

LUNCH MENU

Restaurant The Tides at Bayside Boutique Hotel

ROOTS ARE FOREVER (SALAD)

Homemade croutons on top of hand tossed romaine lettuce mixed with grilled chicken and sprinkled with Parmesan cheese and Caesar dressing.

25 NAF - \$ 14

A MODERN TOUCH (SALAD)

Tossed romaine lettuce with smoked chicken, topped with bacon, fresh yellow bell peppers and apple, drizzled with a delicious honey mustard dressing. Served with a slice of toast.

25 NAF - \$ 14

SALAD NIÇOISE

Anchovies and tuna placed on a bed of locally grown lettuce tossed with string beans, potato, tomato, eggs, black olives with a perfect dash of herbal vinaigrette.

25 NAF - \$ 14

QUINOA SALAD

Quinoa with mixed vegetables on a bed of pumpkin puree, nestled on the shell of the pumpkin and sprinkled with delicious herbs, spices and pieces of walnuts.

20 NAF - \$ 11.25

TIDES SPICY (BURGER)

Freshly sliced tomatoes, lettuce, onions placed on succulent beef, covered with the chefs signature sauce and placed in two warm buns (optional: add cheese).

32 NAF - \$ 18

All prices include all taxes

Menu

FOR THE LOVE OF CHEESE (BURGER)

Gruyère and brie melted on juicy beef, topped with caramelized onions and rich truffle aioli between toasted burger buns.

34 NAF - \$ 19

IT'S NO SECRET DELUXE (BURGER)

Homemade pico de gallo and avocado aioli placed on a perfectly grilled burger, topped with caramelized onions and nestled between two buns.

36 NAF - \$ 20

PASTA WITH STUFFED CHICKEN

Chicken filet stuffed with bacon and bell pepper placed on creamy pasta topped with herbs.

41 NAF - \$ 23

VEGAN PASTA

Roasted cherry tomatoes, onions, bell peppers, broccoli and spinach gently tossed with handmade vegan pasta and served with a garlic cream sauce.

25 NAF - \$ 14

CRISPY TUNA

Served with Moroccan couscous and herbs.

41 NAF - \$ 23

PANINI CARPACCIO

Beef carpaccio with cheese, tomatoes and drizzled with aioli sauce and browned beautifully.

18 NAF - \$ 10

All prices include all taxes

MENU

PANINI HAM & CHEESE

Gouda cheese placed on ham slices topped with tomatoes and avocado placed between two panini slices and toasted to perfection.

18 NAF - \$ 10

CALYPSO SANDWICH

Freshly sliced ham, Gouda cheese, bacon, sunny-side eggs on toasted bread (white/brown).

25 NAF - \$ 14

TENDERLOIN

Tender grilled tenderloin served with sautéed broccoli, carrots and red bell peppers. Served with fries.

41 NAF - \$ 23