

TIDES

café & bar



SMALLER BITES

ZUCCHINI CHIPS (VG)	12.00
with Chilli Aioli	
VEGETARIAN SPRING ROLLS (4) (VG)	12.00
with Asian Dipping Sauce	
BUFFALO WINGS (5) (GF)	14.00
with Ranch Dressing	
WHIPPED RICOTTA DIP (V)	16.00
with Chargrilled Sourdough, Truffle Oil & Seasalt	
SLOW BRAISED LAMB RIBS	17.00
with Green Miso, Jalapeno, Lime & Dukkah	
PARFAIT OF CHICKEN LIVERS	17.00
with Onion Marmalade, Toasted Ciabatta & Fig Chutney	
BEEF CROQUETTES (4)	12.00
with Tomato Relish	
CHORIZO & MANCHEGO ARANCINI	16.00
with Parmesan Creme & Curry Leaves	

SALADS

CHICKEN CAESAR (GFO)	24.00
Gluten free option with no Croutons available	
ROASTED CAULIFLOWER & BUTTERNUT SQUASH SALAD (VG,GF)	20.00
with Chickpeas, Cranberries & Toasted Pepitas Seeds	
SOBA NOODLE & WAKAME SALAD (VG)	20.00
with Avocado, Edamame, Cucumber, Cilantro & Ponzu Dressing	

SIDES

WEDGES (V)	11.00
CHIPS & AIOLI (V)	10.00
SWEET POTATO FRIES	11.00

MAINS

LAMB SHANK RAGU	36.00
served with Rigatoni Pasta, Basil & Pecorino	
CHICKEN PARMA	28.00
Crumbed Chicken Fillet, Ham, Tomato Sugo, 3 Cheese Blend. Served with Fries & Salad	
FISH OF THE DAY (GF)	38.00
Whipped Potato, Charred Broccolini & Sauce Vierge	
SALT & PEPPER CALAMARI (GF)	29.00
served with Chips, Salad & Tartare Sauce	
BEEF CHEEKS (GF)	36.00
served on a Creamy Garlic Mash with Steamed Vegetables	
RED LENTIL & CAULIFLOWER CURRY (VG,GF)	28.00
served with Steamed Rice	
CHICKEN BURGER	26.00
Crumbed Chicken, Swiss Cheese, Lettuce, Onion, Gochujang Mayo. Served with Fries	
TIDES STEAK SANDWICH	28.00

PIZZAS

MARGHERITA (V)	20.00
CHEESE & GARLIC (V)	15.00
PROSCIUTTO & ROCKET	25.00
ARTICHOKE, CAPSICUM & OLIVES	24.00
CHORIZO, MUSHROOM & JALAPENO	25.00

DESSERTS

CHEESECAKE OF THE DAY	14.00
*DAILY DESSERTS AVAILABLE FROM CABINET	

DIETARY INFORMATION

(V) Vegetarian | (GF) Gluten-Free or (GFO) Gluten Free Option Available | (VG) Vegan

Please note: While we take care in preparing meals, our kitchen handles gluten-containing products and we cannot guarantee the complete absence of gluten traces.