

TIDES RESTAURANT LUNCH MENU  
FEBRUARY & MARCH

APPETIZERS

<b>Drunken Shrimp</b> 8.5	<b>Fried Calamari &amp; Tomato Sauce</b> 9
<b>Jumbo Shrimp Cocktail</b> 7.5	<b>Chef's Clams Preparation</b> 10
<b>Artisanal Cheeses</b> 13.5	<b>Spicy Buffalo Fish Bites</b> 10
<b>Chilled Seared Rare Ahi Tuna</b> 10	<b>Sautéed Escargot</b> 10
<b>Chevre &amp; Veggie Portabellini</b> 11	<b>Tides Specialty Quesadillas</b> 13
<b>Chef's Daily Pizza</b> 9	<b>Crab Dip w/ Baguettes</b> 10

SOUPS

<b>Soup of the Day</b> cup 4, bowl 6	<b>Cream of Crab</b> cup 4, bowl 6
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LUNCH ENTRÉE SALADS

<b>Jumbo Shrimp Cobb</b> 14 tomato – egg – avocado bacon – gorgonzola	<b>Teriyaki Glazed Salmon</b> 12.5 Spinach – egg – red onion
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CAESAR OR ORGANIC SPRING MIX SALAD

Add your salad topping choice



**Roasted Sliced Sirloin Filet** 14

**Seared Rare Ahi Tuna** 13

**Tuscan Chicken** 12

**Jumbo Shrimp** 13.5

**BBQ Salmon Fillet** 12.5

DRESSING CHOICES

Roasted Garlic Balsamic Vinaigrette - Raspberry Vinaigrette  
Honey Mustard - Buttermilk Ranch - Caesar – Cusabi – Bleu Cheese  
*18% gratuity will be added to all parties for groups of 7 or more*

## LUNCH SANDWICHES & ENTRÉE'S

Tides strives to use local products whenever possible



**Sliced Sirloin Filet 13**  
bordelaise sauce

**Chicken Pot Pie 11**  
tides creamy blend over mashed



**Philly Steak & Cheese 11**  
sautéed onions – kaiser roll

**Pork & Slaw Sandwich 9**  
peach barbeque sauce

**Jumbo Lump Crab Cake  
Sandwich 13.5**  
cajun rémoulade – ciabatta

**Chicken Chesapeake 14**  
sherry cream sauce – lump crab  
tomatoes

**Rare Ahi Tuna Sandwich 12**  
seared – avocado salsa

**Smoked Turkey Sandwich 9**  
bacon – swiss – pesto mayo

**Tuscan Chicken Club 10**  
bacon – mozzarella - sundried  
tomato aioli

**Blackened Catfish Sandwich 9**  
tequila & lime aioli



**Tides 8oz. Angus Burger 11**  
your choice of toppings

**Seafood Pasta & Marinara 13**  
shrimp – clams - fish

Ask about getting on our email list to receive all new happenings and special events at the Tides Restaurant



**Certified Angus Beef**

Gift Certificates No Expiration  
Office Meeting Catering

Private Parties  
We use recycled paper

All menu items are based on availability

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