



tides

WATERFRONT DINING

LUNCH MENU

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Welcome to Tides Waterfront Dining, Caloundra's premier restaurant. At Tides we strive to ensure your experience with us is the best it can be and if there is anything, we can do to enhance your dining experience, please don't hesitate to ask your host.

Tides Waterfront Dining was opened in January 2008. Tides have strived to provide an excellent dining experience on the Sunshine Coast being one of the leading industry bodies. Most recently Tides was awarded the "Best Contemporary Restaurant" at the Qld Restaurant & Catering Awards, allowing us to go to the national awards for the 2018/2019 year. At Tides, we are focused on using fresh, local ingredients and the menu's seasonal change reflects this philosophy.

Leading the kitchen team is Andrew Strange. Andrew has been a Chef on the Sunshine Coast for 30 years including owning and operating Ellmo's Restaurant in Maroochydore which collected 39 awards including one of the top 3 fine dining restaurants in Queensland.

I hope you enjoy your dining experience with us at Tides and if there is anything we can do, please do not hesitate to ask.

Derek and Michelle Murphy, and Andrew Strange





TASTES TO SHARE

Sour dough bread, whipped butter, EVOO & balsamic 3pp | DFO

Salt & pepper calamari, lime aioli 12 | GF DF

Roasted pumpkin & sage arancini (3), basil pesto 9

OYSTERS

Fresh Pacific Oysters 4.5e

Natural | GF DF

Kilpatrick | DF

Lemon foam | GF DF

ENTRÉES

Pork belly, cauliflower puree, hazelnut dukkha, pomegranate, mint 21 | GF

Twice baked goats' cheese soufflé, goats' cheese mousse, pickled beetroot, spiced red wine 18

House cured salmon, beetroot, pickled onions, horseradish, baby herbs 22 | GF DF



GF - Gluten Free GFO - Gluten free option DF - Dairy free DFO - Dairy free option EVOO – Extra virgin olive oil

Please advise of ANY allergies, as not all ingredients used, are listed.

Most dishes can be altered to cater for your needs. NO BYO, 15% surcharge on public holidays



MAINS

Eye fillet, truffled dauphinoise potato, portobello mushroom, carrot puree, spinach, jus 47 | GF

Tides fresh grilled local & Australian seafood, Cone Bay barramundi, Mooloolaba prawns (3), Moreton Bay bug halves (2), Hervey Bay scallops (3) 59 | GF DF

Coral Coast barramundi, crab & bacon croquettes, fennel asparagus, tomato & chilli jam, champagne sauce 41 | GFO

Ratatouille tart, basil pesto, balsamic, sweet potato 36

Tomato & basil braised mussel linguine, cherry tomatoes, garlic, herb pangritata 36 | DF

SIDES ALL 9.5

Beer battered chips, rosemary salt, aioli | DF

Broccolini, spiced nut crumble | GF DF

Chef's garden salad, honey mustard dressing | GF

Sautéed leafy greens, toasted pepitas, garlic oil | GF DF

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LUNCH SPECIAL

(1 Course 29.50 | 2 Course 39.50 | 3 Course 49.50 includes a glass of house wine, local beer or soft drink. Not available with any other discount or on public holidays)

ENTREES

Hervey Bay scallops (3) pea puree, pancetta & watercress | GF

Roasted pumpkin and sage arancini & basil pesto (3)

Salt & pepper calamari, lime aioli | GF DF

Crispy pork belly salad, rocket, candy walnuts, grapes, apple, honey mustard dressing |GF DF

MAINS

Beer Battered reef fish, chefs salad, tartare & lemon | DF

Grain fed beef, sweet potato mash, broccolini, jus | GF DFO

Free range chicken, chorizo, chilli beans, salsa verde | GF DF

Summer vegetable linguine, zucchini, peas, asparagus, herbs | GFO DFO

DESSERT

Dark chocolate brownie, peanut butter mousse, vanilla ice cream

Mango & panna cotta, macadamia & coconut granola | GF DF

Lemon meringue pie, raspberry, sorbet

French triple cream brie, quince paste, crackers | GFO

SIDES ALL 9.5

Chef's garden salad, honey mustard dressing
| GF DF

Broccolini, spiced nut crumble | GF DF

Beer battered chips, aioli rosemary salt | DF

Sautéed leafy greens, toasted pepitas, garlic oil |
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DESSERT

Lemon meringue pie, raspberry, sorbet 16

Dark chocolate brownie, peanut butter mousse, peanut chocolate crumb, ice cream 16

Mango & coconut pana cotta, macadamia, coconut & honey granola 16 | GF DF

Strawberry & cracked pepper semi freddo, balsamic caramel, basil oil 16 | GF

Affogato, ice cream, coffee, choice of liqueur, biscotti 16 | GFO

Tides cheese selection, fresh apple, quince, assorted crackers 22 | GFO



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