

Stew fish

Great Beginnings

Juices As You Wish

Orange, apple, pineapple, cranberry, grapefruit, sorrel or local fruit juice of the day

Yogurt

Flavored and plain

Cereal

Corn flakes, frosted flakes, fruit loops, raisin bran or all bran cereal. Regular, low fat or soy milk

Steel-Cut Oatmeal

Brown sugar, dried cranberries, almonds

Perfectly Ripe Fruit Plate

Vanilla yogurt sauce

Pastry Basket

Croissants, assorted Danishes, muffins, banana bread

Stew Fish Signatures

Classic Eggs Benedict

Grilled ham, Hollandaise sauce, paprika dust

Smoked Salmon Benedict

Premium smoked salmon, crispy hash brown

Waffle

Tropical fruit stew, maple syrup, powdered sugar

Sugarcane Pancake Stack

Blueberry compote, whipped butter & choice of warm maple syrup, caramel or chocolate sauce

Local Breakfast Platter

Ackee & saltfish, Johnny cake, fried plantain, sautéed callaloo, tomato

Vegan Chorizo & Baked Beans

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

Classics

Two Eggs Any Style

Crispy hash brown, bacon, ham or sausage

Steak & Eggs

Strip steak, two eggs, crispy hash brown

Crunchy French Toast Sticks

Banana compote, warm orange syrup, cinnamon, powdered sugar

Open Face Omelets

Your choice of shrimp, ham, onion, tomato, mushroom, sweet peppers, spinach, cheddar, feta or pepper jack cheese

Breakfast Burrito

Eggs, bacon, bell peppers, tomato, cheddar cheese

Sides

Cured Bacon

Breakfast Pork Sausage

Grilled Ham

Crispy Hash Browns

Baked Beans


Toast



 Vegetarian

 Signature Dish

 Vegan

 Balanced Lifestyle - These dishes offer healthier preparations and lower calorie counts.

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

 Gluten-Free - Please consult your server on which dishes can be prepared gluten 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: JP Tropical Foods LTD. • Bamboo Farms • Al Golaub and Sons

• Lasgro Hydroponics • Advance Farms • Valley Fruits LTD. • Good Hope Country House

Stew fish

Appetizers

Pimento Marinated Chicken Salad

Red pea relish, shaved red onion, papaya dressing

Crab Cake

Island slaw, scotch bonnet tartar sauce

Steamed Prince Edward Island Mussels

Lemon grass scented - white wine cream, shallots, garlic, fresh herbs

Roots, Fruits & Leaves

Beets, radishes, berries, pears, mixed greens, raspberry vinaigrette

Cream of Pumpkin Soup

Cinnamon cream, spicy croutons

Roasted Pumpkin & Callaloo Tart

Christophene slaw, tomato-vodka beurre blanc

Entrées

Shrimp, Sea Trout & Clams

Scotch Bonnet-lime broth, tomato, carrot, boiled potatoes, leeks

Grilled Chicken Supreme

Island succotash (potato, pumpkin, beans, peppers, corn), grilled tomato, thyme infused jus

Island Style Brown Stew Fish Signature Dish

Seared king fish fillet, rice and peas, rich stew of tomato, onion, peppers, garlic and thyme

Curried Octopus

Root vegetables, thyme, garlic, peppers, steamed rice, bammy

Blue Mountain Coffee-Rubbed Striploin

Creamy mashed potatoes, sautéed market vegetables, peppercorn-cabernet reduction

Foil Roasted Fish Fillet

Snapper fillet, potato, peppers, onion, pumpkin, okra, scotch bonnet, sea salt, coconut milk, thyme

Island Style Meatballs

Premium plant-based Hungry Planet® scotch bonnet infused meatballs simmered in coconut sauce, sweet potato, sautéed vegetables, fresh herbs

Desserts

Creamy Coconut Pie

Baked coconut pie, vanilla-infused rum

Guava Cheesecake

Raspberry coulis forest berries

Chocolate Pecan Tart

Pecans, baked chocolate syrup, caramelized mandarin

Children's Menu

Choice of French fries, mashed potato, brown rice with corn or steamed broccoli

Coconut Crusted Chicken Tenders

Banana BBQ sauce

Mac n' Cheese

Whole-wheat penne pasta, broccoli, rich cheese sauce

Fish Sticks

Fried fish sticks with sweet chili sauce

Buttered Spaghetti

Clarified butter

Tuna Casserole

Sweet corn kernels, green peas, cheddar cheese

White Chocolate Brownie

Rich chocolate sauce

Blueberry Cupcakes



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