



= 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*

(S)

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:



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**TIDES**

**SOUPS**

***Hot & Sour***

*sichuan style spicy soup*

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

(G)

775

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

(E) (G)

895

***Tom Yum***

*lemongrass, galangal, kaffir leaves, chilli, lime*

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

(G)

775

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

(E) (G)

875

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

(G) (SF)

995

***Khao Suey***

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

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

(G)

775

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

(E) (G)

875

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

(G) (SF)

995

Allergen  
information:

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

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**TIDES**

**WOKS**

Wok Tossed Seasonal Vegetables <i>with garlic and basil</i> Serving size: 284 gms   Calorie per serving: 236.29 Kcal ⑥	1145
Phad Pak Ruam Kab Tahoo <i>seasonal vegetables, water chestnuts, bean curd, garlic, soya</i> Serving size: 284 gms   Calorie per serving: 256.29 Kcal ⑥	1145
Silken Tofu, green Beans and Pak choy <i>in sambal olek</i> Serving size: 213 gms   Calorie per serving: 110.78 Kcal ⑥	1225
Gai Phad Med Mamuang <i>wok fried chicken, cashew nuts, dried chili</i> Serving size: 320 gms   Calorie per serving: 468.86 Kcal ⑥ ⑩	1325
Steamed Chicken Chilli Bean Sauce <i>chicken, chilli black bean &amp; scallion</i> Serving size: 320 gms   Calorie per serving: 368.86 Kcal ⑥	1325
Pla Pad Nam Prik Pao <i>red snapper with homemade roasted chili paste</i> Serving size: 390 gms   Calorie per serving: 437.07 Kcal ⑩	1375
Stir-Fried Prawns XO <i>prawns, scallops, shrimps sauce</i> Serving size: 270 gms   Calorie per serving: 286.23 Kcal ⑥ ⑩	1695
Moo Kaprow <i>sliced pork with basil &amp; chili</i> Serving size: 300 gms   Calorie per serving: 582 Kcal ⑥	1545
Tenderloin Ginger & Chilli <i>stir fried tenderloin with ginger, chillies &amp; black pepper</i> Serving size: 300 gms   Calorie per serving: 550 Kcal ⑥	1695

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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

(G)

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

1325

(E) (G)

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

1645

(G) (SF)

### *Green Curry*

aromatic coconut curry with thai basil & lime leaves

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

1225

(G)

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

1325

(E) (G)

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

1645

(G) (SF)

### Kari Ayam

1375

Malaysian style chicken curry

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

(G) (SF)

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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*

545

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

(G)

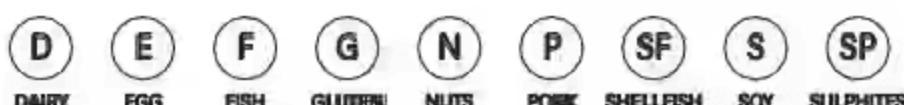
*Steamed Rice*

545

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

(G)

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# ~THE~ TIDES

## FRESH FROM THE ARABIAN SEA

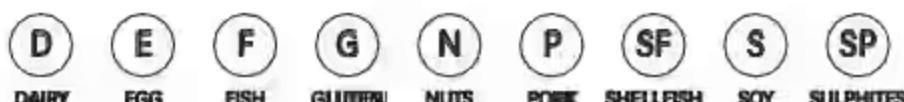
Serving size: 250 gms | Choice of cooking: Grilled | Steamed | Pan fried  
Choice of Sauce: Kerala Spice Rub | Miso Butter | EVOO Lemon Garlic  
Peri Peri | Teriyaki Marinade

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

## DESSERT

<i>Choice Of Ice Cream</i> □	995
<i>tender coconut, litchi, very berry strawberry &amp; vanilla</i>	
<i>Serving size: 150 gms   Calorie per serving: 97.98 Kcal</i>	
④	
<i>Date &amp; Sesame Pancake</i> □	995
<i>vanilla ice cream</i>	
<i>Serving size: 130 gms   Calorie per serving: 217.27 Kcal</i>	
⑥	
<i>Tub Tim Krob</i> □	1045
<i>water chestnut, jack fruit &amp; coconut cream</i>	
<i>Serving size: 180 gms   Calorie per serving: 1500.75 Kcal</i>	
⑩	
<i>Lychee Crème Brulee</i> ▲	1045
<i>tender coconut ice cream &amp; biscotti</i>	
<i>Serving size: 180 gms   Calorie per serving: 1002.12 Kcal</i>	
④ ⑥	
<i>Cheesecake</i> ▲	1045
<i>asian stewed berries, kaffir lime crunch and cream cheese</i>	
<i>Serving size: 180 grams   Calorie per serving: 790 Kcal</i>	
④ ⑥ ⑩	

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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

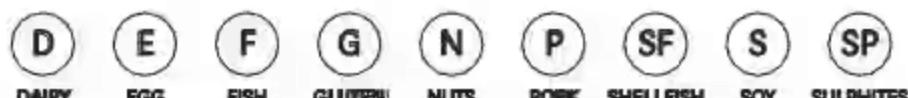
**AERATED  
BEVERAGE**

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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