

HI TIDE LUNCH MENU

SOUPS & SALADS

Chef's Soup of the Day**Cup:**

EC\$14 | US\$5

Bowl:

EC\$27 | US\$10

Fish Broth

EC\$37 | US\$14

Local Spiced Consommé with Provisions & Vegetables

Caesar Salad

Romaine Lettuce, Olive and Garlic Croutons

Caesar Dressing, Aged Parmesan:

EC\$22 | US\$8

With Grilled Shrimps:

EC\$41 | US\$15

With Grilled Chicken:

EC\$30 | US\$11

Mediterranean Pasta Salad

EC\$35 | US\$13

Roasted Squash, Olives, Capers, Sundried Tomato, Beans
Arugula & Pesto**Green Salad**

EC\$35 | US\$13

Mixed Organic Greens, Salad Vegetables, Herb Vinaigrette

Salad Nicoise

EC\$41 | US\$15

Tomatoes, Green Beans, Boiled Egg, Olives, Grilled Tuna, Lettuce.
Lemon Dijon Mustard Vinaigrette

APPETIZERS

Honey BBQ Chicken Wings

EC\$35 | US\$13

Blue Cheese Dip, Coleslaw

Lambi, Chickpea & Spinach Accras

EC\$27 | US\$10

Deep Fried Doughnuts, Spiced Hoisin, Tartare Sauce

Mini Rotis

EC\$38 | US\$14

Mango Chutney

Deep Fried Balawhoo

EC\$30 | US\$11

Tomato Herb Souskai, Shadow Benni Aioli

Twisted Taco

EC\$33 | US\$12

Tropical Fruit Salsa, Scotch Bonnet Sour Cream, Guacamole

ENTREES

Catch of the Day

EC\$65 | US\$24

Grilled, served with sweet potato mash, Basmati Rice Pilaf
and Steamed Greens, Coconut Curry Sauce or Lemon Beurre Blanc

Prices are subject to 10% VAT and 10% Service Charge. Please inform your server of any allergies.

HI TIDE LUNCH MENU

ENTREES

Spaghetti Bolognese EC\$49 | US\$18

Parmesan

Lamb Pepperpot EC\$70 | US\$26

Rice & Peas, Sauteed Vegetables, Johnny Cakes

Curry of The Day EC\$70 | US\$26

Coconut Milk, Local Seasonings, Fried Plantain, Rice, Roasted Corn

Green Fig & Saltfish EC\$65 | US\$24

Local Dish of St.Lucia. Cucumber Slaw

Creole Spiced Roasted Chicken EC\$65 | US\$24

Local Provision & Vegetable Medley

Vant Konple EC\$40 | US\$15

Caribbean Style Indulgence Platter for 1 or 2

Daily Catch & Curry, Caribbean inspired Side Dishes

Daily Specials

All Provided by your server

BURGERS, SANDWICHES & WRAPS

All Served with a Choice of House Salad or Fries

8oz Black Angus Beef Burger

Choice of Bacon, Cheddar, Swiss or Blue Cheese: EC\$54 | US\$20

Add on Mushroom, Fried Egg: US\$3 each

All Vegetable Burger EC\$45 | US\$16

Lentil, Sweet Potato & Grilled Vegetables, Pesto Papaya Souskai

Salmon Dorado Burger EC\$62 | US\$23

Chilli Lime Mayonnaise

Braised Brisket & Forcaccia EC\$57 | US\$21

Arugula, Caramailised Onions

Jerked Chicken Wrap EC\$41 | US\$15

Curried Ginger Mayonnaise

Spicy Tuna Baguette EC\$38 | US\$14

Olive Caper Mayonnaise, Hot Sauce

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