

Tides Kitchen & Wine Bar

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'Fish & Fizz'

£25 – 2 courses/£30 – 3 courses, to include a glass of Prosecco

Starters

Tides Fishcakes w/chilli jam, organic salad leaves
Monkfish Scampi w/wild garlic mayonnaise, pea shoots
Seared Scallops w/crispy pork belly, watercress, chilli & ginger dressing,
parsnip crisps, crème fraiche(£2.50 supplement)
Menai Mussels w/white wine, cream, garlic, parsley, sourdough bread
Tian of Newport Crab w/crushed avocado, harissa, coriander, sourdough toast

Mains

Pan-fried Fillet of Sea Bass w/prawn, mango, avocado salsa
Roast Fillet of Cod w/pistachio crust, orzo, salsa verde
Sesame Crusted Tuna w/sticky aubergine, harissa, spring onions, coriander
Salmon, Prawn & Smoked Haddock Fish Pie w/mash topping, Caws Llain
Medallions of Monkfish wrapped in pancetta w/tomato & basil cream sauce (£2.50 supplement)

Main courses all served with gratin dauphinois & seasonal vegetables

Desserts

Sticky Toffee Pudding w/salted caramel sauce, clotted cream
Passion Fruit Tart w/lemon curd, praline crumb
Brioche Bread & Butter Pudding w/Merlyn liqueur, double cream
Rich Chocolate Mousse Cake w/raspberry sorbet, sesame brittle
Welsh Cheeseboard w/Perl Las, Smoked Cenarth, Anster Cheshire, apple chutney, Cnwc crackers

Fountain House Market Street Newport Pembrokeshire SA42 0PH (01239) 820777
Email tideskitchenandwinebar@gmail.com

Some of our dishes may contain nuts or other allergens. Please inform a member of our team if you have any allergies