

# SMALL PLATES

**CIOPINNO 19**

Clams + Mussels + Shrimp + Salmon + Tomato + Grilled Bread

**HUMBOLDT SQUID SALAD 15**

Grilled Squid + Pineapple + Citrus Pepper + Red Onion

**ROASTED BEETS 14**

Buffalo Mozzarella + Mandarin EVOO + Pickled Shallot

**ISLAND GROWN SALAD 13**

Local Lettuces + Local Cucumber + Citrus Vinaigrette

**MINI LOBSTER CAKES 16**

Celery Root Slaw + Old Bay Mayo

**CAESAR SALAD 13**

Caesar Dressing + Parmesan + House Bacon

**SHISHITO PEPPERS 12**

Ginger Ponzu Dressing + Sea Salt

**GRILLED OYSTERS 18**

Basil Mayo + Fried Capers

## OUR PARTNERS

### SUSTAINABILITY

At 3 Tides Fish House, we are committed to ensuring our oceans are a source of abundance for generations to come.

With this in mind, we partner with those who share our values, and commit to farming and catching seafood in a manner which will ensure the long-term health and stability of species.

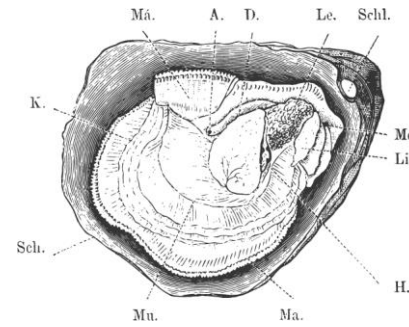
As the first restaurant in The Bahamas to commit to a sustainable seafood program, we hope you enjoy your experience, and appreciate knowing that what you eat today supports those working towards a better tomorrow.



# SIGNATURE TOWER

**TIDES TOWER 90**

6 Snow Crab Claws  
6 Prawns  
8 Clams  
8 Mussels  
6 Oysters  
1 Lobster Tail



# RAW BAR

**FEATURE OYSTERS 3 EA ~ 6 FOR 16**

Mignonette + Hot Sauce + Horseradish + Lemon

**TUNA CRUDO 17**

Sriracha Mayo + Chives + Cucumber + Furikake

**CEVICHE 16**

Daily Catch + Red Onion + Amarillo + Corn Goat Pepper

**POKE BOWL 17**

Yellowfin Tuna + Puffed Rice + Furikake

**FISH TACOS 14**

Daily Catch + Avocado + Cilantro Crema Papaya Salsa

**DAILY SASHIMI 21**

Scallion Aioli + Pickled Fennel

# SUSHI

**SPINY LOBSTER SPRING ROLL 18**

Mango + Carrot + Cucumber + Avocado + Mint

**CEVICHE ROLL 14**

Snapper + Ginger + Soy Paper

**PROTEIN ROLL 16**

Crab + Tuna + Scallop + Ponzu

**CRUNCHY SHRIMP ROLL 14**

Avocado + Cucumber + Tempura + Sweet Soy

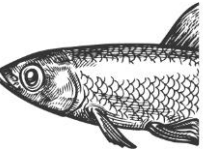
**3 TIDES SALMON ROLL 14**

Ora King Salmon + Sriracha Mayo Jalapeno + Avocado

**SPICY TUNA ROLL 16**

Cucumber + Avocado

# LARGE PLATES



**NASSAU GROUPER 33**

Brussels Sprouts + Mushroom Bacon + Potato

**FISH & CHIPS 25**

Pirates Republic Beer Batter Hand Cut Fries Pikliz + Tartar

**ORA KING SALMON 31**

Mushrooms + Brussels Sprouts Bacon + Potato

**BUTTERFISH 35**

Cucumber Slaw + Bok Choy

**RISOTTO 22**

Parmesan + Asparagus + Snow Peas

**PRAWN LINGUINI 28**

Chorizo + Chile + Tomato + Lime

**PAN ROASTED CHICKEN BREAST 28**

Cornbread Pudding + Roasted Vegetables Rosemary Jus

**RED SNAPPER 31**

Romesco + White Beans Chorizo + Kale

**CURRY BOWL 28**

Thai Green Curry + Mussels + Clams Shrimp + Scallops + Fish

**FRIED COD SANDWICH 22**

Dill Mayo + Pickled Fennel Tempura Batter

**3 TIDES BURGER 23**

10oz + Smoked Gouda + Roast Garlic Mayo LTO + House Bacon

# GRILL PLATES

**22OZ BONE IN RIBEYE**

House Made Espresso BBQ Sauce 65

**14OZ NY STEAK**

Truffle Demi-Glace 48

**CARIBBEAN LOBSTER TAIL**

Herb Drawn Butter 48

**SURF N TURF**

14oz NY Strip + Lobster Tail Truffle Demi-Glace 90

**8OZ MAHI-MAHI**

Charred Lemon 32

**7OZ AHI TUNA**

Charred Lemon 34

## SIDES

8 ea

**V GF** Grilled Bok Choy **GF** Sautéed Mushroom

**GF** Crab Mac n Cheese Cornbread Pudding

**GF** Creamed Corn **GF** Yukon Gold Mashed Potatoes



Should you have any dietary requirements or allergies, please ask for the Manager. Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of foodborne illness. All prices displayed are subject to VAT and a 15% Service Charge.