



Tides Restaurant Menu

Starters

Soup of the day	£5
Hand dived sea scallops, pork belly, pea puree	£8
Trio of salmon – cold smoked, hot smoked and gravadlax, crème fraiche and capers	£8
Goats cheese and pear salad with beetroot dressing	£6
Pan-fried squab pigeon breast, confit leg and puy lentil casserole	£6
Beef carpaccio, blood orange, parmesan and rocket leaves	£9
Spinach and mascarpone tart, walnut dressing	£6
Chicken liver parfait, fig chutney and brioche toast	£7
Steamed cornish mussels, lemongrass, chilli and coriander	£7

Shellfish

Local Mundeford crab, lemon and herb mayonnaise	£11
Six oysters, shallot vinegar and tabasco	£12
Langoustines with hot garlic butter	£12/£24
Crevettes with Thai chilli and coriander mayo	£8/£16
Captain's Club Platter of today's choice of premium South Coast shellfish served with traditional accompaniments	£35



From the sea

Salmon and Mudeford crab cake with sautéed kale, poached egg and herb butter sauce	£13
Roast monkfish wrapped in Parma ham, saffron new potatoes and shellfish bisque	£15
Crispy fried fillet of wild seabass cooked “a la Plancha”, lemon and shallot crushed potato, chorizo oil	£16
Risotto of smoked haddock and leek, crisp pancetta, herb salad	£14
Market fish of the day (at market price)	

From the land

Pan fried rump of lamb, cassoulet of beans and glazed root vegetables	£16
Lemon and rosemary marinated corn-fed chicken breast with a ragout of green beans, new potatoes and black olives	£15
Char-grilled pork cutlet with braised red cabbage, apple mash and cinnamon jus	£14
10oz ribeye steak, thick cut chips, grilled tomato and béarnaise	£16
Slow-cooked New Forest game pie, roast winter vegetables and parsley new potatoes	£12
Gressingham duck breast, spiced plums and parsnip puree	£17



From the garden

Gratin of potato gnocchi, thyme roast butternut squash, herb and parmesan breadcrumb £13

Side Orders

Parsley new potatoes £3	Mash	£3	Fries	£3
Seasonal vegetables £3	Green salad	£3	Mixed salad	£3

Desserts

Baked vanilla cheesecake, blueberry compote	£6
Classic crème brulee with spiced plums	£6
Sticky toffee pudding, caramel sauce, vanilla ice cream	£6
Profiteroles with warm chocolate sauce and pistachio ice cream	£6
Hazelnut praline parfait, cassis coulis	£6
Chocolate brownie, white coffee ice-cream, bourbon vanilla smoothie	£6
Rhubarb crumble, cinnamon ice cream	£6
Choice of Barford dairy farm handmade ice cream and sorbet	£6
Local cheese selection with breads	£7