

Tides begins

Chefs soup of the day	£4.50
Cawl served with welsh rarebit crouton	£5.50
Classic caesar salad	£6.95
Green bean and pea risotto with rocket and basil pesto	£5.95
(v)	
Pant-ys-gawn goat's cheese, beetroot, pine nuts, balsamic dressing	£6.95 (v)
Endive, grilled pear, walnut, blue cheese salad	£5.50
Mussels with white wine sauce	
£5.95/£10.95	
Smoked salmon tart, poached egg and hollandaise	
£6.95	
Tides pate served with toast and chutney	£5.50
Crab cakes, coriander, chilli, mango salsa	
£6.50	

Tides Continues

Pan fried sea bass, pancetta, borlotti beans with tomatoes	£15.95
Beer battered cod, real chips and tartar sauce	£14.95
Roast salmon with baby gem, apple, radish and shallot dressing	£14.95
Roasted chicken breast with morocan spiced cous cous	£14.95
Herb crusted rack of lamb, fondant potatoes, fine ratatouille	£15.95
8oz Welsh beef-burger with local cheese and pickle with real chips	£12.95
Welsh sirloin steak, real chips and béarnaise sauce	£18.95
Roasted honey and soya duck, bok choi, sweet potato mash	£15.95
Fresh penne pasta with pepperonata	£10.95
(v)	
Tomato and courgette galette, asparagus salad	£10.95
(v)	

(v) Indicates dishes that are suitable for vegetarians.

Side orders

All of the below are suitable for vegetarians

Chunky real chips	£2.95
Mashed potatoes	£2.95

Buttered new potatoes	£3.25
Steamed green vegetable medley	£2.95
French beans and shallots	£2.95
Creamed cabbage	£2.95
Tomato and basil salad	

£2.95  
Green Salad  
£2.95



Tides finale  
All of the below are suitable for vegetarians

Banana trifle with white chocolate	£4.95
Chocolate and orange tart with crème fraîche	£4.95
Tides Tiramisu	£4.95
Eton mess	£4.95
Passion fruit crème brûlée	£4.95
Local ice creams and toffee waffles	£4.95
Local and European cheeses, grapes, quince jelly	£6.50

Or why not try one of our Dessert Cocktails from Tides Bar! £7.50

Crème de cafe  
Kahlua, golden rum, amaretto, double cream, milk

Death by chocolate  
Vodka, Bailey's, crème de cacao, chocolate ice cream

Lotus espresso  
Vodka, Kahlua, maple syrup, espresso coffee

Liqueur Coffee £6.95

Calypso Coffee  
Made with Tia Maria

Irish Coffee  
Made with Irish Whisky

Caribbean Coffee  
Made with dark Rum

Italian Coffee  
Made with Amaretto

French Coffee  
Made with Grand Marnier

Price incl.V.A.T  
10% Discretionary Service Charge will be Added