



= THE =
TIDES

PANASAN
BEACH RESTAURANT


MENU

~ THE ~ TIDES


SMALL PLATES

Yasai Tempura Moriawase  945
mix vegetable tempura & spicy mayo
Serving size: 200gms | Calorie per serving: 863 Kcal


(G)

Popiah je  945
vegetables, shitake mushroom & glass noodle roll with orange chilli dip
Serving size: 200gms | Calorie per serving: 723 Kcal


(G)

Crispy Water Chestnuts and Bamboo Shoots  995
chili lemongrass
Serving size: 200 gms | Calorie per serving: 496 Kcal

(N)

Chicken Honey & Chilli  1045
crispy chicken, honey & smoked chillies
Serving size: 265 gms | Calorie per serving: 320.23 Kcal


(E)

Ikan Bakar  1695
indonesian style whole char-grilled fish
Serving size: 233 gms | Calorie per serving: 419.40 Kcal

(SP)

Lobster Spring Roll  1775
black fungus mushroom, glass noodle, celery & mango lemongrass sauce
Serving size: 200gms | Calorie per serving: 863 Kcal

(SF)

Ebi Katsu  1545
panko crumbed prawns, tropical fruits & katsu sauce
Serving size: 200gms | Calorie per serving: 863 Kcal

(E) (G) (SF)

Allergen
information:

(D) (E) (F) (G) (N) (P) (SF) (S) (SP)
DAIRY EGG FISH GLUTEN NUTS PORK SHELLFISH SOY SULPHITES


Please inform us about your dietary requirements, if any. An average adult requires 2000 Kcal energy per day; however, calorie needs may vary. Prices are exclusive of applicable taxes.

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SOUPS

Hot & Sour

sichuan style spicy soup

Vegetable | Serving size: 220gms | Calorie per serving: 155 Kcal  775



Chicken | Serving size: 240 gms | Calorie per serving: 207.79 Kcal  895


 



Tom Yum


lemongrass, galangal, kaffir leaves, chilli, lime

Vegetable | Serving size: 220 gms | Calorie per serving: 205.44 Kcal  775



Chicken | Serving size: 240 gms | Calorie per serving: 237.79 Kcal  875


 

Prawn | Serving size: 240 gms | Calorie per serving: 295.50 Kcal  995


 



Khow Suey


coconut milk, lemongrass, galangal, kaffir leaves, chili, lime

Vegetable | Serving size: 220 gms | Calorie per serving: 320.44 Kcal  775



Chicken | Serving size: 220 gms | Calorie per serving: 375.84 Kcal  875

Prawn | Serving size: 220 gms | Calorie per serving: 355.75 Kcal  995

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WOKS

Wok Tossed Seasonal Vegetables 	1145
<i>with garlic and basil</i> Serving size: 284 gms Calorie per serving: 236.29 Kcal	
	
Phad Pak Ruam Kab Tahoo 	1145
<i>seasonal vegetables, water chestnuts, bean curd, garlic, soya</i> Serving size: 284 gms Calorie per serving: 256.29 Kcal	
	
Silken Tofu, green Beans and Pak choy 	1225
<i>in sambal olek</i> Serving size: 213 gms Calorie per serving: 110.78 Kcal	
	
Gai Phad Med Mamuang 	1325
<i>wok fried chicken, cashew nuts, dried chili</i> Serving size: 320 gms Calorie per serving: 468.86 Kcal	
 	
Steamed Chicken Chilli Bean Sauce 	1325
<i>chicken, chilli black bean & scallion</i> Serving size: 320 gms Calorie per serving: 368.86 Kcal	
	
Pla Pad Nam Prik Pao 	1375
<i>red snapper with homemade roasted chili paste</i> Serving size: 390 gms Calorie per serving: 437.07 Kcal	
	
Stir-Fried Prawns XO 	1695
<i>prawns, scallops, shrimps sauce</i> Serving size: 270 gms Calorie per serving: 286.23 Kcal	
 	
Moo Kaprow 	1545
<i>sliced pork with basil & chilli</i> Serving size: 300 gms Calorie per serving: 582 Kcal	
	
Tenderloin Ginger & Chilli 	1695
<i>stir fried tenderloin with ginger, chillies & black pepper</i> Serving size: 300 gms Calorie per serving: 550 Kcal	
	

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CURRIES

Thai Red Curry


a central Thailand spicy curry with red chillies & coconut milk

Vegetable | Serving size: 410 gms | Calorie per serving: 515 Kcal  1225



Chicken | Serving size: 410 gms | Calorie per serving: 930 Kcal  1325


 

Prawn | Serving size: 410 gms | Calorie per serving: 625 Kcal  1645


 


Green Curry


aromatic coconut curry with thai basil & lime leaves

Vegetable | Serving size: 410 gms | Calorie per serving: 515 Kcal  1225



Chicken | Serving size: 410 gms | Calorie per serving: 930 Kcal  1325


 

Prawn | Serving size: 410 gms | Calorie per serving: 625 Kcal  1645

Kari Ayam

Malaysian style chicken curry

Serving size: 300 gms | Calorie per serving: 878 Kcal 

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NOODLES N RICE


Hakka Noodles

with green onions

Vegetable | Serving size: 340 gms | Calorie per serving: 427 Kcal 

995

(G)


Chicken & Egg | Serving size: 360 gms | Calorie per serving: 524 Kcal 

1145

(E) (G)


Phad Thai

sweet & sour flat rice noodles, bok choy & lime.

Vegetable | Serving size: 340 gms | Calorie per serving: 435 Kcal 

1145

(G)

Chicken & Egg | Serving size: 340 gms | Calorie per serving: 500.2 Kcal 

1375

(E) (G)


Prawn | Serving size: 340 gms | Calorie per serving: 474 Kcal 

1495

(G) (SF)


Fried Rice

wok fried rice with green onion & garlic

Vegetable | Serving size: 350 gms | Calorie per serving: 580 Kcal 

945

(G)

Chicken & Egg | Serving size: 350 gms | Calorie per serving: 621 Kcal 

1045

(E) (G)

Jasmine Rice

Serving size: 350 grams | Calorie per serving: 600 Kcal

545

(G)

Steamed Rice

Serving size: 350 grams | Calorie per serving: 600 Kcal

545

(G)

Allergen
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(D)
DAIRY

(E)
EGG

(F)
FISH

(G)
GLUTEN

(N)
NUTS

(P)
PORK

(SF)
SHELLFISH

(S)
SOY

(SP)
SULPHITES

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FRESH FROM THE ARABIAN SEA

Serving size: 250 gms | Choice of cooking: Grilled | Steamed | Pan fried
Choice of Sauce: Kerala Spice Rub | Miso Butter | EVOO Lemon Garlic
Peri Peri | Teriyaki Marinade

<i>Fish of The Day</i> ▲	995
<i>Arabian Sea Lobster</i> ▲	2325
<i>King Prawns</i> ▲	1775
<i>Scampi</i> ▲	2095

DESSERT

Choice Of Ice Cream ■ tender coconut, litchi, very berry strawberry & vanilla Serving size: 150 gms Calorie per serving: 97.98 Kcal ⓓ	995
Date & Sesame Pancake ■ vanilla ice cream Serving size: 130 gms Calorie per serving: 217.27 Kcal ⓖ	995
Tub Tim Krob ■ water chestnut, jack fruit & coconut cream Serving size: 180 gms Calorie per serving: 1500.75 Kcal Ⓝ	1045
Lychee Crème Brulee ▲ tender coconut ice cream & biscotti Serving size: 180 gms Calorie per serving: 1002.12 Kcal ⓓ ⓖ	1045
Cheesecake▲ asian stewed berries, kaffir lime crunch and cream cheese Serving size: 180 grams Calorie per serving: 790 Kcal ⓓ ⓔ ⓖ	1045

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STILL N SPARKLING WATER

Sparkling Water, 750 ml	593
Sparkling Water, 330 ml	296
Mineral Water, 750 ml	200
Mineral Water, 330 ml	130

AERATED BEVERAGE

Energy drink	300
Coke	200
Diet Coke	200
Sprite	200
Fanta	200
Tonic	200
Ginger Ale	200

REFRESHERS

Tender Coconut Water	300
Fresh Juice, seasonal	400

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