

HI TIDE

on the esplanade

CAFE - BAR - RESTAURANT

LUNCH / 12 noon until 3.30pm

THAI FISH CAKES / 15

house fish cakes with asian purple slaw + green nam jim [GF]

SIGNATURE SEAFOOD CREAM CHOWDER / 15

cream chowder with prawns, mussels, scallops, salmon, chunky vegetables, dill + toasted sourdough

VEGETABLE FRITTATA / 17

greek salad of olives, semi dried tomato, red onion, rocket, sheep's feta + aged balsamic [V/GF]

PORK BELLY + HERB SALAD / 16

twice cooked pork belly with kaffir lime leaf, purple cabbage, coriander, spring onion + chilli salad, passionfruit glaze [GF]

BARRAMUNDI SPRING ROLLS / 15

four vegetable + barramundi filled spring rolls, sweet chilli sauce + spring onion

MARKET FISH + CHIPS / 21

catch of the day either beer battered or grilled with beer battered chips, summer salad, lemon wedge + tartare

THE CLUB / 16

served on fresh seeded sourdough, with your choice of; chicken, mayonnaise, smashed avocado, bacon, rocket + cheese or shaved leg ham, rocket, mustard, tomato, cheese + pickles

SALT + PEPPER CALAMARI / 18

flash fried calamari, rocket, apple + parmesan salad

ROASTED PUMPKIN, BEETROOT + QUINOA SALAD / 18

roasted pumpkin + beetroot, quinoa, rocket leaves, red onion, orange, pepitas + ricotta, raspberry vinaigrette [V/GF]

WHOLE LOCAL PRAWNS / 18

three hundred grams whole local prawns, bread + house sauce [GF]

PROSCIUTTO + MELON / 17

melon, san daniele prosciutto, buffalo de mozzarella, baby basil leaf, rocket + shaved grana padano [GF]

HI TIDE BURGER / 19

house beef patty, spiced tomato relish, onion, rocket + crispy bacon with beer battered chips

BOWL OF CHIPS / 6 (single serve) or 9 (share bowl)

herb salted beer battered chips, with confit garlic aioli [V]
