



Set on spectacular locations on the soft white sands of some of the Caribbean's best beaches, Barefoot by the Sea's charm and ambience is unmatched. Here, you'll dine on the freshest seafood fare available.

CONTINENTAL BREAKFAST

Baker's Basket

Home-baked butter croissants, Danish, pastry, muffins, banana bread

White or Whole Wheat Toast

Butter, preserves

Smoked Atlantic Salmon on Toasted Bagel

Red onion, tomato, capers

Tropical Fruit Plate

Daily selection of local fruit

Selection of Dry Cereals

Regular, low fat or soy milk

Daily Selection of Hot Cereal

Please ask your server for today's selection

Flavored Yogurt

HOT BREAKFAST

Ackee & Saltfish – Signature Dish

Fried dumplings, callaloo

Buttermilk Pancakes

Choice of plain, banana, blueberry, raisins or papaya, crispy bacon

Eggs Benedict

Toasted English muffin, two eggs poached or fried, grilled ham, Hollandaise sauce, breakfast potato

Breakfast Omelet

Choice of bacon, ham, mushrooms, tomato, onions, peppers, mozzarella, cheddar or American cheese

Spicy Seafood Omelet

Daily seafood selection, mozzarella, cheddar or American cheese

Full English Breakfast

Two eggs any style, hash browns, baked beans, grilled tomato, mushrooms, ham steak, English muffin

Steak & Eggs

Two eggs cooked to order, chargrilled petite beef striploin steak, hash browns, grilled parmesan tomato

Vegan Chorizo & Baked Beans

Grilled premium plant-based Hungry Planet® chorizo, tomato, onion, pepper, scallion, breakfast potatoes

SIDE ORDERS

Bacon

Breakfast Sausage

Cheddar Grits

Hash Brown Potatoes

Ham

Grilled Tomatoes


Spinach

Eggs Cooked to Order


 Vegan

 Vegetarian

 Signature Dish

 Balanced Lifestyle
These dishes offer healthier preparations and lower calorie counts

 Gluten Free
Please consult your server on which dishes can be prepared gluten-free

 Lactose Free
Please consult your server on which dishes can be prepared lactose-free



Please inform your server if you have any food allergies or special dietary requirements. Sandals' kitchens are not food allergen-free environments. Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase the risk of food-borne illness to young children, seniors and those with compromised immune systems.

Our Chefs proudly partner with these local farmers and artisans to source quality, fresh-picked ingredients: Valley Fruits Ltd. • Bamboo Farms • Al Golaub And Sons • Lasgro Hydroponics • Advance Farms • Good Hope Country House



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APPETIZERS

SEAFOOD RILLETTES

Smoked seafood spread
(salmon-marlin-trout), garlic crostini

FISH & SEAFOOD SALAD

Shrimp, scallops, fish fillet, mango,
red onion, bell peppers, Scotch Bonnet
pepper, cilantro, lime

COCONUT BREADED SHRIMP

Garlic chili dip, green papaya slaw

SEAFOOD BISQUE

Buttered croutons, sour cream swirl

CAESAR SALAD

Crisp romaine lettuce, creamy herb dressing,
garlic croutons, parmesan cheese

TOMATO & HEARTS OF PALM SALAD

Shaved onions, basil pesto baby greens

ENTRÉES

STEAMED MUSSELS & CHORIZO

Signature Dish

Shallot, garlic, leeks, white wine, diced
tomato, garlic bread

BLACKENED BLUE MARLIN FILLET

Buttered broccoli, Creole Sauce, steamed rice

VEGAN JERK CHICKEN

Premium Plant-based Hungry Planet® chicken
meat, pumpkin purée, sweet potato, light jerk
sauce, fruit salsa

SURF & SURF

Seared snapper fillet & broiled garlic herb
prawn brochette, sautéed vegetable ribbons,
mashed potatoes

VEGETABLE ALFREDO

Penne pasta, broccoli, bell pepper, mushrooms,
green peas, garlic cream, truffle oil.
(Also available with grilled chicken breast)

SEAFOOD YOUR WAY

SEAFOOD

Grilled Swordfish Steak
Pan-Fried Snapper Fillet
Sautéed Shrimp

ACCOMPANIMENTS

Mashed Potato
Steamed Jasmine Rice
Lentil Stew
Roasted Potatoes
Chef's Choice of Vegetables

SAUCES

Creole
Lemon-Caper Beurre Blanc
Lemongrass-Coconut
Rosemary Merlot Demi-Glaze

DESSERTS

WARM JAMAICAN FRUIT CAKE


ACKEE & WHITE CHOCOLATE CHEESECAKE

CHOCOLATE BROWNIE


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