

TIDES RESTAURANT LUNCH MENU
AUGUST

APPETIZERS

BBQ Bacon Shrimp 8.5	Fried Calamari & Tomato Sauce 9
Spiced Shrimp Cocktail 7.5	Cheese & Veggie Stuffed Pepper 9
Artisanal Cheeses 13.5	Spicy Buffalo Fish Bites 10
Chilled Seared Rare Ahi Tuna 10	Sautéed Escargot 10
Crab Dip w/ Baguettes 10	Tides Specialty Quesadillas 13
Chef's Daily Pizza 9	Spinach & Artichoke Dip 10

SOUPS

Soup of the Day cup 4, bowl 6	Cream of Crab cup 4, bowl 6
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LUNCH ENTRÉE SALADS

Shrimp Cobb 14 tomato – egg – avocado bacon – gorgonzola	Teriyaki Glazed Salmon 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	Spiced Shrimp 13.5
Seared Rare Ahi Tuna 13	BBQ Salmon Fillet 12.5
Tuscan Chicken 12	Summer Crab Salad 13.5

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



Tides Angus Burger Sub 11
bacon - cheddar



French Dip 11
prime rib slices - au jus

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

BBQ Pulled Pork Sandwich 9
pineapple bbq sauce - milatto roll

Rare Ahi Tuna Sandwich 12
seared - avocado salsa



Sliced Sirloin Filet 13
over potato risotto

Buffalo Chicken Sandwich 10
bleu cheese or ranch - kaiser roll

Tides Club 9
smoked turkey - bacon - ham
lettuce - tomato

Tuscan Chicken Club 10
bacon - mozzarella - sundried
tomato aioli

Baked Flounder 12
local fruit or veggie salsa

Shrimp Fri Diablo & Manicotti 13
spicy tomato sauce - mozzarella

Chicken Chesapeake 14
sherry cream sauce - lump crab
tomatoes

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



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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