

· LE ·
GOURMAND ·
 CLASSIC *french* CUISINE

LIGHT FARE

JUICE AS YOU WISH

Orange, pineapple, passion fruit, grape fruit or local fruit juice of the day

YOGURT 🌿 ♡

Sweetened or plain

PERFECTLY RIPE FRUIT PLATE 🌿 ♡

Vanilla yogurt sauce

CEREAL

Corn flakes, frosted flakes, raisin bran or all-bran; whole, low-fat or soy milk 🌿 ♡

STEEL-CUT OATMEAL 🌿 ♡

Brown sugar, dried cranberries, almonds

PASTRY BASKET 🌿

Croissants, assorted Danishes, muffins

SIGNATURES

CLASSIC EGGS BENEDICT

Grilled ham, Hollandaise sauce, paprika dust

SMOKED SALMON BENEDICT

Premium smoked salmon, crispy hash browns

LOCAL BREAKFAST PLATTER

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

OPEN-FACE OMELETS

Your choice of lobster, shrimp, ham, onions, tomatoes, mushrooms, sweet peppers, spinach, cheddar, feta or pepper-jack cheese

TWO EGGS ANY STYLE

Crispy hash browns, bacon, ham or sausage

STEAK & EGGS

Strip steak, two eggs any style, crispy hash browns

VEGETABLE OMELET 🌿 ♡

Mushrooms, onions, peppers, tomatoes, spinach, cheese

CORNED BEEF HASH

Two poached eggs, stone-ground mustard Hollandaise

HAM & CHEESE WAFFLE

Tropical fruit stew, bourbon maple syrup

PANCAKES 🌿 ♡

Blueberry compote, whipped butter, warm

CRUNCHY BANANA FRENCH TOAST 🌿

Warm Appleton rum and orange syrup

SIDES

CURED BACON

CRISPY HASH BROWNS

BREAKFAST PORK SAUSAGE

GRILLED HAM

BAKED BEANS

TOAST



♡ Balanced Lifestyle – Healthier preparations and lower calorie counts

🌿 Lactose-Free – Can be prepared lactose free

🌿 Gluten-Free – Can be prepared gluten free

🌿 Vegetarian 🌿 Signature Dish

*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.

In French, a gourmand is someone who knows and appreciates fine food and drink. From the country that elevated ordinary cuisine into a celebrated art form, Le Gourmand serves up an artistic dining experience worthy of its name –the finest contemporary French cuisine in a sleek, modern ambiance.

LES HORS D'OEUVRES

ESCARGOTS DE BOURGOGNE

Tender snails, melted garlic-herb butter, garlic butter

ASSIETTE DE CHARCUTERIE

Cured ham, house-made smoked chicken sausage, turkey pastrami salami, blue cheese, cornichons, red radish, Dijon mustard

COCKTAIL DE CREVETTES

Poached shrimp, lime, cocktail sauce

COQUILLE ST. JACQUES

Pan-seared sea scallops, chorizo, cauliflower purée, crispy bacon & herb crumble

SOUPE À L'OIGNON

Caramelized onion, rich beef broth, melted Gruyère cheese, toast

SALADE NIÇOISE

Organic mixed greens, seared tuna, potato, boiled egg, haricots verts, tomato, anchovy, Kalamata olives, citrus-herb vinaigrette

SALADE DE MAISON

Seasonal local greens, semi-dried tomato, goat cheese, asparagus and mustard vinaigrette dressing

LES PLATS

POULET CORDON BLEU

Ham and cheese filled breaded chicken breast, rice-peas pilaf, seasonal vegetables, cranberry relish

BOUILABASSE

Jumbo prawns, mussels, squid, scallops, grilled fennel, garlic rouille, saffron fish fumet

SOURIS D'AGNEAU AU ROMARIN

 *Signature Dish*

Braised lamb shank, haricots verts, caramelized pearl onions, roasted pumpkin, Cabernet jus

FILET DE SAUMON

Horseradish crusted Atlantic salmon fillet, snow peas, lemon beurre blanc, sweet mustard drizzle

GRATIN DE CRÊPES

AUX ARTICHAUTS

Savory artichoke-filled crêpes, baked with Fontina, Piave Vecchio, Mascarpone reduction

CANARD BIGARADE

Pink roasted Maple Leaf Farms duck breast, pommes William, seasonal vegetables and orange-scented duck jus reduction

CHATEAUBRIAND

Hand-carved filet of beef tenderloin, green asparagus, garlic mashed potatoes, creamy five peppercorn sauce

LES DESSERTS

GÂTEAU AU CHOCOLAT SANS FARINE

Flourless chocolate cake, sea salted caramel chocolate sauce, vanilla ice cream

POMMES CARAMÉLISÉES

Sautéed apples wrapped in crisp pastry, Calvados-nutmeg sabayon

MILLE FEUILLES AUX BANANES CARAMÉLISÉES

Crème pâtissier, puff pastry, caramelized bananas

CRÈME BRÛLÉE

Baked custard crème, sugared caramel crust, fresh fruits, brandy snap crisp

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