

HI TIDE LUNCH MENU

SOUPS

Soup of the Day

Chef's Choice of freshly prepared Soup

EC27 | US10

APPETIZERS

Conch Fritters

Locally caught Conch deep-fried in a seasoned batter

EC41 | US15

Island Tacos

Taco Fillings: Sautéed Seafood

Slow-Cooked Chicken

Shredded Beef

EC43 | US16

EC32 | US12

EC40 | US14

Chef's Select Wrap


Ask your server about the Chef's Specialty Wrap for the day

EC27 | US10

PASTAS

ISLAND STYLE PASTA SERVED WITH A CHOICE OF ALFREDO OR TOMATO SAUCE

Pasta Add-Ons: Chicken

Vegetable 

Island Seafood

EC65 | US25

EC55 | US21

EC75 | US28

SALADS

Garden Salad

A selection of local market vegetables cubed and tossed together served with a Mango Vinaigrette

EC35 | US13

Cajun Seafood Salad

A medley of Seafood seasoned with Cajun, Red Onions, Cubed Potatoes, Sweet Beans, Anchovies, and Local Herbs tossed in our Chef's special dressing

EC46 | US17

Jerk Chicken Salad

A combination of grilled Bell Peppers, Pineapple, Lettuce, Cucumber, and Avocado topped with Saint Lucian Seasoned Jerk Chicken

EC41 | US15

Niçoise Salad

Hard-boiled Eggs, Niçoise Olives, Tomatoes, Potatoes, and Tuna mixed and served on a bed of Lettuce with a Sour Orange Vinaigrette

EC62 | US23

Veggie Bean Salad

Roasted Local Vegetable with Sesame Roasted String Beans tossed and served with an Olive Oil Lemon Dressing

EC38 | US14

BGBR Caesar Salad

Lettuce, Caesar Dressing, Anchovies and Croutons topped with Parmesan Cheese

EC35 | US13

Caesar Salad Add-Ons: Grilled Chicken

Butter Shrimp

Grilled Fish

EC41 | US15

EC54 | US20

EC46 | US17

HI TIDE LUNCH MENU

ISLAND ROTIS

All Rotis are served with Salad, Carrots, Potatoes,
Curry Sauce and a Dahl Puri Shell

Fish

Chicken

Vegetable

EC46 | US17

EC38 | US14

EC35 | US13

Please inform your server about any Allergies or Dietary Requirements

BURGERS & SANDWICHE

All Burgers are Served with Fries

Fish Burger

Locally seasoned Grilled Fish Fillet

EC54 | US20

BGBR Classic Angus Beef Burger

Grilled Beef Patty, Lettuce, Tomatoes, Pickles, Onions,
Mustard, Mayonnaise

EC59 | US22

BGBR Club Sandwich

Bacon, Lettuce, Tomatoes, and Cheese Served with
toasted White or Whole Wheat Bread

EC49 | US18

Crispy Chicken Sandwich

Deboned Chicken Thigh, dipped in Egg wash, coated in
Breadcrumbs and deep-fried

EC50 | US19

SIDES

Rice & Peas 

EC10 | US

Macaroni & Cheese Pie

EC20 | US8

French Fries 

EC15 | US6

Steamed Vegetables 

EC12 | US5

Provision Medley 

EC13 | US

Fried Plantain 

EC8 | US3

Tossed Salad 

EC8 | US3

KIDS

Chicken Nuggets

EC22 | US8

Fish Fingers

EC23 | US9

Grilled Cheese Sandwich

EC13 | US5

BGBR Hotdog

EC22 | US8

DAILY SPECIAL

Ask your server about our daily special

Please inform your server about any Allergies or Dietary Requirements

VEGETARIAN OPTION 

Prices above are subject to 10% Service Charge & 10% VAT