



TIDES

SEAFOOD BAR

GRILLED SPANISH OCTOPUS \$21

Frisse + Kale + Torn Croutons + Fresh Goat Cheese
+ Lemon Olive Oil

AHI TATAKI \$24

Fresh Burrata + Heirloom Tomatoes + Passion Fruit

SHRIMP COCKTAIL \$21

Melon + Citrus Salad + Mint + Marie Rose Sauce

PERUVIAN CEVICHE \$21

Snapper + Lime + Red Onions + Chili + Sweet Potato
+ Crispy Corn + Cilantro

CHERRY STONE CLAMS \$20

Pancetta + Blistered Tomatoes + White Wine
+ Herbs + Grilled Baguette

APPETIZERS

JAMON ARANCINI \$14

Risotto + Cured Ham + Spicy Tomato Emulsion

COMPRESSED WATERMELON \$15

Feta + Candied Nuts + Arugula

THE GARDEN \$15

Quinoa Salad + Local Bahamian Field Greens

CLASSIC CAESAR SALAD \$17

Romaine Lettuce + Applewood Smoked Bacon + Caesar Dressing
+ Parmesan Reggiano

*Should you have any dietary requirements or allergies, please ask for the Manager
Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of foodborne illness*

All prices displayed are subject to 7.5% VAT and a 15% Service Charge



BREAKFAST

BREAKFAST EXPERIENCE

With the warmth of the Bahamian culture, we have prepared bountiful tables of farm fresh foods. With fruit, eggs, fish and meats, we locally source and carefully craft your ideal island kitchen. Enjoy unlimited access to fresh pressed juices and bespoke smoothies. With specialty coffees included. 3 Tides provides the island's finest breakfast experience. \$34

A LA CARTE

PULLED PORK BENEDICT

Coffee Rubbed Pork Shoulder + Grilled Sourdough + Hollandaise Sauce \$16

WHOLE WHEAT RICOTTA PANCAKE

Apple Butter + Maple Syrup + Whipped Cream \$13

OMELET

Your Choice of Fillings + Breakfast Potatoes + Toast \$22

BREAKFAST PIZZA

Fried Egg + Prosciutto + Arugula + Herb Ricotta \$18

CORNED BEEF HASH

Poached Egg + Poblano Peppers + Pearl Onion + Sweet Potato + Hollandaise \$15

3 TIDES BREAKFAST

House Cured Bacon + Two Eggs + Sourdough Toast + \$12

VANILLA WAFFLES

Berries + Chantilly Cream + Maple Syrup \$17

CLASSIC EGGS BENEDICT

Poached Eggs + English Muffin + Canadian Bacon + Hollandaise Sauce \$21

BEVERAGES

ILLY COFFEE \$5

ILLY CAPPUCCINO + LATTE \$8

HARNEY & SONS TEA +\$5

FRESH PRESSED JUICE \$7

SMOOTHIE \$7

MIMOSA +\$12

HEARTH

SNAPPER \$36

Jerk Marinated + Jicama + Chayote Slaw
+ Oven Roasted Tomato

LOBSTER RISOTTO \$42

Miso Butter + Corn + Arugula + Soft Poached Egg

MUSHROOM GNOCCHI \$29

Heirloom Tomatoes + Asparagus + Aged Goat Cheese

GRILL

FROM THE SEA

Caribbean Lobster Tail \$MK

Grouper 7oz \$38

Ahi Tuna 7oz \$38

Jumbo Shrimp \$40

FROM THE LAND

Rib Eye 12oz \$48

NY Strip Steak 12oz \$45

Grain Fed Chicken Breast 8oz \$36

SIDES

Macaroni & Cheese

\$6 ea

Broccolini with Parmigiano

Whole Butter Mashed Potatoes

Sautéed Wild Mushrooms with Thyme

Spicy Corn Grits

Peas & Rice

Plantains

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