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to start Bites

Fish Cakes / €9.00 ★

house caper aioli, lemon

Arancini Carbonara / €8.90

béchamel sauce, pecorino snow

Smoked Pork Croquette / €9.90

cherry hoisin sauce, leeks

Smoked Chicken Wings / €9.90 🌶️

piri piri sauce, spring onions

Feta & Sesame / €7.90 🌿

sesame seeds, honey

Corn Ribs / €5.90 🌿★

lime, avocado dressing

Soft-Shell Crab / €10.90

sriracha mayo, lemon

Cheese & Potato dippers / €6.90 🌿★

garlic mayo, smoked paprika

Prawn & Pistachio Tempura / €9.90

lemon aioli, fresh herbs

Lamb Samosas / €9.90 🌶️

mint yoghurt, honey

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Prawn Skewer / €10.90

garlic sauce, charred lime

Calamari Skewer / €10.90

tomato salsa, fresh herbs

Chicken Yakitori Skewer / €8.90

sweet soy glaze, spring onion

Beef Skewer / €9.90 ★

teriyaki glaze, sesame seeds

Pork Belly Skewer / €8.90 ★

BBQ glaze, charred leek

Lamb Kofta Skewer / €9.90

cucumber & mint yoghurt

Swordfish Skewer / €10.90

paprika aioli, onion

Salmon Skewer / €10.90

garlic mayo, coriander

**Halloumi & Vegetable / €7.90 🌿
Skewer**

zucchini, peppers, herb oil



soft shell TACOS



Tuna Taco / €10.90

cabbage & citrus slaw, chipotle crema

Charred Octopus Taco / €11.90

pickled fennel, soy glaze

Beef Taco / €11.90

herb salad, BBQ mayo

Grilled Chicken Taco / €8.90

avocado crema, crispy onion

Pork Belly Taco / €9.90 ★

pickled cucumbers, hoisin

Garden Taco (V) / €7.90 🌿★

feta, tomato chutney



Vegetarian



Chef's Choice



Spicy



PLATTERS

• platters to share •

The Focaccia & Antipasto Platter / €35 ★

warm focaccia, parma ham, burrata, rucola, red peppers sott'olio, lemon oil, mortadella, porchetta, ricotta, gorgonzola dolce, olives

The Seafood Grill Platter / €45

king prawns, fire-grilled calamari, mussels alla acqua pazza, salsa verde, charred lemon, rucola, tomato salsa

The Jospier Platter / €40

calamari skewers, garlic butter, pork belly skewers, paprika aioli, beef skewers, teriyaki dipping sauce, lamb kofta, honey yoghurt

The Maltese Platter / €35 ★

smoked maltese sausage, ġbejna cheese, sun-dried tomatoes, marinated olives, grilled vegetables, herb oil, grilled bread, bigilla, aioli, galletti

The Green Garden Platter / €30 🌿

halloumi & vegetable skewer, corn ribs, sweet pepper mayo, feta & sesame, grilled vegetables, basil oil, sourdough bread, rucola



MUSSELS & SALADS

pot of mussels
1kg

Classic Al Bianco / €19.90
garlic, parsley, lemon

Josper Smoked / €20.90 🌶️
garlic, chilli, herbs

Creamy White Wine / €20.90
shallots, parsley, garlic

Amatriciana / €21.90 🌶️ ★
chilli flakes, tomato sauce, bacon

Spicy 'Nduja / €22.90 🌶️
tomato sauce, garlic, basil

Thai Sweet Chilli Mussels / €21.90 🌶️ ★
coconut milk, sweet chilli, spring onion

Mediterranean Provençal / €20.90
tomato, white wine, olives, capers, garlic

Beer, Mustard & Thyme / €21.90 ★
blonde beer, grain mustard, thyme, butter, black pepper

• all served with warm focaccia •

Octopus & Quinoa Salad / €17.90

baby octopus, quinoa, roasted fennel,
cherry tomato, rucola, lemon oil

Chicken & Avocado Salad / €16.90 ★

grilled chicken, lentils, avocado,
garden peas, baby spinach, house dressing

Burrata & Vegetable Salad / €15.90 🌿

burrata, chickpeas, roasted peppers,
zucchini, rucola, basil oil

Beef & Beet Salad / €19.90

sliced beef tagliata, beetroot, spinach,
cherry tomatoes, ricotta crumble, chimichurri

Halloumi & Bean Salad / €15.90 🌿

grilled halloumi, cannellini beans, roasted vegetables,
baby spinach, lemon oil, pumpkin seeds

SALADS

STARTERS

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Beef Carpaccio / €15.90

thinly sliced beef, rucola, grana shavings,
preserved lemon, olive oil

House Smoked Salmon Carpaccio / €14.90 ★

beetroot cured salmon, citrus dressing,
dill mayo, caperberries, wakame

Amberjack Crudo / €16.90

amberjack, olive oil, parsley gremolata,
sea salt, confit cherry tomato

Burrata & Tomato / €11.90 🌿★

creamy burrata, sott'olio tomatoes, sea salt,
tomato & basil chutney, sourdough crisp

Gillardeau Oyster / €5.90

fresh lemon, sea salt, olive oil

Smoked Octopus Treasure Chest / €17.90

charcoal oil, preserved lemon, tomato chutney

Fritto Misto / €16.90

calamari, prawns, whitebait, white fish,
sardines, in-house tartare, lemon, fresh herbs

Fried Calamari / €15.90

fresh lemon, house tartare

Pork Belly Burnt Ends / €14.90 ★

honey & carob glaze, citrus slaw

Ember-Roasted Brie / €13.90 🌿

local thyme honey, grilled bread, fig

Focaccia / €11.90 🌿

rosemary, olive oil, garlic, rucola, grana shavings

Aljotta / €12.90 ★

vegetable soffrito, fish stock, clams,
mussels, toasted bread

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PIZZA

• catch a slice of tide •

Ricotta & Lemon / €16 🌿★

preserved lemon, spinach, pine nuts

Beef & Grana / €22

truffle cream, mozzarella fior di latte,
wild mushrooms, rucola

Gillieru Octopus / €22 ★

tomato sauce, potatoes, olives, capers, lemon oil

Gorgonzola & Prosciutto Crudo / €20

cream, mozzarella fior di latte, walnuts
caramelised onions, honey

Roast Pork Porchetta & Mozzarella Di Bufala / €20

tomato sauce, fennel, roasted peppers, salsa verde

Maltese Sausage & Ricotta / €20

cream, roasted peppers, potatoes, baby spinach

Mortadella & Pistachio / €19 ★

cream, stracciatella, lemon oil

Four Seasons by the Sea / €22

tomato sauce, prawns, mussels, clams, octopus

Spicy 'Nduja & Burrata / €21 🌶️

tomato sauce, 'nduja, sweet peppers, rucola



twist • taste • repeat

Risotto Scoglio / €22

mussels, vongole, calamari, prawns

Linguine Vongole / €15

garlic confit, white wine, olive oil

Spaghetti Octopus / €20

tomato, capers, olives

Calamarata Maltese Sausage / €18 ★

tomato, cream, goat's cheese

Lobster Ravioli / €28

bisque, cherry tomatoes, pangrattato

Gnocchi Gorgonzola / €18 🌿★

gorgonzola dolce, caramelised nuts

Risotto Tartufo / €18 🌿★

carnaroli rice, porcini, truffle, grana

Garganelli Calamari & 'Nduja / €21 🌶️

calamari, 'nduja, peas, cream

Ravioli Amberjack / €20

tomato, zucchini, fish velouté, gremolata

Cannelloni Spinach & Ricotta / €17 🌿

tomato sauce, mozzarella crust

Ravioli Braised Duck / €26

café au lait sauce, mushroom, parsley, grana



the Tide BURGERS

The Tide Cheese Burger / €20

200g angus beef patty, brioche bun, house mayo, cheddar, lettuce, tomato, pickles, fries

The Spicy Firecracker Burger / €20 🌶️

chicken zinger, brioche bun, house mayo, provolone, onion jam, sriracha, fries

The Green Tide Burger / €20 🌿

falafel patty, brioche bun, hummus, grilled halloumi, baby spinach, tomatoes, fries

The Golden Chicken Burger / €20

crispy chicken, brioche bun, house mayo, smoked cheese, bacon, lettuce, pickles, fries



The Surf & Turf Burger / €30

200g angus beef patty, brioche bun, house mayo, grilled prawns, rucola, lemon aioli, fries

The Gillieru Burger / €30

200g wagyu patty, oyster gratin, brioche bun, house mayo, smoked cheese, shallot relish, truffle hollandaise, triple cooked fries

The Tide Bone Marrow Burger / €30

200g angus beef patty, brioche bun, house mayo, roasted bone marrow, smoked scamorza, pancetta, shallot jam, truffle mayo, fries

from the **SEA**

Octopus / €32

miso glaze, celeriac, bean cassoulet

Fire-Grilled Calamari / €30 ★

chilli oil, artichoke, creamy quinoa

Grilled Seabass Fillet / €28

tomato salsa, caponata, greens

Fisherman's Catch / €29

salsa verde, root vegetable, grilled asparagus

Pan-Seared Salmon / €25

citrus velouté, bean fricasse, bok choy

Grilled King Prawn / €30 ★

garlic butter, onions, charred lime, wilted greens

Whole Lobster Thermidor / €60

butter emulsion, lemon, asparagus

Fish Kettle Whole Sea Bream 'Al Acqua Pazza' / €20 ★

tomato, garlic, parsley, white wine

• all mains are served with daily potatoes •



from the **LAND**

Cauliflower Steak / €18 🌿

lentil dahl, crispy chickpeas, tomato jam

Corn-Fed Chicken Supreme / €25

smoked celeriac, guanciale, jus velouté

Braised Pork Collar / €19 ★

bean stew, wilted greens, jus

Beef Tagliata / €30

chimichurri, bell peppers, bordelaise sauce

Beef Rib-Eye / €35

cauliflower, bone marrow canoe, port wine jus

Slow Cooked Beef / €28 ★

pomme puree, carrots, braising juices

Veal Milanese / €25 ★

lemon, rucola, grana

Veal Tomahawk alla Griglia / €32

grilled zucchini, kale, mushroom sauce

Herb-Crusted Lamb Cutlets / €30

lentil curry, beetroot, yoghurt

• all mains are served with daily potatoes •

