



~ THE ~
TIDES

PAN-ASIAN
BEACH RESTAURANT


MENU

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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  995
Shoots
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 s auce
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) DAIRY (E) EGG (F) FISH (G) GLUTEN (N) NUTS (P) PORK (SF) SHELLFISH (S) SOY (SP) 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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DAIRY EGG FISH GLUTEN NUTS PORK SHELLFISH SOY SULPHITES

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WOKS

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



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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DAIRY


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FISH


GLUTEN


NUTS


PORK


SHELLFISH


SOY


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NOODLES N RICE



Hakka Noodles with green onions




Vegetable | Serving size: 340 gms | Calorie per serving: 427 Kcal  995





Chicken & Egg | Serving size: 360 gms | Calorie per serving: 524 Kcal  1145
 

Phad' Thai

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



Vegetable | Serving size: 340 gms | Calorie per serving: 435 Kcal  1145





Chicken & Egg | Serving size: 340 gms | Calorie per serving: 500.2 Kcal  1375
 

Prawn | Serving size: 340 gms | Calorie per serving: 474 Kcal  1495
 

Fried Rice

wok fried rice with green onion & garlic

Vegetable | Serving size: 350 gms | Calorie per serving: 580 Kcal  945


Chicken & Egg | Serving size: 350 gms | Calorie per serving: 621 Kcal  1045
 

Jasmine Rice

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

 545

Steamed Rice

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

 545

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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	995
Arabian Sea Lobster	2325
King Prawns	1775
Scampi	2095

DESSERT

Choice Of Ice Cream	995
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Serving size: 150 gms | Calorie per serving: 97.98 Kcal



Date & Sesame Pancake	995
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Serving size: 130 gms | Calorie per serving: 217.27 Kcal



Tub Tim Krob	1045
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Serving size: 180 gms | Calorie per serving: 1500.75 Kcal



Lychee Crème Brulee	1045
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Serving size: 180 gms | Calorie per serving: 1002.12 Kcal



Cheesecake	1045
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Serving size: 180 grams | Calorie per serving: 790 Kcal



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THE LEELA
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.