



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

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

SEAFOOD

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

MEAT

Beef Tenderloin	CI\$48
Potato au gratin, grilled asparagus and green peppercorn sauce	
Herb-Crusted Lamb Chops	CI\$43.50
New Zealand lamb, truffle scallop potatoes, minted rosemary juice and roasted root vegetables	
NY Striploin	CI\$38.50
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

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

Last updated: Wed 19 Feb, 2025