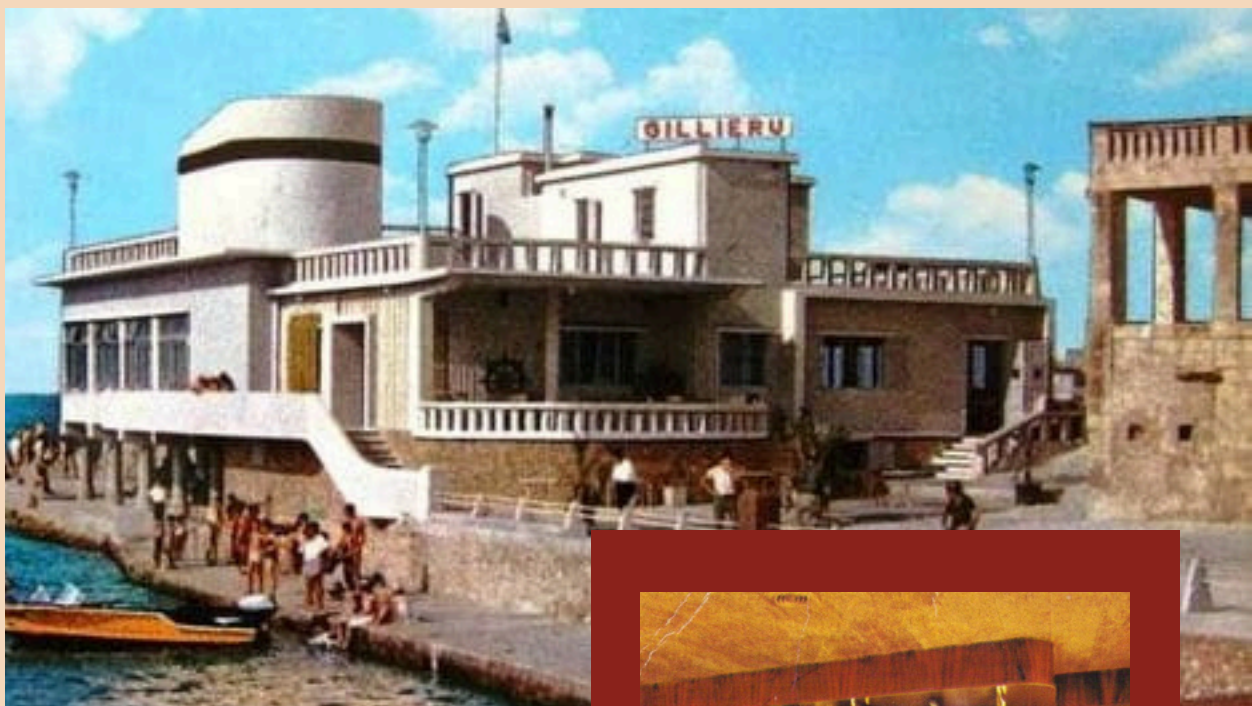




ABOUT US

A FAMILIAR PLACE,
REIMAGINED



The Spirit of Gillieru

The spirit of the historic Gillieru remains at the heart of Tide Bistro, honouring a legacy of hospitality, good food and unforgettable memories by the sea.



Original features, including the restored 1966 Gillieru bar, have been thoughtfully preserved.

Just like the tide brings the sea to the shore, our menu brings together the freshness of the sea and the comfort of the land in a relaxed bistro setting.

***Gather easily, stay longer than planned,
and return without thinking twice.***

Tide

beer & cider

House Beer Draught 250ml	€2.60
House Beer Draught 500ml	€4.80
Cisk Lager 250ml draught/bottle	€2.80
Cisk Lager 500ml draught/bottle	€5.00
Cisk Excel 250ml	€2.80
Shandy 250ml	€2.80
Blue Label Smooth&Creamy 440ml	€5.50
Cisk Chill 250ml	€3.00
Heineken 250ml	€3.00
Corona 355ml	€4.00
Guinness 440ml	€5.50
Brewdog Punk IPA 330ml	€6.00
Brewdog Cold Beer Lager (LowAlcohol) 440ml	€5.00
Playground IPA Non-Alc 330ml	€6.00
Somersby Cider 330ml	€4.50
apple, mango, lime	

wine by glass

Zardetto Tre Venti Prosecco	€8.50
Campolongo BarberaD'AstiDOCG	€7.50
Carignan Reserva SavignacVineyard	€8.00
Aglianico Tombaoco	€7.50
Pecorino Tombacco	€7.50
Bahar Zibibbo DOC	€7.00
Costiero Rosato DiNegroamaro	€7.00
Local CaravaggioChardonnay	€7.00
Local CaravaggioMerlot	€7.00

spritz

Aperol Spritz	€8.50
aperol, prosecco, soda, orange garnish	
Hugo Spritz	€8.50
elderflower syrup, prosecco, soda, fresh mint	
Limoncello Spritz	€8.50
limoncello, prosecco, soda, fresh mint	
Campari Spritz	€8.50
campari, prosecco, soda, fresh mint	

non-alcoholic cocktails

Virgin Mojito	€6.00
fresh mint, lime, sugar syrup, sprite, soda	
Virgin Colada	€6.00
coconut mix, lemon juice, pineapple juice	
Tropicana	€6.00
passion fruit purée, coconut syrup, lemon juice, pineapple juice	
Berrylicious	€6.00
strawberry purée, lemon juice, orange juice	



Bajtra Mule

vodka, bajtraliqueur, lime juice, ginger beer
€9

Maltese Sunset

rum, kinne, orange juice, grenadine
€9

Let's Be Gin

gin, fresh cucumber, harruba liqueur, sweet & sour mix, fresh egg white
€10

Maltese Knight

vodka, bajtra, lime juice, pink grapefruit soda
€11

Sunset

gin, southern comfort, peach juice, lemon juice, strawberry
€12

Tropical Herbs Breeze

spiced goldrum, pineapple juice, sweet and sour, pernod, mint leaves
€12

Twisty Bee

bourbon, honey liqueur, apple juice, lime
€13

Bella Ciao!

spiced rum, branca menta, aperol, lime, sugar, egg white
€12

Bites to start

Fish Cakes / €9.90 ★

tartar sauce, lemon

Arancini Carbonara / €8.90

rucola, pecorino snow

Corn Ribs / €6.90

guacamole, lime

Cheese & Potato Dippers / €7.90 🌿

garlic mayo, rucola

Prawn & Pistachio Tempura / €9.90

tartar sauce, fresh herbs

Lamb Samosas / €9.90 ★

mint yoghurt, honey

Duck Spring Rolls / €9.90 🌶️

sweet chili, spring onions

Falafel Bites / €7.90 🌿

chickpea, yoghurt, fresh herbs

Cheesy Sourdough Bread / €6.90 🌿

garlic butter, bruschetta mix, mozzarella fior di latte, olive oil

Tacos soft shell



Beef Taco / €11.90

citrus slaw, guacamole, crispy onions, lime

Grilled Chicken Taco / €9.90 ★

citrus slaw, guacamole, crispy onions, lime

Pork Belly Taco / €10.90

citrus slaw, guacamole, crispy onions, lime

CHICKEN WINGS

Buffalo BBQ Wings / €10.90 🌶️

garlic sauce, sesame

Sweet Chili Wings / €10.90

garlic sauce, sesame

Teriyaki Wings / €10.90

garlic sauce, sesame



CHAR GRILLED SKEWERS



Prawn Skewer / €10.90

tomato salsa, lemon

Lamb Kofta Skewer / €9.90

cucumber & mint yoghurt

Beef Skewer / €9.90 ★

bbq glaze, sesame seeds

Chicken Yakitori Skewer / €8.90 🌶️

sweet chili sauce, spring onion



Vegetarian



Chef's Choice



Spicy



PLATTERS

• made for sharing •

The Focaccia & Antipasto Platter / €35 ★

warm focaccia, parma ham, burrata, rucola, red peppers
Sott'olio, mortadella, porchetta, goat's cheese,
gorgonzola dolce, olives

The Seafood Grill Platter / €45

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

Josper Platter / €40

prawn skewers, tomato salsa, lemon,
chicken yakitori skewers, sweet soy glaze, spring onions,
beef skewers, bbq glaze, sesame seeds,
lamb skewers, cucumber & mint yoghurt

The Maltese Platter / €35

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

1KG POT OF MUSSELS

Classic Al Bianco / €19.90

garlic, parsley, lemon

Creamy White Wine / €20.90

shallots, parsley, garlic

Thai Sweet Chili / €21.90 ★

coconut milk, sweet chili

• all served with warm focaccia •



COLD STARTERS

Beef Carpaccio / €15.90

sliced beef, rucola, grana shavings, olive oil

House Smoked Salmon Carpaccio / €14.90

cured salmon, olive oil, capers, wakame

Burrata & Tomato / €11.90

creamy burrata, sea salt, tomato & basil chutney, sourdough crisp

Gillieru Oyster / €4.90

fresh lemon, sea salt, olive oil



Shuck n' Sip

premium glass of prosecco,
4 freshly shucked oysters,
lemon, sea salt, olive oil

€19.50

HOT STARTERS

Smoked Octopus Treasure Chest / €17.90 ★

sesame seeds, tomato chutney, charcoal oil

Fritto Misto / €17.90

calamari, prawns, white bait, white fish, sardines, in-house tartar, lemon, fresh herbs

Fried Calamari / €16.90 ★

fresh lemon, house tartar

Grilled King Prawns / €18.90

tomato salsa, lemon, fresh herbs

Pork Belly Burnt Ends / €15.90

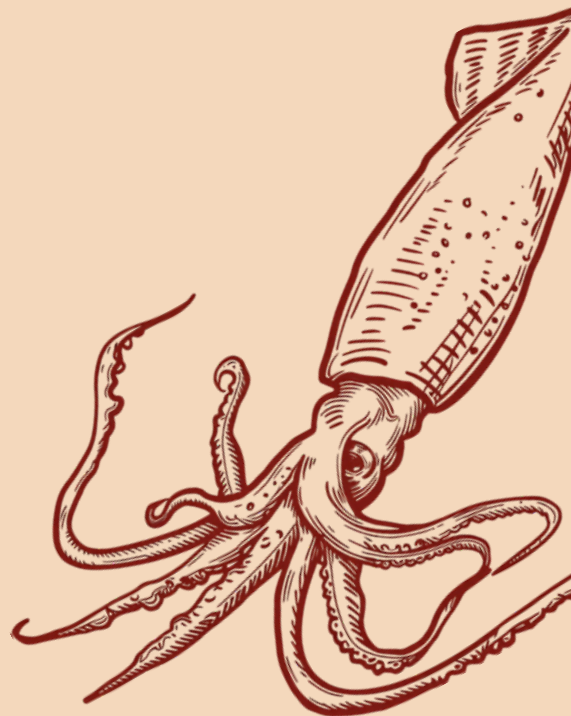
bbq sauce, citrus slaw

Focaccia / €12.90 🌿

rosemary, olive oil, garlic, rucola, grana shavings

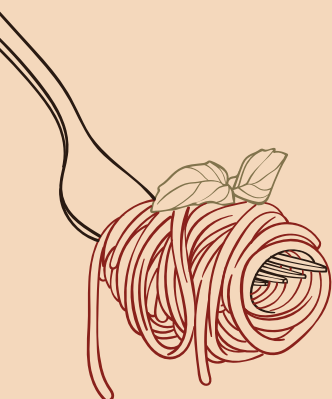
Aljotta / €12.90 ★

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



PASTA

twist • taste • repeat



Risotto Scoglio / €22.90

mussels, vongole, calamari, prawns

Linguine Vongole / €15.90

garlic confit, white wine, olive oil

Spaghetti Octopus / €19.90

tomato, capers, olives

Calamarata Maltese Sausage / €18.90 ★

tomato, cream, goat's cheese

Ravioli Lobster / €27.90

bisque, cherry tomato, pangrattato

Gnocchi Gorgonzola / €18.90 ★

gorgonzola dolce, caramelised nuts

Risotto Tartufo / €17.90 ★

porcini, truffle, grana

Cannelloni Spinach & Ricotta / €17.90 ★

tomato sauce, mozzarella crust



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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, olive oil

Beef & Beet Salad / €19.90

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

SAVINGS

PIZZA

*Slow-fermented sourdough,
stone-baked & simply classic*

Burrata & Tomato / €13.90 🌿

tomato sauce, cherry tomato,
olive oil, rucola

Beef & Grana / €22

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

Mortadella & Pistachio / €19 ★

cream, stracciatella, olive oil

Al Salmone / €22

tomato sauce, smoked salmon, baby spinach



*Naturally fermented sourdough,
crisp outside, soft inside*

Margherita / €9.90 🌿

tomato sauce, oregano, mozzarella fior di latte

Maltese Sausage & Goat's Cheese / €16.90

cream, roasted peppers, potatoes, baby spinach

Gorgonzola & Prosciutto Crudo / €17.90 ★

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

Porchetta & Mozzarella di Bufala / €19.90

tomato sauce, roasted peppers, salsa verde



PINSAs

the Tide

BURGERS

The Tide Cheese Burger / €20.90

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

The Spicy Firecracker Burger / €21.90 🌶️ ★

crispy chicken zinger, brioche bun, house mayo, provolone, onion jam, sriracha, lettuce, tomato, pickles, fries

The Green Veggie Burger / €21.90 🌿

falafel patty, brioche bun, hummus, halloumi, baby spinach, tomato, fries

The Bacon Cheese Burger / €22.90

200g angus beef patty, brioche bun, house mayo, melted cheese, crispy bacon, lettuce, tomato, pickles, fries

The Golden Chicken Burger / €20.90

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

The Surf & Turf Tide Burger / €29.90 ★

200g angus beef patty, grilled king prawns, brioche bun, house mayo, lettuce, tomato, pickles, fries





Octopus / €31.90

caper & tomato sauce, lemon, fresh herbs

Fire-Grilled Calamari / €29.90

tomato salsa, citrus, olive oil

Fish & Chips / €20.90 ★

beer battered fish, tartar sauce, lemon

Grilled Seabass Fillet / €28.90

bruschetta, caponata, greens

Pan-Seared Salmon / €24.90

citrus velouté, lentil curry, greens

Fisherman's Catch / €29.90 ★

salsa verde, caponata, greens

Tide Signature Fish Kettle

Whole Mediterranean fish gently cooked in our traditional acqua pazza broth of tomato, garlic, parsley & white wine

Seabream "Awrat" / €23.90

Seabass "Spnott" / €27.90

Redsnapper "Pagel" / €31.90

• all mains are served with daily potatoes •



FROM THE LAND

Cauliflower Steak / €17.90 🌱

lentil dahl, crispy chickpeas, tomato jam

Chicken Tagliata / €21.90 ★

rucola, grana, mushroom velouté

Pork belly / €22.90

mash potato, bok choy, mushroom sauce

Slow Cooked Beef / €27.90 ★

pommes purée, braising liquid, carrots

Veal Tomahawk alla Griglia / €34

seasonal vegetables, kale, red wine jus

Beef Tagliata / €32.90

chimichurri, grilled vegetables, bordelaise sauce

Beef Ribeye / €38.90

bone marrow canoe, roasted vegetables, port wine jus

• all mains are served with daily potatoes •

