



# the tides

## P I Z Z E R I A



## Authentic wood fired pizza using freshly prepared dough

### Starters

<b>Olives (v)</b> Marinated mixed olives	£2.95
<b>Bruschetta (v)</b> Finely chopped vine tomatoes, red onions, olive oil, parmesan and basil on warm ciabatta bread	£4.95
<b>Melanzane (v)</b> Aubergine layers baked with cheese & tomato and parmesan	£5.50
<b>Garlic Pizza Bread (v)</b>	£2.95
<b>Garlic Pizza Bread with Cheese (v)</b>	£3.95
<b>Breaded Whitebait</b> Served with garlic mayo	£2.95

### Side Orders

<b>Dough balls (v)</b> Served with garlic butter	£2.50
<b>Fries (v)</b>	£2.95
<b>Sweet potato fries (v)</b>	£3.95

### Salads

<b>Rucola Salad (v)</b> Rocket leaves, cherry tomatoes & parmesan shavings with a serving of balsamic dressing	£5.95
<b>Tomato &amp; Mozzarella Salad (v)</b> Fresh mozzarella, tomatoes, avocado, olives and basil with a drizzle of balsamic vinegar	£6.95
<b>Feta Salad (v)</b> Feta cheese, olives, cucumber & cherry tomatoes on a bed of mixed leaves with a serving of house dressing	£6.95

### Vegan Pizza

<b>Margherita (v)</b> Vegan cheese, basil and tomato sauce	£8.95
<b>Vegetariana (v)</b> Vegan cheese, tomato sauce, mushroom, mixed peppers, sweet corn and red onion	£8.95

### Pizza

<b>Margherita (v)</b> Basil, mozzarella & tomato sauce	£6.95
<b>Tropicana</b> Cooked ham, pineapple, mozzarella & tomato sauce	£7.95
<b>Napolitana</b> Anchovies, capers, olives, rocket, mozzarella & tomato sauce	£8.95
<b>Quattro Stagioni</b> Cooked ham, pepperoni, mushrooms, red onions, mozzarella & tomato sauce	£8.95
<b>Quattro Formaggi (v)</b> Ricotta, gorgonzola, basil, parmesan, mozzarella & tomato sauce	£8.95
<b>Vegetariana (v)</b> Roasted aubergines, roasted courgettes, roasted peppers, rocket, mozzarella & tomato sauce	£8.95
<b>Tides Artisan</b> Cream base, mozzarella, parma ham, goat cheese, natural honey and rocket	£8.95
<b>Diavola</b> Pepperoni, red onion, roasted mix pepper, jalapeno, mozzarella & tomato sauce	£8.95
<b>Carne</b> Bacon, pepperoni, and spicy beef with mozzarella & tomato sauce	£8.95
<b>Rucola E Parma</b> Parma-Ham, rocket, cherry tomatoes with mozzarella & tomato sauce	£8.95
<b>Carnivoro</b> Italian spicy sausage, Salami Napoli, chorizo, red onions with mozzarella & tomato sauce	£8.95
<b>Capricciosa</b> Cooked ham, artichoke, olive, mozzarella, tomato sauce.	£8.95
<b>Caprese (v)</b> Buffalo Mozzarella, tomato sauce, parmesan, basil, fresh tomato.	£9.95
<b>Puccinella</b> Cooked pancetta, spinach, goat cheese, sun dried tomato & tomato sauce	£9.95

### Kids Meal

<b>Small Margarita (v)</b> with a choice of 2 toppings. Served with a soft drink and a scoop of ice cream.	£7.50
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### Extra Toppings

<b>Margarita Pizza with your choice of topping:</b>	
Vegan cheese (v)	£1.00
Goats cheese (v)	£1.00
Gorgonzola (v)	£1.00
Parmesan (v)	£1.00
Mozzarella (v)	£1.00
Salami Napoli	£1.00
Chorizo	£1.00
Bacon	£1.00
Hot chillies (v)	75p
Pesto (v)	75p
Sweetcorn (v)	75p
Capers (v)	75p
Olives (v)	75p
Aubergines (v)	75p
Courgettes (v)	75p
Artichokes (v)	75p
Rocket (v)	75p
Spinach (v)	75p

10" Gluten free pizza base available for £1.00 extra

### Important information for our diners

If you have any allergens please speak to a member of staff before ordering. We will gladly run through the menu with you. Everything you read on this menu is freshly prepared on the premises and cooked to order so do please bear with us particularly during busy periods.

(v) Vegetarian options

Gratuity is optional at the discretion of customers

Registered company address:  
HMB&PMT Limited, 21 Ferry Road,  
Shoreham By Sea, BN43 5RA.

# Drinks menu

## White Wine

### La Pintora Sauvignon Blanc (Central Valley) (2) Country: Chile | ABV: 12.0%

This refreshing Sauvignon offers intense passion fruit and herb aromas alongside a wealth of zippy, bright flavours. Crisp and clean on the palate, with a rich weight of fruit and soft structure, this exuberantly fruity and grassy white pairs well with most dishes and great just on its own.

"This wine is a devilishly good Chilean Sauvignon Blanc" 2016 International Wine & Spirits Challenge Commended Winner

75cl Bottle	£16.00
250ml Glass	£6.30
175ml Glass	£4.80

### Cavatina Pinot Grigio Delle Venezie Friuli Grave I.G.T. (delle Venezie) (2) Country: Italy | ABV: 12.0%

A wonderfully crisp and aromatic dry white Pinot Grigio from the north of Italy. The stylish bottle and modern flavour profile, with notes of fresh lemon, lime and a touch of thyme.

"Zesty lemon with a touch of pear & almond"

75cl Bottle	£18.00
250ml Glass	£7.00
175ml Glass	£5.20

### Pitau Sauvignon Blanc (Marlborough) (2) Country: New Zealand | ABV: 12.5%

A nose of nettles and grass leads to generous gooseberry flavours with a smoky herbal twist on the palate. The stony terroir gives the wine a subtle gunflint minerality which delivers extra complexity.

"Crisp gooseberry fruit & smoky, stony finesse" 2016 International Wine & Spirits Bronze Medal Winner

75cl Bottle	£22.00
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## Rosé Wine

### Cavantina Pinot Grigio Blush (IGT delle Venezie) (2) Country: Italy | ABV: 12.0%

A delicious Pinot Grigio rose showing delicate red fruit flavours. A true rose made from Pinot Grigio is a rarity, as it can only be made in years when the hot autumn sun turns the grape skins a copper colour. When pressed the grapes give the wine a pale pink tinge, floral aromas and soft, red fruit flavours.

"Soft cranberry & red cherry flavours" - Commended winner at 2018 IWC

75cl Bottle	£18.00
250ml Glass	£7.00
175ml Glass	£5.20

125ml glasses will be served on request (subject to availability)

## Taste guide

(1) Bone dry	(A) Very light usually fruity
(2) Off Dry	(B) Easy drinking, some body
(3) Medium Dry	(C) Good body and weight
(4) Sweet	(D) Full bodied, full flavoured

## Red Wine

### La Pintora Merlot (Central Valley) (C) Country: Chile | ABV: 12.5%

Lashings of ripe, complex, berry fruit marks out this 100% varietal Merlot. A short time in contact with oak imparts a pleasing canilla character overlaying the sweet cherry palate. With evident concentration, the flavours linger long on the powerful finish. Great Merlot with a stamp of place about it.

"Delicious merlot with a vibrant mix of strawberry and cherry" -International Wines and Spirits 2016 Commended Winner

75cl Bottle	£16.00
250ml Glass	£6.30
175ml Glass	£4.80

### El Mestengo The Wild One Malbec (San Juan) (C) Country: Argentina | ABV: 13.0%

Pretty, soft and relaxed, this Malbec has partial and subtle oak ageing, leaving the emphasis on the fruit rather than heavyweight complexity. The silky palate with spice, damson and black cherry flavours is lightly balanced with some chocolate tones on the finish.

"Supple, juicy, versatile Malbec from an excellent producer"

75cl Bottle	£17.50
250ml Glass	£6.80
175ml Glass	£5.00

### Vista dei Cipressi Chianti Country: Italy | ABV: 12.0%

The rich, dark bramble, with red cherries and light tannins, this is one of the very few grape varieties actually to smell and taste of grapes. "Rich, dark & beautifully balanced"

"Vibrant red with summer flavours of blackcurrant & cherry, irresistible and fruity" - 2018 I.W.S.C. Commended Winner

75cl Bottle	£18.00
250ml Glass	£7.00
175ml Glass	£5.40

## Sparkling Wine

### Prosecco Vino Spumante Prosecco Non Vintage (Veneto) (1) Country: Italy | ABV: 11.0%

This elegant Prosecco Spumante has delicate lemon fruit notes and a refreshingly lively style. Made in the North East of Italy, this delicious Prosecco is a classic sparkling wine for any celebration, special occasion or simply as a treat. It has delicate white stone fruit and lemon flavours and fine bubbles.

"Don't miss our wildly popular bestselling Prosecco" Silver winner at 2018 IWC

20cl Bottle	£7.50
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### Bosco Dei Cirmoli Prosecco Spumante DOC (Veneto) (2) Country: Italy | ABV: 11.0%

A lively, crisp Italian sparkling wine which is aromatic and fresh with light lemon, pear and apple flavours and a floral hint. It has a dry, wonderfully refreshing finish.

"Beautifully fresh & well-balanced" 2017 International Wine Challenge Commended Winner

75cl Bottle	£22.00
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## Beers & Ciders

Moretti 4.6% abv / 330ml £3.50

Peroni 5.1% abv / 330ml £3.50

Corona 4.5% abv / 330ml £3.50

Cider (Magners) 568ml £4.50

Beck's Blue (Non Alcoholic) 275ml £2.50

## Craft Beers / Ales

Hepworth Blonde £5.50

Organic Lager UK £5.50  
5% / Vegan friendly & Gluten free

Hepworth Prospect £5.50

Sussex Organic Pale Ale UK £5.50  
4.25% / Vegan friendly & Gluten free

Sharp's Brewery £4.50

Doom Bar Exceptional Amber Ale £4.50  
4.3%

## Spirits 25ml

Smirnoff Vodka 37.5% abv £3.00

Bell's Whisky 40% abv £3.00

Jameson Whisky 40% abv £3.00

Jack Daniel 40% abv £3.00

Martell Brandy 40% abv £3.00

Gin (Gordon) 37.5% abv £3.00

Double Shot 50ml £5.00

## Liqueurs

Baileys 17% abv £3.00

Tia Maria 20% abv £3.00

Disaronno 28% abv £3.00

## Soft Drinks

Appletiser 275ml £2.50

Coca-Cola / Diet Coke / 7up 330ml £2.50

J2O (various flavours) 275ml £2.50

San Pellegrino (Orange) 330ml £2.50

San Pellegrino (Limonata) 330ml £2.50

Fruit Juices (various flavours) 200ml £1.75

Schweppes (Tonic, Soda) 200ml £1.75

Still / Sparkling Water 330ml £1.75