



The Tides Restaurant & Turtle Bar

Lunch Menu

Served daily from 11:30am to 4:30pm

Cold Starters

Hot Starters

Florida Tomatoes <i>sheep's ricotta – fresh basil – warm flat bread</i>	12
Louisiana Shrimp Cocktail <i>fresno chili cocktail sauce</i>	18
Chopped Green Caesar Salad <i>organic kale – breakfast radish – white anchovy</i>	13
The Tide's Wedge <i>heirloom tomato – bacon lardons – blue cheese</i>	12

Crispy Shishito Peppers <i>fresh torn herbs – smoky tomato – aged jack</i>	12
Black Pepper Wings <i>pickled cucumber – toasted sesame – tahini yogurt</i>	14
Thai Street Fries <i>sriracha – sweet soy – toasted peanuts</i>	13
Blue Crab Dip <i>artichokes – fresh lemon – garlic croutons</i>	18



Main Entrees



The Burger Royal Deluxe <i>truffle aioli – caramelized onions - gruyere</i>	16
“Cubanesque” Panini <i>ham – swiss – bacon – mustard</i>	14
Sourdough Grilled Cheese <i>sun-dried tomato and arugla pesto</i>	13
Grilled Salmon Pita <i>cucumber yogurt – feta – shaved onion</i>	16
Spicy Shrimp Roll <i>citrus aioli – fried shallot – pickled jicama</i>	18
Pappardelle Bolognese <i>parmigiano reggiano</i>	22
Spaghetti Pepenero <i>blue crab – toasted pine nut gremolata</i>	26

Sides 8

Sautéed Spinach and Garlic - Heirloom Tomatoes and Basil – Roasted Potatoes and Grilled Onions w/ Curry Aioli
Roasted Mushrooms w/ Sweet Soy and Truffle – Braised Kale w/ Apple and Bacon

Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of food borne illness.
A 20% service charge is added to all guest checks