



tides
restaurant

Breakfast Menu

See separate menu. Available 8am – 11.30am

Main Menu

Starters

Homemade Soup of the Day £4.95
Served with farmhouse bread & butter

Tides Crab Cake £5.50
Breaded crab cake, served with salad garnish and crème fraîche tartare

Mushroom & Stilton Gratin £4.95
Button mushrooms cooked in garlic, white wine and stilton, topped with a toasted crumb, served with bread and butter

Smoked Mackerel and Beetroot £4.95
Smoked mackerel fillet and roasted beetroot, served on dressed rocket with horseradish crème fraîche

Classic Prawn Cocktail £5.95
Prawns in seafood sauce, on mixed leaf salad, served with granary bread & butter

Smoked Chicken Salad £5.95
Sliced smoked chicken breast with avocado and bacon, served on mixed leaf salad with citrus & mild chilli dressing

Breaded Whitebait £4.95
With salad garnish and lemon & dill mayonnaise

Salads

Seafood Salad £12.95
Smoked salmon, prawns in seafood sauce and smoked mackerel, served on lightly dressed salad with lemon and dill mayonnaise

Goats Cheese & Roasted Vegetables £9.95
Warmed goats cheese and roasted Mediterranean vegetables, served on a dressed mix leaf salad with olives and pine nuts

Chicken, Avocado & Bacon £11.95
Sliced smoked chicken breast with avocado and bacon, served on mixed leaf salad with citrus & mild chilli dressing

Main Courses

Seabass Fillet £11.95
Pan fried fillet of seabass, topped with lemon and caper butter, served with roasted new potatoes and fresh vegetables

Beetroot, Feta & Lentil Burger £9.95
Beetroot, feta and lentil burger in a lightly toasted bun with lettuce, red onion and harissa mayonnaise, served with skinny fries and salad garnish

Chicken Curry £10.95
Mildly spiced creamy chicken curry, served with basmati rice, a poppadum and mango chutney

Fish & Chips £10.95
Fresh haddock fillet, hand battered in Arundel Gold Ale batter, served with chips and peas

Liver & Bacon Casserole £10.95
Lamb's liver and bacon, slowly braised in red wine and onions, served with mashed potato and fresh vegetables

Mushroom, Spinach & Stilton Linguine £9.95
Linguine pasta with a creamy mushroom, spinach and stilton sauce, served with garlic ciabatta. Add chicken for £3

Scampi and Chips £10.95 (Daytime Only)
Wholesale pieces of breaded scampi, served with chips and a lightly dressed salad garnish or peas

Tides Burger £10.95
Handmade beef burger in a lightly toasted bun with bacon, cheese and bbq sauce, served with skinny fries and salad garnish

Pie of the Day £10.95 (Daytime Only)
Our shortcrust pastry pies are made right here at Tides and are served with your choice of potato and fresh vegetables

Somerset Chicken £11.95
Chicken breast in a creamy cider, apple, grain mustard and cheddar cheese sauce, served with mashed potato and fresh vegetables

Tides Crab Cakes £11.95
Breaded crab cakes, served with new potatoes, dressed mixed leaf salad and crème fraîche tartare

Roasted Vegetable & Halloumi Omelette £9.95
Two egg omelette, filled with Mediterranean vegetables, halloumi cheese and tomato pesto, served with new potatoes and salad garnish

Salmon Florentine £12.95
Roasted salmon fillet, topped with hollandaise sauce, served on wilted spinach with new potatoes and vegetables

Ham, Egg & Chips £9.95 (Daytime Only)
Slices of honey roasted ham, served with two fried free range eggs, chips and lightly dressed salad garnish

Minted Lamb Rump £13.95 (Evening Only)
Minted lamb rump, served with saute potatoes, red wine & rosemary sauce and vegetables

Chargrilled 8oz Ribeye Steak £15.95 (Evening Only)
Local butchers ribeye steak, dusted with steak seasoning, served with chargrilled tomato, field mushroom, chips and peas

Please see our specials board for choices of daily delivered fresh fish

Sandwich Selection (Daytime Only)

All served on white or granary thick cut bread with lightly dressed salad garnish

Mature Somerset Cheddar & Pickle £4.50

Honey Roasted Ham & Tomato £4.95

Prawns in Seafood Sauce £5.95

Smoked Salmon & Cream Cheese £5.95

Ciabattas (Daytime Only)

Oven baked Italian bread served with lightly dressed salad garnish

Bacon, Brie & Cranberry £6.50

Premium Pork Sausages, Onions and Tomato Chutney £6.75

Goats Cheese & Roasted Vegetables £5.95

Light Bites (Daytime Only)

Welsh Rarebit £5.95 **Buck Rarebit £6.95**
Mature cheddar cheese, mustard and Worcester sauce, melted onto toasted Farmhouse bread, served with a lightly dressed salad garnish. Add a poached egg for Buck Rarebit

Mushroom & Coriander Ciabatta £5.95
Creamy mushroom and fresh coriander on toasted ciabatta with salad garnish

Side Orders

Chips £2.50 Skinny Fries £2.95
Garlic Ciabatta £2.50 with cheese £2.95

Puddings

Please see the board for our range of homemade puddings.

Lunchtime Set Menu

2 courses £12.95

See separate menu for details

We pride ourselves on preparing fresh food on the premises and are happy to accommodate your requests where possible. We offer gluten free dishes and gluten free alternatives on some of our dishes. Childrens / smaller portions are available. Prices include VAT