

LUNCH MENU

FOR THE TABLE

Grilled Ciabatta \$6 Garlic Bread \$6 Bruschetta \$7

STARTERS

TUNA TARTARE \$24.75
ginger, capers, red onion, bell peppers,
chives, sesame oil dressing, crostini

BEETROOT CARPACCIO (V) \$18.50
crumbled goat cheese, roasted walnuts,
lemon dressing

FRIED CALAMARI \$19.75
marinara sauce

PARMA HAM AND FRESH FIGS \$23.75
Balsamic reduction

BERMUDA FISH CHOWDER (GF) \$13
Black rum & sherry pepper

SOUP OF THE DAY \$13

SALADS

LIDO'S CAPRESE (GF, V) \$24
diced mozzarella, cherry tomatoes,
avocado, balsamic vinaigrette

NIÇOISE SALAD (GF) \$29
Seared local fresh Tuna, blanched green beans,
tender potatoes, cherry tomatoes, olives, boiled egg,
vinaigrette

CHICKEN & MANGO SALAD (GF) \$28.50
grilled chicken, fresh fruit, avocado,
spinach, light curry dressing

CAESAR (V) \$19
Romaine lettuce, aioli dressing,
parmesan cheese, garlic croutons
Add Grilled Chicken or Shrimp \$9

LIDO BOWL (VG, GF, DF) \$23
sautéed vegetables, kale, quinoa,
avocado, pickled ginger, GF soy sauce
Choice of dressing – Caesar, Curry or
Vinaigrette (DF)
Add Grilled Chicken or Shrimp \$9

SANDWICHES

all served with French fries or salad
Gluten Free bread available

HOUSEMADE C.A.B BURGER \$23
Cheddar cheese, tomato, lettuce, brioche bun
Additional Toppings
Bacon \$3, Mushrooms \$3, Sautéed Onion \$2

GRILLED FISH SANDWICH \$27
Avocado, Tomato, Tartar Sauce, ciabatta

CHICKEN QUESADILLA \$24
Peppers, Avocado Cream, Spinach, Sundried Tomato, Jala-
peno, Onion, Cheddar Cheese
Make it vegetarian

VEGGIE BURGER (V) \$20
Lentils, Zucchini & Carrot patty, guacamole, fried leeks

PASTA

Gluten Free pasta available

SPAGHETTI SEAFOOD \$37
Spaghetti tossed with clams, mussels, shrimps, octopus cala-
mari and in a light tomato sauce or white

FETTUCINE BOLOGNESE \$27
traditional beef ragout & parmesan cheese

PENNE PRIMAVERA (V) \$26
Medley of seasonal vegetables

MAIN COURSE

Served with sautéed broccolini,
roasted new potatoes

LOCAL CATCH SICILIAN STYLE \$39
Sautéed with white wine, cherry tomato,
capers, olives, garlic

12 OZ PRIME RIB EYE \$52
Choice of: Peppercorn sauce or Chimichurri

MIXED GRILLED SEAFOOD \$52
octopus, fresh fish, diver's scallop, king shrimp,
calamari, salmoriglio dressing

CHICKEN "SALTINBOCCA" \$37
Chicken breast topped with prosciutto & sage,
white wine sauce

Our menu contains allergens. If you suffer a food allergy or intolerance, let a member of the team know upon placing your order.

**V= Vegetarian GF= Gluten Free VG=Vegan
N=Contains Nuts SH=Contains Shellfish**

Prices are subject to 17% service charge

LUNCH MENU

SUSHI MENU

SASHIMI 4 pieces per order | 14

NIGIRI 3 pieces per order | 15

Tuna | Salmon | Yellow Tail |
Roasted Eel | Shrimp | Crabstick

TRADITIONAL MAKI

SAKE MAKI - Fresh Salmon | 14

TEKKA MAKI - Fresh Tuna | 14

CALIFORNIA MAKI | 14
Cucumber, Avocado, Crabstick, Inside Out Sesame Seeds

GRILLED SALMON MAKI | 14
Salmon Teriyaki Glaze, Avocado, toasted pine nuts

UNAKYU MAKI | 14
Roasted Eel, Cucumber, Black Sesame Seeds,
Inside Out

HAMACHI MAKI | 15
Chopped Yellow Tail, Scallions, Inside Out

BOSTON | 14 (V)
Cream Cheese, Avocado, Mango, Seaweed Salad

RAINBOW | 19
Mango, Avocado, Shrimp, Tuna, Salmon,
Yellow Tail

PHILLY | 17
Cream Cheese, Avocado, Smoked Salmon, Scallions, Sesame Seeds

EBI TEMPURA MAKI | 17
Prawns tempura, Inside Out, toasted almond

ELBOW | 17
Spicy Tuna, Tempura Crumbs,
Wasabi Mayo, Scallions, Takuwan

BERMUDA | 17
Chopped Spicy Tuna, Salmon, Yellow Tail,
Wrapped with Salmon, Scallions

BREEZE | 16
Spicy Tuna, Salmon, Yellow Tail, Tempura

FRENCH KISS | 18
Shrimp, avocado, mango, cucumber, crabstick

CRAZY MANILA | 18
Spicy salmon, avocado, torched salmon, mayo

FUTO MAKI 8 pieces | 22
Tuna, Salmon, Crabstick, mango, avocado,
cucumber, tobiko, Tampico