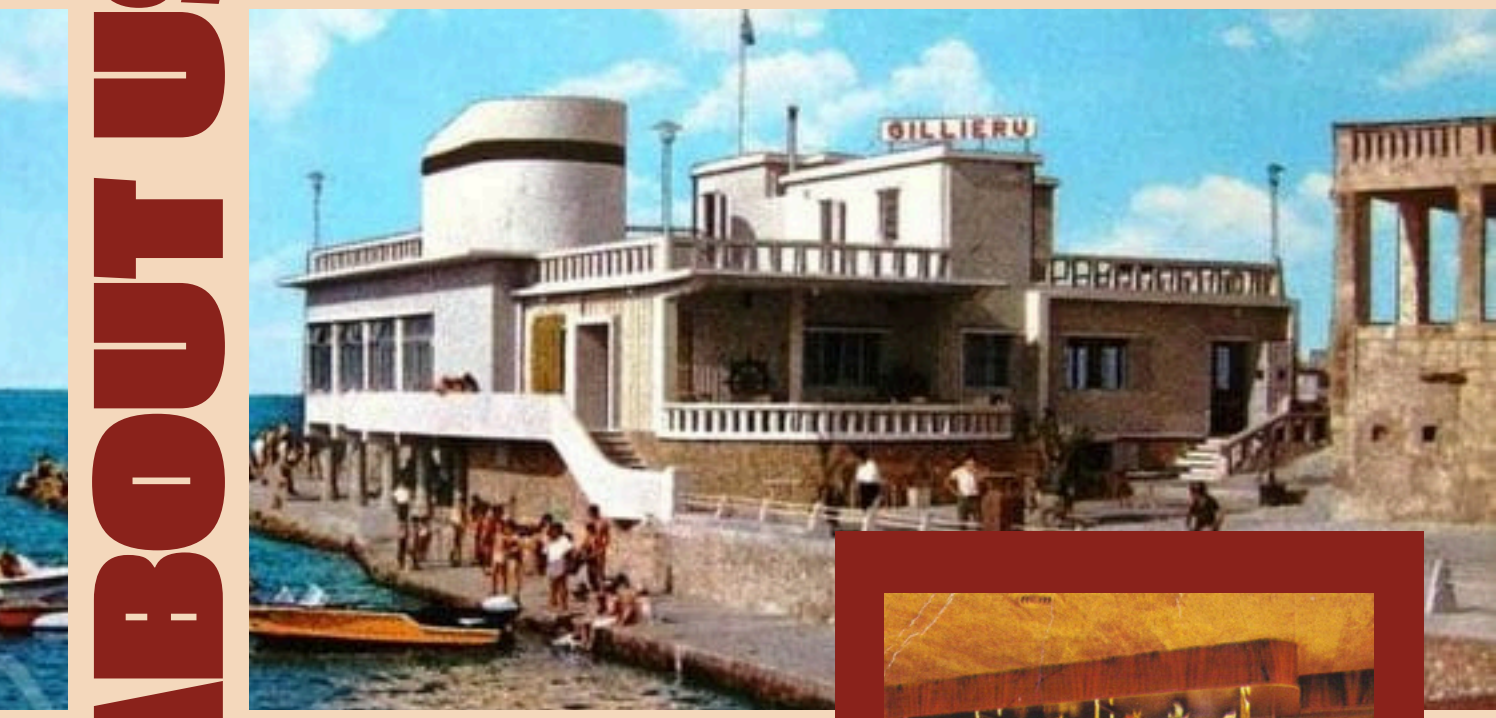

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ABOUT US

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 Barbera D'Asti DOCG	€7.50
Carignan Reserva Savignac Vineyard	€8.00
Aglianico Tombaoco	€7.50
Pecorino Tombacco	€7.50
Bahar Zibibbo DOC	€7.00
Costiero Rosato Di Negroamaro	€7.00
Local Caravaggio Chardonnay	€7.00
Local Caravaggio Merlot	€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,orangejuice, grenadine
€9

Let's Be Gin
gin, fresh cucumber, harruba liqueur, sweet & sourmix, freshegg 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

START & SHARE

Bread & Dip / €3.00
sourdough bread served with
dip of the day

Fish Cakes / €9.90
tartar sauce, lemon

Sizzling Sausage / €8.90 ★
pork sausage, tomato fondue,
sourdough bread

Lamb Samosas / €9.90 ★
marinated lamb mince,
mint yoghurt, honey

Fried Goat's Cheese / €8.90
panko breadcrumbs,
tomato chutney, walnuts

Cheesy Sourdough Bread / €7.90
garlic butter,bruschetta mix,
mozzarella fior di latte, olive oil

Fried Calamari / €16.90 ★
Fresh lemon, house tartar sauce,
fresh herbs

Aljotta / €12.90
vegetable sofritto, fish stock, clams,
mussels,toasted bread, lemon

Pot of Mussels 500g / €15.00
garlic, parsley, lemon,
cherry tomato, bread

Octopus Treasure Chest | €17.90 ★
smoked octopus, sesame seeds,
tomato chutney, basil

The Maltese Platter / €22.90
maltese sausage, ġbejna cheese,
sun-dried tomatoes, marinated olives,
grilled bread, bigilla, aioli, galletti

soft shell Tacos



Pulled Beef Taco / €11.90
citrus slaw, guacamole,
crispy onions

Grilled Chicken Taco / €9.90 ★
citrus slaw, guacamole,
crispy onions

CHICKEN WINGS

BBQ Chicken Wings/ €10.90
garlic sauce, sesame

Teriyaki Chicken Wings / €10.90
garlic sauce, sesame

SALADS BOWLS

Chicken Salad / €16.90
grilled chicken, quinoa, avocado purée,
peas, baby spinach, cherry tomatoes

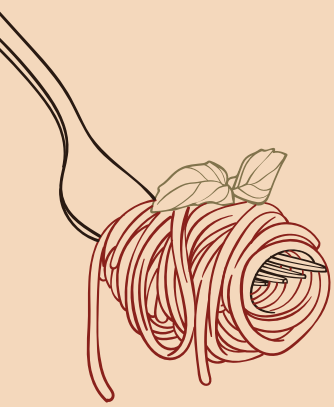
Goat's Cheese Salad / €15.90
goat's cheese, walnuts, pear,
baby spinach, fennel



Vegetarian • ★ Chef's Choice • Spicy

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

Gnocchi Gorgonzola / €18.90 ★
gorgonzola dolce, caramelised onions, walnuts



Risotto Tartufo / €18.90 ★
mushrooms, truffle, grana

Cannelloni Spinach & Ricotta / €17.90
tomato sauce, mozzarella crust, rucola

★

TIDE BURGERS

Cheeseburger / €20.90
200g angus beef patty, cheddar, lettuce, tomato, pickles, house mayo, brioche bun, fries

The Tide Burger / €22.90
200g angus beef patty, gorgonzola, caramelised onions, lettuce, tomato, pickles, house mayo, brioche bun, fries

Golden Chicken Burger / €20.90
crispy chicken, cheese, bacon, lettuce, tomato, pickles, house mayo, brioche bun, fries

ROMAN PINSA

naturally fermented sourdough,
crisp outside, soft inside



Margherita / €10.90
tomato sauce, mozzarella fior di latte, oregano

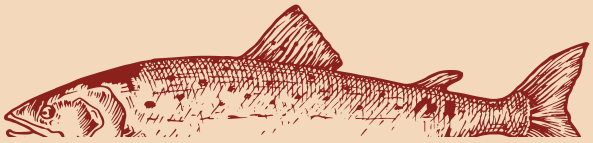
Maltese Sausage & Peppers / €16.90
tomato sauce, mozzarella fior di latte, roasted potatoes

Gorgonzola & Prosciutto Cotto / €17.90 ★
cream, mozzarella fior di latte, caramelised onions



Mushroom & Truffle / €17.90
cream, mozzarella fior di latte, rucola

Mortadella & Pistachio / €17.90
cream, mozzarella fior di latte, olive oil



FISH & CHIPS

a classic best enjoyed at Tide

Beer-Battered Fish & Chips
tartar sauce, lemon, mushy peas

€20.90

FROM THE SEA

Fire-Grilled Calamari / €29.90
parsley & garlic dressing, fresh lemon

Grilled Meagre / €29.90
roasted cherry tomato, herb oil

Pan-Seared Salmon / €26.90
herb salad, fish velouté

The Seafood Grill / €45.00
king prawns, fire-grilled calamari, mussels alla Acqua Pazza, fresh lemon, rucola, tomato salsa

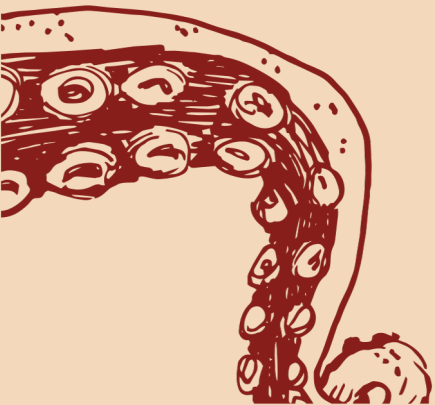
• fish main courses served with daily potatoes & caponata •

Tide Signature Fish Kettle ★
Whole Mediterranean fish gently cooked in our traditional acqua pazza broth of tomato, garlic, parsley & white wine

Seabream "Awrat" / €24.90

Seabass "Spnott" / €28.90

Redsnapper " Pagel " / €33.90







FROM THE LAND

Cauliflower Steak / €17.90
lentil dahl, crispy chickpeas

Chicken Tagliata / €21.90
rucola, grana, mushroom sauce

Beef Ribeye / €39.90
herb crust, bone marrow canoe, port wine jus

Pork Stew / €21.90
slow-braised pork belly, stewed vegetables,
rich tomato sauce, crème fraîche

Slow-Cooked Beef / €27.90
braised carrots, rich braising jus, french onions

• meat main courses served with daily potatoes & roasted vegetables •

The RipTide Steak ★
teriyaki-marinated prime bavette, served sizzling
on a 400°C volcanic lava stone with a sweet-soy glaze

€33.90

