



café - restaurant

Daytime Menu

Available Monday - Saturday 12-2.30pm

Starters

Homemade Soup of the Day £4.95
Served with farmhouse bread & butter

Tides Fishcake £5.50
Breaded fishcake of salmon, smoked haddock, leek and smoked cheddar, served with salad garnish and crème fraiche tartare

Mushroom & Stilton Gratin £4.95
Button mushrooms cooked in garlic, white wine and stilton, topped with a toasted crumb, served with bread and butter

Chicken Goujons £5.50
Chicken strips coated with a lemon and parmesan crumb, served with salad garnish and garlic mayonnaise

Prawn and Crayfish Cocktail £5.95
Prawns in seafood sauce, topped with crayfish tails, on mixed leaf salad, served with granary bread & butter

Honeydew Melon and Parma Ham £4.95
Melon wrapped in Parma ham, served on Balsamic glaze with lightly dressed rocket

Breaded Whitebait £4.95
With salad garnish and lemon & dill mayonnaise

Salads

Seafood Salad £10.95
Prawns in seafood sauce, crayfish tails and smoked salmon served on lightly dressed mixed leaf salad

Goats Cheese & Roasted Vegetables £9.95
Warmed goats cheese and roasted Mediterranean vegetables, served on a dressed mix leaf salad with olives and pine nuts

Cajun Chicken and Red Peppers £10.95
Warm Cajun spiced chicken breast on mixed leaf salad with roasted red peppers and honey & mustard mayonnaise

Main Courses

Seabass Fillet £12.95
Pan fried fillet of seabass, topped with crayfish, lemon and chive butter, served with roasted new potatoes and fresh vegetables

Baked Aubergine £9.95
Baked aubergine stuffed with roasted Mediterranean vegetables, goats cheese and tomato sauce, topped with a herb crust, served with new potatoes and salad garnish

Lamb Curry £10.95
Mildly spiced lamb curry, served with basmati rice, a poppadum and mango chutney

Fish & Chips £10.95
Fresh haddock fillet, hand battered in Arundel Gold Ale batter, served with chips and peas

Liver & Bacon Casserole £10.95
Lambs liver and bacon, slowly braised in red wine and onions, served with mashed potato and fresh vegetables

Mushroom, Spinach & Stilton Linguine £9.95
Linguine pasta with a creamy mushroom, spinach and stilton sauce, served with garlic ciabatta. Add chicken for £3

Scampi and Chips £10.95
Wholetail pieces of breaded scampi, served with chips and a lightly dressed salad garnish or peas

Pie of the Day £10.95
Our shortcrust pastry pies are made right here at Tides and are served with your choice of potato and fresh vegetables

Stuffed Chicken £12.95
Chicken breast, stuffed with Applewood smoked cheese and wrapped in bacon, served with creamy mushroom sauce, saute potatoes and fresh vegetables

Tides Fishcakes £11.95
Breaded fishcakes of salmon, smoked haddock, leek and smoked cheddar, served with new potatoes, vegetables and parsley sauce

Guinea Fowl Supreme £12.95
Oven baked Guinea fowl supreme, with apricot and thyme gravy, roasted new potatoes and vegetables

Sweet Potato and Chickpea Burger £9.95
Sweet potato and chickpea burger in a brioche bun with lettuce, tomato and harissa mayonnaise, served with salad and crispy skinny fries

Ham, Egg & Chips £9.95
Slices of honey roasted ham, served with two fried free range eggs, chips and lightly dressed salad garnish

Please see our specials board for today's choices of fresh fish

Sandwich Selection

All served on white or granary thick cut bread with lightly dressed salad garnish

Mature Somerset Cheddar & Pickle £4.50

Honey Roasted Ham & Tomato £4.95

Prawns in Seafood Sauce £5.95

Smoked Salmon & Cream Cheese £5.95

Ciabattas

Oven baked Italian bread served with lightly dressed salad garnish

Bacon, Brie & Cranberry £6.50

Premium Pork Sausages, Onions and Tomato Chutney £6.75

Goats Cheese & Roasted Vegetables £5.95

Light Bites

Welsh Rarebit £5.95 Buck Rarebit £6.95
Mature cheddar cheese, mustard and Worcester sauce, melted onto toasted Farmhouse bread, served with a lightly dressed salad garnish. Add a poached egg for Buck Rarebit

Mushroom & Coriander Ciabatta £5.95
Creamy mushroom and fresh coriander on toasted ciabatta with salad garnish

Side Orders

Chips £2.50 Skinny Fries £2.95
Garlic Ciabatta £2.50 with cheese £2.95

Puddings

Please see our board for today's range of homemade puddings.

Lunchtime Set Menu

2 courses £12.95

See separate menu for details

*We pride ourselves on preparing fresh food on the premises and are happy to accommodate your requests where possible. We offer gluten free dishes and gluten free alternatives on some of our dishes.
Childrens / smaller portions are available. Prices include VAT*