



tides

steakhouse & grill

Welcome to tides restaurant, fresh, homemade locally-sourced food cooked to perfection with the emphasis on family dining.

Nuts are used on the premises. Please advise a member of staff if you have any allergies.

Would you like **10% off** your food & drink bill?

With the Tides Steakhouse & Grill Loyalty Card you can.

Please ask a member of staff for an application form and terms & conditions.

Starters

why not mix your starters with our new Tapas style portions

	Starter	To Share	Tapas
Garlic bread, cheesy garlic bread or chilli garlic bread (v)	£3.00	£4.50	£1.50
Tides homemade soup of the day with garlic bread (v)	£3.95		£2.25
Fresh breaded button mushrooms with a garlic mayonnaise (v)	£5.50		£3.00
Warm pitta bread, hummus & mixed marinated olives (v)	£4.25		£2.50
Ricotta, spinach & pine nut spring rolls, dressed leaves, basil pesto & balsamic (v)	£5.75		£3.00
Twice baked mature cheddar soufflé with caramelised onions & dressed salad (v)	£6.25		
Warm nachos, melted cheese, jalapeno, sour cream & salsa (v)	£4.50	£7.95	£3.00
Chilli, nachos, jalapeno & sour cream	£5.50	£9.95	£3.95
Oven baked chicken wings piri piri style with tomato salsa & sour cream	£5.50	£9.95	£3.00
Smoked chicken & chorizo terrine with a tomato chutney & toasted bread	£5.95	£8.95	
Prawn cocktail with a glenmorangie marie rose, citrus salsa & garlic bread	£5.95		£3.50
Smoked salmon cocktail with a glenmorangie marie rose, citrus salsa & garlic bread	£6.50		
Panfried tiger prawns in garlic butter with warm pitta bread	£6.95	£11.95	£4.00
Half rack of tender BBQ baby back ribs	£5.95	£10.95	£4.00
Tides combo to share	£9.95		
Garlic bread, breaded mushrooms, piri piri chicken wings, nachos & dips			
Seafood combo for one	£8.50		
Tiger prawns, crab claws, taramasalata & warm pitta bread			

Don't forget to look on the specials board for our daily specials

All prices include VAT

01493 444779

www.tidesrestaurantandwinebar.com

Monday – Saturday, 12 noon to 3pm & 5.30pm to 11pm

Sunday 12 noon to 8pm

Tides Restaurant & Wine Bar Ltd, 68 High Street, Gorleston, Norfolk NR31 6RQ

VAT Reg No: 920211876 Company No: 6257541

Steakhouse Selection

Our steakhouse selections all come from 28 day matured english beef and are served with a choice of sauce, garnish & handcut chips

6oz Rump (minute steak)	£12.75	16oz T-bone steak	£22.50
10oz Rump	£14.75	▶ Surf 'n' turf – 5 garlic prawns or 3 crab claws	£17.95
8oz Sirloin	£15.50	▶ Surf 'n' turf – 5 garlic prawns or 3 crab claws	£18.75
8oz Rib eye	£16.50	▶ Surf 'n' turf – 5 garlic prawns or 3 crab claws	£19.75
7oz Fillet	£19.95	▶ Surf 'n' turf – 5 garlic prawns or 3 crab claws	£23.25
8oz Pork loin	£11.95	Whole tender rack of BBQ baby back ribs	£14.25
Chicken & BBQ baby back rib combo	£14.95	Marinated chicken breast with garlic, lemon & thyme	£11.50
8oz Chump of lamb	£14.50	10oz Gammon steak	£11.95
Tides mixed grill steak, pork loin, BBQ ribs, garlic lemon & thyme marinated chicken breast			£17.50

Garnish Classic steak - tomato, mushroom & onion rings

Skinny steak - dressed mixed salad & homemade coleslaw

Cob 'n' slaw - ½ corn on the cob & homemade coleslaw

Sauce Garlic butter, BBQ, Pepper, Blue cheese or Diane

Build 'A' Burger

Our burgers come with a toasted Coplands Bakery bun, dijon mayonnaise, salad garnish & french fries

6oz Beefsteak burger or Spiced chickpea & vegetable burger (v) £7.50

Burger Extras & Sauces

6oz Burger	£4.00	Crispy onions (v)	£0.50	Caramelised onions (v)	£0.65	Onion rings (v)	£1.00
Fried egg (v)	£0.75	Mature cheddar (v)	£0.50	Field mushrooms (v)	£1.20	Jalepenos (v)	£0.50
Danish blue (v)	£1.25	Prawns in Marie Rose	£1.85	Mozzarella & pesto (v)	£1.75	Streaky bacon	£1.25
Tomato salsa (v)	£0.75	5 Garlic tiger prawns	£3.50	Garlic butter (v)	£1.50	BBQ sauce	£1.50
Pepper sauce	£1.50	Blue cheese sauce	£1.50	Diane sauce	£1.50	Chilli	£2.00

Mains

Selected mains come with a choice of handcut chips, creamy mash, french fries or new potatoes *Potato option not included

Fresh Lowestoft Market fish (please ask server or see specials board)

Spiced butternut squash, lentil, baby onion & root vegetable parcels with a grain mustard sauce (v)	£11.95
Steak & ale pie with a puff pastry lid, butter mash and seasonal vegetables*	£11.95
Adnams beer battered fish & chips with mushy peas & tartar sauce*	£9.95
Twice baked mature cheddar soufflé with caramelised onions & dressed salad (v)	£11.95
Southern fried chicken breast with homemade coleslaw & BBQ sauce	£10.95
Italian style pork meatballs in a roasted tomato ragoût, linguine, parmesan & garlic bread*	£12.95
Chargrilled chicken with linguine carbonara, sautéed mushrooms, bacon & parmesan with garlic bread*	£11.95
Wild mushroom, baby spinach & three cheese risotto with crispy leeks & white truffle oil* (v)	£10.95
Tides chilli con carne with cumin & kidney beans, rice, sour cream & jalepenos*	£9.95

Side Orders

New potatoes	£3.00	Seasonal vegetables	£3.00	Mixed dressed salad	£3.00	Buttered peas	£3.00
Handcut chips	£2.00	Homemade coleslaw	£2.25	Beer battered onion rings	£2.25	Garlic bread	£3.00
French fries	£2.25	Cheesy garlic bread	£3.00	Mozzarella mixed salad	£3.00	Corn on the cob	£2.75

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