaf Salad	Caesar Salad	Rocket, Parmesan, Tomato & Red Onion Salad	Creamy Mash	Champ	Buttered Baby Potatoes
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Sauces £2

Pepper Cream	White Wine & Mushroom	Garlic Butter	Chorizo Cream	Onion Gravy
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Chorizo Crusted Cod* £18 Roast Cod Fillet, Chorizo Crust, Chorizo Cream, Baby Potatoes, Roast Tomato	Battered Fish of the Day £18 Crispy Battered Fish of the Day, Pea Puree, Tartar, Side	Fish Pie* £19 Cod, Prawns, Smoked Fish, Salmon, White Wine & Herb Cream, Garden Peas, Cheesy Mash	Grilled Fish Of The Day £19 Please ask your server	Maple & Whiskey Salmon £20 Baked Salmon Fillet, Maple & Whiskey Glaze, Tenderstem Broccoli, Side	Tides Smokie* £19 Smoked Haddock, White Wine Cream, Cherry Tomatoes, Parmesan, Scallions, Cheddar, Baby Potatoes	Scampi £17 Battered Scampi, Salad, Tartar, Side	Prawn Linguine* £20 Red Prawns, Garlic & White Wine Cream, Spinach, Cherry Tomatoes, Parmesan, Lemon, Linguine	Pan Fried Sea Bass £20 Seared Seabass Fillet, Wok Fried Vegetables, Curry Oil, Side
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Tomato & Goats Cheese Tart* £16 Baked Goats Cheese, Puff Pastry, Tomato, Rocket Salad, Herb Oil	Courgette, Tomato & Pesto Linguine* £16 Courgette, Pesto, Pine Nuts, Roast Cherry Tomatoes, Parmesan Cream, Linguine	Tides Vegetable Curry* £16 Spinach, Pak Choi, Onions, Peppers, Mushrooms, Chickpeas, Chinese Style Curry, Basmati Rice, Naan	Wild Mushroom, Spinach & Herb Gnocchi* £16 Wild Mushrooms, Spinach, Herb Oil, Gnocchi, Pine Nuts
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Dips £0.80

Ketchup	Sweet Chilli	BBQ	Plain / Garlic / Chilli Mayo	Tartar
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Desserts

Please ask to see a menu of our homemade desserts

If you have any food allergies or dietary requirements, please ask a member of staff and they will be happy to help.

Please note The Tides operates a one bill per table policy, sorry for any inconvenience caused.

www.odmrestaurants.com

White Wine		
El Muro Blanco Macabeo Aragon, Spain Fresh acidity, apples & peaches		15
O&G Sauvignon Blanc, South Africa Zesty, refreshing, gooseberry & citrus	5.5 16	
La Maglia Pinot Grigio, Lombardy, Italy Dry, light & crisp, delicate white fruits	6 17	
Paddock Chardonnay, SE Australia Juicy, peach & tropical fruits	5.5 16	
Tokomaru Bay Sauvignon Blanc, NZ Vibrant citrus & green pepper aromas with gooseberry & tropical flavours		20

Rose Wine		
O&G White Zinfandel Rose, USA Fresh acidity, apples & peaches	5.5 16	

Cocktails		
Classic Mojito Bacardi Mint Leaves Fresh Lime		8
Raspberry & Elderflower Mojito Raspberry Bacardi Chambord Elderflower Mint Leaves Fresh Lime		10
Strawberry Daiquiri Bacardi Fresh Strawberries Fresh Lime Strawberry Liqueur		8
Apple Jack Sour Jack Daniels Apple Disaronno Egg White Fresh Lime		9
Shipwreck Boatyard Gin Cointreau Egg White Orange Juice		9
Polly Pineapple Bombay Jawbox Pineapple Pineapple Juice Egg White		9
Espresso Martini Vodka Patron Café XO Espresso		10
Copeland Collins Rhuberry Copeland Gin Fresh Lemon Fresh Lime		9
Tropical Tides Malibu Peach Schnapps Apple, Pineapple & Cranbury Juice		8
Pornstar Martini Vodka Passionfruit Trulli Prosecco Pineapple Juice		10
Parma Violet Bramble Boe Parma Violet Gin Fresh Lemon		9
Aperol Spritz Aperol Soda Trulli Prosecco		9

Bottled Beer		
Budweiser Budvar (non-alcoholic)		3
Coors Light		3.5
Corona		3.5
Stella		3.5
Rockshore		3.5
Smithwicks Red Ale		4

Bottled Cider		
Rekorderlig Strawberry & Lime		5.5
Rekorderlig Wild Berry		5.5
Rekorderlig Mango & Raspberry		5.5

RTDs		
WKD Blue		4
West Coast Cooler Original/Rose		4

Red Wine		
Les Nauges Pinot Noir, Loire, France. Light yet intense redcurrants & spice		20
Ederra Crianza Rioja, Spain Modern, easy drinking style, gentle strawberry fruit		20
Paddock Shiraz, SE Australia Plummy & red berries, pepper & spice	6 16	
O&G Merlot, Chile Rich & full, plum, cherry & vanilla	5.5 16	
Lorosco Cabernet, Central Valley, Chile Smooth blackberry & blackcurrant flavours	6 16	
El Cuyo Malbec, Mendoza Argentina Black stone fruits, chocolate & spice	6 17	

Mocktails		
Virgin Strawberry & Passionfruit Daiquiri Strawberries Passionfruit Fresh Lime	6	
Cool Collins Mint Lemon Fresh Lime Lemonade	6	
Tropical Storm Apple Pineapple Mango Cranberry	6	
Hubba Bubba Bubblegum Syrup Grenadine Fresh Lemon Fresh Lime	6	

Gin		
Bombay Sapphire Served with Lime	3.5	
Bombay Bramble Served with Mixed Berries	4.5	
Gordons Served with Lemon	3.5	
Gordons Pink Served with Strawberries	3.5	
Shortcross Served with Orange & Mint	5.5	
Boatyard Served with Orange	6	
Jawbox Rhubarb & Ginger Served with Orange	5	
Jawbox Pineapple Served with Pineapple Slice	5	
Boseford Rose Served with Raspberries	3.5	
Belfast Gin Served with Orange	5	
Beefeater Blood Orange Served with Orange	5	
Tanqueray Served with Lemon	3.5	
Copeland Irish Served with Orange	5.5	
Copeland Rhuberry Served with Blackberries & Lemon	5.5	
Copeland Raspberry & Mint Served with Raspberries & Mint	5.5	
Boe Violet Served with Strawberries	5.5	

Mixers		
1783 Crisp Tonic		2.6
1783 Light Tonic		2.6
1783 Ginger Ale		2.6
Schweppes Soda Water		2
Schweppes Elderflower		2

Champagne & Sparkling		
Trulli Prosecco Snipes Veneto, Italy Soft fruit flavours, fresh clean taste with delicate mousse		6.5
Maschio Dei Caval Fizzante Veneto, Italy Fine bubbles, Fresh & Fruity		19
Vitelli Prosecco Veneto, Italy Peaches & pears, soft delicate bubbles		25
Reynier Champagne Brut Champagne, France Light, elegant with soft full flavours, generous bubbles, good balance & finish		50

Scotch Whiskey		
Famous Grouse		3
Bells 8 Year Old		3
Talisker 10 Year Old		6
Laphroaig 10 Year Old		7
Glenfarclas 10 Year Old		5
Macallan Gold 10 Year		5

Irish Whiskey		
Bushmills		3.5
Bushmills 10 Year Old		4.5
Jameson		3
Jamesons Crested		4.5
Jamesons Caskmates IPA Edition		4
Jamesons Caskmates Stout Edition		4
Jamesons Black Barrel		6
Black Bush		4
Powers		3

American Whiskey		
Jack Daniels Tennessee		3.5
Jack Daniels Tennessee Honey		4
Jack Daniels Rye		5
Jack Daniels Apple		4
Gentleman Jack		6
Jack Daniels Tennessee Fire		4
Southern Comfort		3
Woodford Reserve		5.5

Brandy		
Martell VS		3.5
Hennessy VS		4
Remy Martin VSOP		6

Rum		
The Kraken Black Spiced Rum		3.5
Bacardi Carta Blanca		3
Bacardi Carta Oro		3.5
Bacardi 8 Year		4
Bacardi Oakheart		3.5
Bacardi Carta Fuego		3.5
Bacardi Carta Negra		3.5
Bacardi Raspberry		3.5
Captain Morgans Spiced Gold		3
Malibu Coconut Rum		3

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