



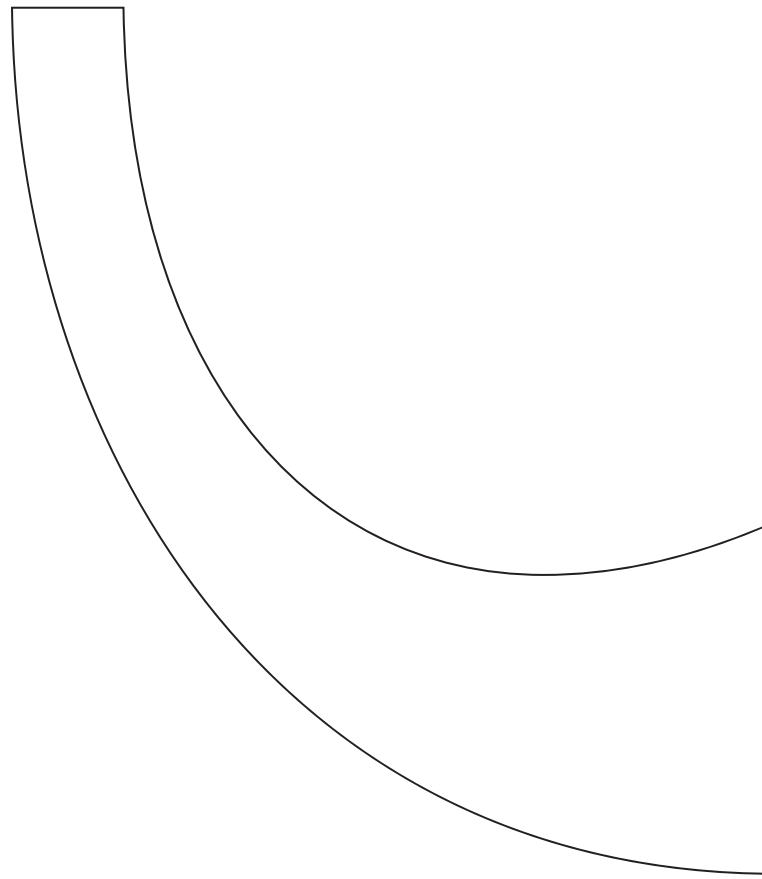
~ THE ~
TIDES

PAN ASIAN
BEACH RESTAURANT

MENU

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TIDES of HAPPINESS



~ THE ~ TIDES

SMALL PLATES

Yasai Tempura Moriawase 🟢

mix vegetable tempura & spicy mayo

Serving size: 200gms | Calorie per serving: 863 Kcal

ⓐ

Popiah je 🟢

vegetables, shitake mushroom & glass noodle roll with orange chilli dip

Serving size: 200gms | Calorie per serving: 723 Kcal

ⓐ

Crispy Water Chestnuts and Bamboo Shoots 🟢

chili lemongrass

Serving size: 200 gms | Calorie per serving: 496 Kcal

Ⓝ

Chicken Honey & Chilli 🔺

crispy chicken, honey & smoked chillies

Serving size: 265 gms | Calorie per serving: 320.23 Kcal

ⓔ

Ikan Bakar 🔺

indonesian style whole char-grilled fish

Serving size: 233 gms | Calorie per serving: 419.40 Kcal

ⓈⓅ

Lobster Spring Roll 🔺

black fungus mushroom, glass noodle, celery & mango lemongrass sauce

Serving size: 200gms | Calorie per serving: 863 Kcal

Ⓢⓕ

Ebi Katsu 🔺

panko crumbed prawns, tropical fruits & katsu sauce

Serving size: 200gms | Calorie per serving: 863 Kcal

ⓔ ⓐ Ⓢⓕ

Allergen
information:



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.



~ THE ~ TIDES

SOUPS

Hot & Sour

sichuan style spicy soup

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

ⓐ

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

ⓔ ⓐ

Tom Yum

lemongrass, galangal, kaffir leaves, chilli, lime

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

ⓐ

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

ⓔ ⓐ

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

ⓐ ⓈF

Khow Suey

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

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

ⓐ

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

ⓔ ⓐ

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

ⓐ ⓈF

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WOKS

Wok Tossed Seasonal Vegetables ■

with garlic and basil

Serving size: 284 gms | Calorie per serving: 236.29 Kcal

ⓐ

Phad Pak Ruam Kab Tahoo ■

seasonal vegetables, water chestnuts, bean curd, garlic, soya

Serving size: 284 gms | Calorie per serving: 256.29 Kcal

ⓐ

Silken Tofu, green Beans and Pak choy ■

in sambal olek

Serving size: 213 gms | Calorie per serving: 110.78 Kcal

ⓓ

Gai Phad Med Mamuang ▲

wok fried chicken, cashew nuts, dried chili

Serving size: 320 gms | Calorie per serving: 468.86 Kcal

ⓐ Ⓝ

Steamed Chicken Chilli Bean Sauce ▲

chicken, chilli black bean & scallion

Serving size: 320 gms | Calorie per serving: 368.86 Kcal

ⓐ

Pla Pad Nam Prik Pao ▲

red snapper with homemade roasted chili paste

Serving size: 390 gms | Calorie per serving: 437.07 Kcal

ⓈⓅ

Stir-Fried Prawns & Scallops XO ▲

prawns, scallops, shrimps sauce

Serving size: 270 gms | Calorie per serving: 286.23 Kcal

ⓐ Ⓢⓕ

Moo Kaprow ▲

sliced pork with basil & chilli

Serving size: 300 gms | Calorie per serving: 582 Kcal

ⓐ

Tenderloin Ginger & Chilli ▲

stir fried tenderloin with ginger, chillies & black pepper

Serving size: 300 gms | Calorie per serving: 550 Kcal

ⓐ

Allergen
information:

ⓓ
DAIRY

ⓔ
EGG

ⓕ
FISH

ⓐ
GLUTEN

Ⓝ
NUTS

Ⓟ
PORK

Ⓢⓕ
SHELLFISH

Ⓢ
SOY

ⓈⓅ
SULPHITES

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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 



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

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

Green Curry

aromatic coconut curry with thai basil & lime leaves

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



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


 

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

Kari Ayam

malaysian style chicken curry

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

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NOODLES & RICE

Hakka Noodles with green onions

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



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

Phad Thai

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

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



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

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

Fried Rice

wok fried rice with green onion & garlic

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



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

Jasmine Rice

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



Steamed Rice

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



Allergen
information:

 **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

Fish of The Day ▲

Arabian Sea Lobster ▲

King Prawns ▲

Scampi ▲

DESSERT

Choice Of Ice Cream ●

tender coconut, litchi, very berry strawberry & vanilla
Serving size: 150 gms | Calorie per serving: 97.98 Kcal

ⓓ

Date & Sesame Pancake ●

vanilla ice cream

Serving size: 130 gms | Calorie per serving: 217.27 Kcal

ⓖ

Tub Tim Krob ●

water chestnut, jack fruit & coconut cream

Serving size: 180 gms | Calorie per serving: 1500.75 Kcal

Ⓝ

Lychee Crème Brulee ▲

tender coconut ice cream & biscotti

Serving size: 180 gms | Calorie per serving: 1002.12 Kcal

ⓓ ⓖ

Cheesecake ▲

asian stewed berries, kaffir lime crunch and cream cheese

Serving size: 180 grams | Calorie per serving: 790 Kcal

ⓓ ⓔ ⓖ

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STILL & SPARKLING WATER

Sparkling Water, 750 ml
Sparkling Water, 330 ml
Mineral Water, 750 ml
Mineral Water, 330 ml

AERATED BEVERAGE

Energy drink
Coke
Diet Coke
Sprite
Fanta
Tonic
Ginger Ale

REFRESHERS

Tender Coconut Water
Fresh Juice, seasonal

Allergen
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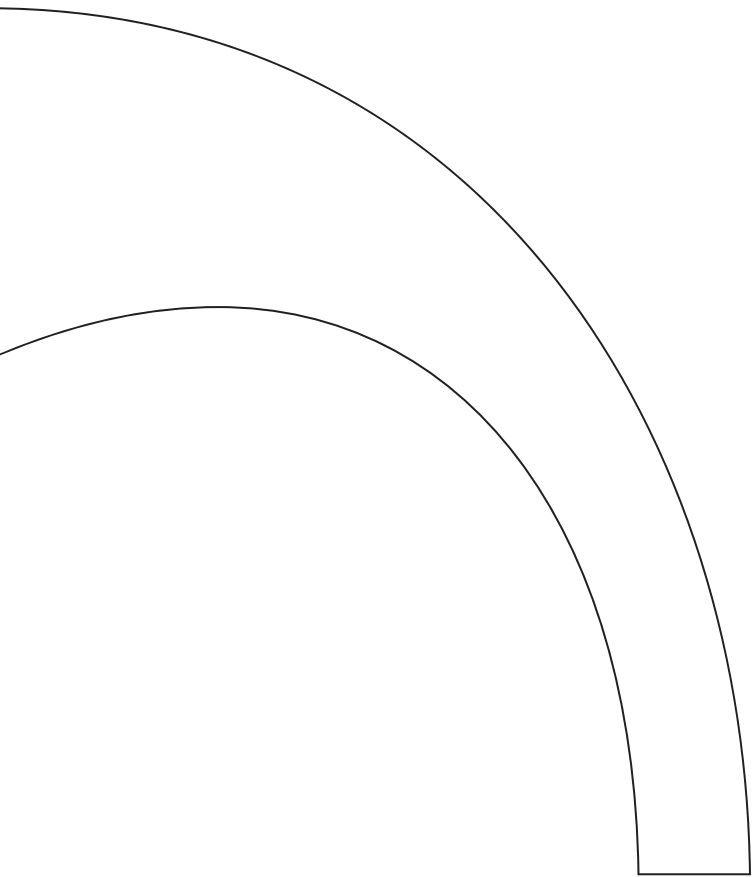


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TIDES of HAPPINESS



THE LEEA
KOVALAM
A RAVIZ HOTEL

~ THE ~
TIDES

Create resplendent memories against the backdrop of the azure waves dotted with coconut palms, and an uninterrupted beachfront is as special as it can get. Serving pan asian cuisine with freshly caught local seafood delicacies, premium liquor, and unlimited entertainment par excellence with your beloved ones.