THE TIDE

COASTAL KITCHEN & LOUNGE

TO START

WARM HOUSE MADE BREAD 7
balsamic, olive oil

TRUFFLE FRIES 15
young parmesan, black pepper mayo

WAGYU BEEF DUMPLINGS 23
scallions, ponzu, chili crunch, sesame seeds

SPICY SHRIMP TEMPURA ROLL 22
cucumber, sesame, salmon roe

AVOCADO ROLL 21
crispy wonton, kewpie mayo, wasabi

CHILI CHICKEN LETTUCE WRAPS 26
fried cashew nuts, chili crunch, sesame, scallions, ranch

CHICKPEA HUMMUS 18
za'atar, greek pita, raw vegetables, olive oil

SMOKED BEEF SKEWERS (GF) 24
sirloin beef, parmesan, scallions

GARLIC BUTTER TIGER PRAWNS 26
crispy wontons, herbs, slaw

CHARRED CHICKEN SKEWERS (GF) 20
chicken thigh, bacon gremolata, buffalo aioli

BLACKENED COD TACOS (GF) 24
soft corn tortillas, pacific cod, tajín, chipotle mayo, corn salsa, cilantro, lime

CHICKEN WINGS 26
choice of salt and pepper or spicy hot sauce

SOUPS & SALADS

add chicken 10 | tofu 8 | salmon 15 | sautéed prawns (5 pcs) 10

SEAFOOD CHOWDER 20
new england style, mussels, cod, salmon, clam, bacon, vegetables, cream, herbs

TIDE SALAD (GF) 23
smoked bacon, egg, cheese, romaine, tomatoes, avocado, cucumber, buttermilk dressing

GREEN SALAD (GF) 21
assorted greens, balsamic vinaigrette, cucumber, tomatoes, toasted sunflower seeds, parmesan

HAPPY HOUR

3:00 - 5:00 pm daily

SALT and PEPPER CHICKEN WINGS 10
buffalo aioli

PARMESAN FRIES 10
black pepper mayo

CHICKPEA HUMMUS (GF) 10
za'atar, greek pita, raw vegetables, olive oil

POPCORN SHRIMP 10
wasabi mayo

RED WINE 5 oz 10

WHITE WINE 5 oz 10

DRAFT BEER
pilsner or lager - 7
pale ale or rotating - 8

HIGHBALLS 2 off
absolut, beefeater, bacardi, canadian club, el jimador

BOWLS

TUNA POKÉ 29
seasoned sushi rice, pickled ginger, avocado, cucumber, edamame, furikake, pineapple

CHICKEN SHAWARMA SKEWER BOWL 32
quinoa tabbouleh, chickpea hummus, chicken shawarma skewers, crispy falafel, za'atar

TERIYAKI SALMON 36
seared atlantic salmon, pickled ginger, seasoned jasmine rice, sesame seeds, cucumber, edamame, scallions, broccolini, cashew nuts

SESAME SOY TOFU 30
tofu, cucumber, edamame, broccolini, cashews, seasoned jasmine rice, pickled ginger, ponzu

SIDES

STEAMED BROCCOLINI	10
PARMESAN MUSHROOMS	12
FRENCH FRIES	10
HALF AVOCADO	6
ROASTED BRUSSEL SPROUTS WITH BACON	14

Vegetarian (GF) Gluten-Free

MAIN EVENT

STEAK FRITES 44
8 oz certified angus steak, herb butter, frites

BANGERS and MASH 38
caramelized onions, gravy, truffle, pomme purée, brussels sprouts

SMOKED BUTTER CHICKEN 32
smoked boneless chicken thighs, tomato butter sauce, naan bread and rice

SICILIANA CHICKEN SUPREME 34
tomatoes, olives, capers, fine herbs, white wine, olive oil, young parmesan, roasted potatoes

PASTA & RICE

add chicken 10 | tofu 8 | salmon 15 | sautéed prawns (5 pcs) 10

LOCAL BUTTERNUT SQUASH RAVIOLI 32
brown butter, sage, parmesan, pine nuts, pickled squash

LOCAL HANDCUT TAGLIATELLE 38
fresh, locally made tagliatelle pasta with your choice of sauce:
Bolognese – italian sausage, chorizo, ground beef, san marzano tomatoes, red wine, parmesan
Seafood – cod, salmon, mussels, shrimp, butter cream sauce
add shaved truffle 6 | housemade bread 5

FRENCH ONION RISOTTO 30
caramelised onion, arborio, gruyère cheese, thyme, beef broth, toasted brioche crumbs, chives

VEGETABLE FRIED RICE 28
sambal oelek, vegetables, sesame, crispy wontons, green onions

COMFORT CRAVINGS

choice of fries or salad

WAGYU CHEESEBURGER 30
7 oz wagyu beef patty, bacon, gruyère cheese, cracked pepper mayo, mustard, caramelized onion, lettuce, tomato

SPINACH and KALE BURGER 27
lentil and spinach patty, mayo, avocado, lettuce, onion, mustard, brioche bun

CHICKEN CLUB SANDWICH 29
country loaf bread, grilled chicken, bacon, lettuce, tomato, mayo

FISH and CHIPS 30
two pieces of battered cod, creamy slaw, lemon caper tartar sauce

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