



# TIDES Dinner Menu

Address: Wyndham Reef Resort

Phone: 1 (345) 947 3100

Cuisine: International Cuisine

## SALADS & SOUPS

**Soup of the Day** **CI\$10**

Made from locally-sourced ingredients

**Quinoa Bowl** v **CI\$11**

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

(Main-size portion available for \$16.50)

**Spinach and Goat Cheese Salad** v **CI\$15.50**

Fried goat cheese, roasted beets, orange segments and balsamic dressing

**Reef Salad** v **CI\$9**

Mixed greens, strawberries, goat cheese, avocado, cashew nuts and citrus dressing. (Main-size portion available for \$15.50)

**Caesar Salad** **CI\$8**

Romaine lettuce, croutons and homemade caesar dressing. (Main-size portion available for \$12)

## APPETIZERS

**Ceviche of the Day** **CI\$14.50**

Locally-caught fish

**Lobster Bites** **CI\$15**

Sauteed spinach, green asparagus tips and thermidor sauce

**Chili Garlic Shrimp** **CI\$16**

Aged gruyere cheese gratin and grilled focaccia

**Tuna Tartare** **CI\$17**

Yellowfin tuna, avocado, shallots, soy ginger dressing

**Smoked Beef Carpaccio** **CI\$17**

Arugula, parmesan, garlic aioli, olive oil

<b>Herb-Crusted Wahoo Carpaccio</b>	<b>CI\$15.50</b>
Mango lime salsa, edamame, pickled radish, garden greens, aged balsamic	
<b>Crispy Fried Black Tiger Shrimp</b>	<b>CI\$16.50</b>
Tossed in homemade sweet-sour sauce	
<b>Parma Ham &amp; Truffle Brie</b>	<b>CI\$16</b>
Homemade brioche bread, local mango chutney and arugula	
<b>Shrimp Cocktail</b>	<b>CI\$15.50</b>
Homemade cocktail sauce	
<b>Classic Escargot</b>	<b>CI\$14.50</b>
Herb garlic butter and French baguette	
<b>Crispy Octopus</b>	<b>CI\$17.50</b>
Chimichurri, cannellini bean and tomato ragout	

## SEAFOOD

<b>Sesame-Crusted Yellowfin Tuna</b>	<b>CI\$35</b>
Wasabi mash potato, teriyaki- glazed cremini mushroom and chili garlic broccolini	
<b>Local Red Snapper Florentine</b>	<b>CI\$32</b>
Creamy spinach, roasted baby potatoes, wild mushrooms	
<b>Local Blackened Mahi</b>	<b>CI\$30.50</b>
Saffron Milanese risotto, grilled asparagus, local mango avocado salsa	
<b>Steamed P.E.I Mussels</b>	<b>CI\$19.50</b>
Tomato white wine broth, grilled focaccia	

## MEAT

<b>Beef Tenderloin</b>	<b>CI\$48</b>
Potato au gratin, grilled asparagus and green peppercorn sauce	
<b>Herb-Crusted Lamb Chops</b>	<b>CI\$43.50</b>
New Zealand lamb, truffle scallop potatoes, minted rosemary juice and roasted root vegetables	
<b>NY Striploin</b>	<b>CI\$38.50</b>
Smoky mashed potatoes, chimichurri, wild mushroom and grilled broccolini	

**Organic Chicken Breast** **CI\$27.50**

Airline-cut chicken breast, truffle mushroom risotto, broccolini

**Chicken Marsala** **CI\$25.50**

Parmesan mashed potatoes, mushroom sauce, masala wine and garden vegetables

## VEGAN

**Mediterranean Vegetable Risotto**  v  Vegan **CI\$17.50**

Tomato coconut broth, grilled chili garlic broccolini

**Vegetable Taco**  v  Vegan **CI\$16.50**

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

**Gnocchi Primavera**  v  Vegan **CI\$17.50**

Homemade potato gnocchi, seasonal vegetables, basil pesto and roasted walnuts

**Vegetable Tikka Masala**  v  Vegan **CI\$19.50**

With basmati rice and naan bread. Can make this dish non-vegan by adding: Shrimp \$8 / Mahi \$9 / Chicken \$7

## PASTA

**Seafood Linguine** **CI\$28.50**

Shrimp, mussels, lobster, scallops, garlic, fresh basil and spicy tomato broth

**Spaghetti Alle Vongole** **CI\$25.50**

Baby clams, garlic, white wine, tomato and Italian parsley

**Homemade Potato Gnocchi**  v **CI\$22.50**

Four cheese sauce topped with roasted walnuts

**Alfredo Pasta**

Mushroom, parmesan, garlic cream sauce. Choose between: Lobster \$29 / Shrimp \$25.50 / Chicken \$23.50

## DESSERTS

**Chef Cheese Board** **CI\$15.50**

A fine selection of cheeses, served with homemade fig jam, water crackers, candied walnut and fresh fruit

<b>The Reef House Dessert</b>	<b>CI\$9</b>
Warm chocolate chip cookie, homemade Tortuga rum and raisin ice cream	
<b>Dolce de Leche Creme Brulee</b>	<b>CI\$9</b>
With fresh berries	
<b>Sticky Toffee Pudding</b>	<b>CI\$9</b>
Caramel sauce and vanilla ice cream	
<b>Blueberry Cheesecake</b>	<b>CI\$9</b>
With crème anglaise	
<b>Chocolate Molten Lava Cake</b>	<b>CI\$9</b>
Vanilla ice cream, fresh berries and caramel crumbs	
<b>Key Lime Pie</b>	<b>CI\$9</b>
Meringue, lemon curd	
<b>Chocolate Bread Pudding</b>	<b>CI\$9</b>
Vanilla ice cream	
<b>Ice Cream by the Scoop</b>	<b>CI\$2.50</b>
Chocolate, strawberry or vanilla	

Last updated: Wed 19 Feb, 2025