



TIDES BAR & BISTRO

BREAKFAST

7:00 AM - 9:30 AM

LUNCH

12:00 PM - 2:30 PM

DINNER

6:00 PM - 8:00 PM

OPEN FOR COFFEE AND COLD DRINKS
BETWEEN SERVICE HOURS



-VEGETARIAN



-VEGAN



-GLUTEN FREE



-DAIRY FREE



COFFEE MENU

AVAILABLE ALL DAY

LONG BLACK & ESPRESSO \$4

LATTE & FLAT WHITE \$4.5

MOCHA, CAPPUCCINO & HOT CHOC \$5

ICED CHOCOLATE/COFFEE \$5

SOY/ALMOND MILK +50c

BYO/KEEP ME CUP -50c

EXTRA SHOT + 50c

PLEASE ASK AT THE BAR FOR COLD DRINKS & WINE LIST



BREAKFAST

BIG BREAKFAST

2 EGGS, 2 SLICES OF BACON, SAUSAGE, BAKED BEANS
& GRILLED TOMATO WITH CIABATTA BREAD

\$24

VEGO BREAKFAST



2 EGGS, EGGPLANT, MUSHROOM, TOMATO & ZUCCHINI,
SERVED WITH GLUTEN FREE TORTILLA

\$22

KEVIN'S PANCAKES



3 BUTTERMILK PANCAKES, SERVED WITH FRUIT, CREAM & HONEY

\$16

EGGS ON TOAST



2 EGGS SERVED ANY WAY YOU LIKE WITH GRILLED TOMATO & CIABATTA BREAD
+ BACON \$4

\$15

EGGS BENEDICT



2 POACHED EGGS ON A BED OF BABY SPINACH WITH
HOLLANDAISE SAUCE ON CIABATTA BREAD
+ BACON \$4 + SALMON \$4

\$20

BIRCHER MUESLI



GREEK YOGHURT, MUESLI & FRESH BERRIES

\$12

BREAKFAST BUFFET



SELECTION OF JUICES, CEREALS, FRESH FRUITS, YOGHURT,
TOAST, TEA & COFFEE

\$15

**KIDS PORTIONS AVAILABLE FOR HALF PRICE



LUNCH

BEEF BURGER

BEEF PATTY, LETTUCE, TOMATO, BEETROOT, BACON, CHEESE,
CARAMELIZED ONION & TOMATO CHUTNEY, SERVED WITH CHIPS

\$18

KANGAROO BURGER

180G PATTIE, LETTUCE, TOMATO, BEETROOT, TOMATO CHUTNEY,
SERVED WITH CHIPS

\$18

GRILLED CHICKEN BURGER

CHICKEN BREAST, LETTUCE, TOMATO, SLAW, AVOCADO & AIOLI,
SERVED WITH CHIPS

\$18

VEGETABLE LASAGNA

ASSORTED VEGETABLE LASAGNA SERVED WITH GARDEN SALAD

\$18

THAI SALAD

ASIAN SLAW, MESCALIN, TOMATO, CORIANDER
& FRIED SHALLOTS WITH A SOY, GINGER, GARLIC & CHILLI DRESSING
+ BEEF \$4

\$16

GRILLED BARRAMUNDI

GRILLED BARRAMUNDI WITH CHIPS & GARDEN SALAD

\$26

ROASTED VEGETABLE & TOFU WRAP

ROASTED VEGETABLES, TOFU & BABY SPINACH WITH A CHICKPEA
AND CORIANDER PESTO DRESSING IN A SPINACH TORTILLA WRAP
SERVED WITH GARDEN SALAD

\$18



LUNCH

FALAFEL WRAP

FALAFEL, MESCALIN, TOMATO, CUCUMBER & MINT YOGURT
IN A TOMATO TORTILLA WRAP, SERVED WITH GARDEN SALAD

\$18

BLT WRAP

BACON, LETTUCE & TOMATO IN A TORTILLA WRAP,
SERVED WITH GARDEN SALAD

\$17

CAJUN CHICKEN WRAP

CHICKEN, BABY SPINACH & CHEESE IN A TORTILLA WRAP,
SERVED WITH GARDEN SALAD

\$16

**GLUTEN FREE WRAPS & BREAD AVAILABLE 

SIDES

GARLIC CIABATTA

OLIVE OIL GLAZED GARLIC CIABATTA WITH BALSAMIC VINEGAR
+CHEESE \$3

\$12

HOT CHIPS

\$6

GARDEN SALAD

SMALL

\$6

LARGE

\$10



DINNER STARTERS

SALT AND PEPPER CALAMARI

FRESH CALAMARI COATED IN A RICE FLOUR & SALT AND PEPPER SEASONING,
SERVED WITH BEACH HOUSE TARTAR SAUCE & LEMON WEDGE

\$15

ANNE'S THAI PUMPKIN SOUP

PUMPKIN, POTATO, RED CURRY PASTE, KAFFIR LIMES
& COCONUT CREAM TOPPED WITH CORIANDER & RED CHILLI

\$12

GARLIC CIABATTA

OLIVE OIL GLAZED GARLIC CIABATTA SERVED WITH BALSAMIC VINEGAR
+ CHEESE \$3

\$12

SIDES & SAUCES

3 PEPPERCORN SAUCE
MUSHROOM SAUCE
DIANNE SAUCE

\$4

HOT CHIPS

\$6

GARDEN SALAD

SMALL
LARGE

\$6

\$10



DINNER

CHAR-GRILLED RUMP STEAK D

300G RUMP SERVED WITH SEASONAL VEGETABLES OR CHIPS & GARDEN SALAD
ADD REEF TOPPER + \$8

\$34

CHAR-GRILLED KANGAROO FILLET G D

250G FILLET SERVED WITH PAN-FRIED SEASONAL VEGETABLES
& ROSEMARY RED WINE JUS

\$30

COCONUT, CHILLI & LIME CRUSTED BARRAMUNDI G D

WILD-CAUGHT, LOCAL 200G FILLET WITH TOASTED COCONUT, CHILLI & LIME ZEST CRUST
SERVED WITH PAN-FRIED SEASONAL VEGETABLES & MANGO CHUTNEY

\$32

SEAFOOD MARINARA

LINGUINI TOSSED THROUGH A LOCAL SEAFOOD, CREAM, GARLIC, LEMON
& DILL SAUCE, TOPPED WITH MUSSELS & DILL

\$25

CHICKEN PARMIGIANA

PANKO CRUMBED BREAST FILLET TOPPED WITH HAM & NAPOLI SAUCE
SERVED WITH SEASONAL VEGETABLES OR GARDEN SALAD & CHIPS

\$28

CROCODILE SALAD G D

SLICED, GRILLED CROCODILE FILLET SERVED ON TOP OF AN ASIAN SLAW
& GREENS SALAD WITH SWEET CHILLI & LIME DRESSING ON THE SIDE

\$30



VEGETARIAN DINNER

BUDDAH BOWL **V V_G D G** \$22

RAW FOOD BOWL - SLICED RED CABBAGE, RED ONION, CUCUMBER, CARROT, CHERRY TOMATO, QUINOA, SPROUTS, CORIANDER & TOFU WITH DRESSING ON THE SIDE

ANNE'S THAI PUMPKIN SOUP **V V_G D G** \$18

PUMPKIN, POTATO, RED CURRY PASTE, KAFFIR LIME & COCONUT CREAM
TOPPED WITH CORIANDER & RED CHILLI, SERVED WITH DINNER ROLL
+ PRAWNS \$6 + CHICKEN \$5

SOBA NOODLE STIR-FRY **V V_G D** \$18

JAPANESE, ORGANIC SOBA NOODLES WITH ASIAN GREENS, MUSHROOMS,
SPRING ONION & SESAME SEEDS IN A GARLIC, GINGER & SOY SAUCE

MASALA LENTIL CURRY **V V_G D** \$22

BROWN LENTILS WITH ASSORTED VEGETABLES SLOW COOKED
IN A MASALA CURRY, SERVED WITH BROWN RICE & PAPADUM

VEGETARIAN PASTA **V V_G D** \$20

LINGUINE TOSSED WITH SWEET POTATO, SPINACH, OLIVES, SUN-DRIED TOMATOES
TOFU & NAPOLI SAUCE, SERVED WITH A DINNER ROLL

ROAST VEGETABLE SALAD **V V_G D G** \$20

ASSORTED ROAST VEGETABLES, BEETROOT & TOFU
MIXED THROUGH SALAD GREENS WITH A BASIL & ROCKET DRESSING



KIDS LUNCH & DINNER

12 AND UNDER, ALL MEALS \$14, SERVED WITH A SOFT DRINK

FISH & CHIPS

SERVED WITH GARDEN SALAD & CHIPS

CHICKEN STRIPS

PANKO CRUMBED CHICKEN STRIPS SERVED WITH CHIPS, GARDEN SALAD & SAUCE

VEGGIE NACHOS

TORTILLA CRISPS, ASSORTED VEGETABLES, NAPOLI SAUCE & CHEESE

BEEF NACHOS

TORTILLA CRISPS TOPPED WITH BEEF SAUCE & CHEESE

DESSERTS

PASSIONFRUIT CHEESECAKE

CHEF'S SECRET RECIPE CHEESECAKE,
TOPPED WITH LOCAL, WILD PASSION FRUIT

\$12

CHOCOLATE & RASPBERRY BROWNIE

DARK CHOCOLATE & RASPBERRY BROWNIE
TOPPED WITH HOT- CHOCOLATE, MINT SAUCE

\$12

TROPICAL FRUIT PLATTER

ASSORTED TROPICAL FRUIT, LOCALLY GROWN AT CAPE TRIB FRUIT FARM

\$ MARKET PRICE