

HI TIDE LUNCH MENU

STARTERS

- Chef's Soup of the Day** **EC\$27|US\$10**
Served with Garlic Croutons
- Castries Market Tossed Salad** **EC\$27|US\$10**
Garden mixed shredded vegetables with island fruit vinaigrette
- Caesar Salad** **EC\$27|US\$10**
Chopped lettuce with garlic butter crouton, parmesan cheese and anchovies-based mayonnaise dressing
- Honey BBQ Chicken** **EC\$31|US\$12**
Served With Coleslaw
- Breaded Chicken Strips** **EC\$33|US\$13**
Served with Garden Salad
- Conch Fritters W/ Vegetables** **EC\$30|US\$12**
Served with Sweet Chili Dip
- Cajun Shrimp Salad/Jerk Chicken Salad** **EC\$40|US\$15**
Mixed garden vegetables with fresh fruit vinaigrette and grilled seasoned shrimp or chicken

ENTREES

- Catch of the Day** **EC\$65|US\$25**
Rice, Provisions Vegetables OR Salad
- Grilled Chicken** **EC\$65|US\$25**
Served with Rice & Peas, Medley of Steamed Vegetables
- Plantain, Spinach & Soya Chunks Casserole** **EC\$40|US\$15**
Stewed soya chunks served plantain & spinach with and mixed herb seasoning topped and baked with stringy mozzarella cheese.
- Roasted Curry Goat** **EC\$65|US\$25**
Served with Coconut Rice & Peas
- Pot Fish** **EC\$75|US\$28**
Served with Cinnamon Fried Plantain/Sweet Potato Wedges

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ENTREES

Seasonal

SIDES

Mac & Cheese	EC\$15 US\$10
Fries	EC\$12 US\$5
Rice & Peas	EC\$8 US\$3
Steamed Vegetables	EC\$10 US\$4
Provisions	EC\$10 US\$4

PASTAS

Chicken Alfredo	EC\$55 US\$15
Mushroom	EC\$40 US\$15
Vegetable	EC\$40 US\$15
Island Seafood Pasta	EC\$65 US\$24

In a creamy sauce OR Tomato & Basil

NB: LOBSTER SEASON RUN FROM: AUGUST 1st - MARCH 1st
Prices are subject to 10% VAT and 10% Service Charge.
Please inform your server of any allergies.

ISLAND ROTIS

Fish	EC\$40 US\$15
Chicken	EC\$35 US\$13
Seafood	EC\$45 US\$17
Vegetable	EC\$40 US\$15
Goat	EC\$45 US\$16

**ALL ROTIS ARE SERVED WITH
CARROTS, POTATOES, CURRY SAUCE AND A DAHL PURI SHELL.**

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BURGERS/SANDWICHES

Fish Burger

Grilled catch of the day served in a moist burger bun with lettuce, tomatoes, pickles, house dressing and onions optional.

EC\$45|US\$17

BGR Club Sandwich

Chicken, Bacon, Tomato, Lettuce, Fried Egg OR Grilled Plantain

EC\$48|US\$18

Homemade Beef Burger

Kobe beef ground 6oz patty served in a moist burger bun with lettuce, tomatoes, pickles, house dressing and onions optional.

EC\$48|US\$18

Pull Pork Sandwich

Shredded BBQ pork served in a moist bun with coleslaw with side fries and salad

EC\$60|US\$23

Crispy Chicken Sandwich

Breaded chicken served in a moist burger bun with lettuce, tomatoes, pickles, house dressing and onions optional.

EC\$48|US\$18

STIR FRY RICE/CHOWMEIN

Beef

EC\$60|US\$23

Chicken

EC\$55|US\$21

Vegetables

EC\$48|US\$18

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