Seafood has always been one of the world’s most sought-after cuisines, and the Caribbean has always been the best place to eat it. At Sandals, you can savour local flavors while marveling at breathtaking vistas of the ocean. Stew Fish restaurant, named after its signature dish, mirrors the beauty of our islands. The vibrant dishes and succulent culinary creations incorporate traditional ingredients such as coconut, mango, jerk seasoning, conch and curry to bring you a complete Jamaican seafood experience surrounded by an intimate, open-air setting.

**From The Healthy Kitchen**

- Tropical Fruit Plate
- Home Made Muesli with Tropical Fruit Salad and Coconut Flakes

**From the Jamaican Kitchen**

- Caribbean Eggs Benedict with Smoked Salmon and Callaloo
- Classic Eggs Benedict with Grilled Ham, Soft Poached Egg and Hollandaise Sauce
- Jamaican National Dish
  Ackee and Salt Fish with Fried Johnny Cakes and Sautéed Callaloo

"Breakfast Skillets"

Choose from Steak, Bacon or English Bangers with Home Fried Potatoes, Tomato, Onion, Peppers and a Fried Egg on top, Served on a Hot Skillet

**Eggs your way**

Omelet, Egg White Omelet or Scrambled Eggs with a Choice of the Following Condiments: Bacon, Ham, Cheese, Tomato, Mushroom, Jalapenorio, Onion, Peppers, Shrimp

**Stew Fish Golden Sticks**

French Toast Sticks, Rolled in Cinnamon Sugar and Topped with Whipped Cream and Caramel Sauce

**Breakfast Quesadilla**

on Sautéed Callaloo with Eggs, Vegetables, Bacon and Salsa

**Stew Fish Frittata**

Eggs with Local Vegetables and Grilled Tomato, Topped with Mild Cheddar Cheese

**Homemade Pancake Stack**

with Your Choice of Chocolate Sauce, Caramel Sauce, Fresh Fruit of the Day, Cherry and Whipped Cream

**Crispy Local Bacon**

**Grilled Jamaican Jerk Sausages**

**From the Bakery**

- Croissants
- Banana Bread
- Assorted Home Made Pastry Basket
- White Bread
- Whole Wheat Bread
- Whole Grain Bread
- Raisin Bread
- Bagel
- English Muffin

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Jamaican Juices
Orange Juice
Apple Juice
Pineapple Juice
Jamaican Sorrel
Jamaican June Plum Juice

For Dinner
Children’s Menu
Fish Sticks
Fried fish sticks with sweet chili sauce
Shrimp Nuggets
Fried shrimp nuggets served with barbecue sauce
Chicken Kebab
Grilled chicken kebab with sweet & sour sauce
Macaroni & Cheese
Choice of condiments;
French Fries, Mashed Potato, Steamed Vegetables or Apple Sauce

Dessert
White Chocolate Brownie

Starters
Jamaican Salt Fish Fritters
With Sweet Chili Sauce
Crab Cake
Tomato Jerk sauce
West Indies Pepper Pot Soup
A Historic Jamaican Favorite made with Island Callaloo, Diced Potato, Pimento and Scotch Bonnet Pepper
Garden Salad (vegetarian)
Tomato, Carrots, Cucumber, Olives, bell Pepper and Corn
Topped with Papaya Vinaigrette dressing
Grilled Pineapple & Shrimp Salad
With organic greens, local orange and spring onion

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**Entrees**

*Chef’s Signature Dish*

- **Brown Stew Snapper**
  Caribbean Snapper slowly simmered in Tomatoes, onion and peppers with Mashed Potato and Steamed vegetables

- **Traditional Jamaican Steamed Fish**
  Basa fillet steamed with coconut milk

- **Caribbean Shrimp and Lobster Kebab**
  with Pineapple Chutney & Sour cream mashed potato

- **Seafood Linguini**
  Linguini tossed with Shrimp, Scallops and Squid with a light Jerk Cream Sauce and White Wine

- **Chicken Breast**
  Grilled Chicken Breast Stuffed with Callaloo seasoned with Island Spices Served with Roast potato and local Vegetables

- **Vegetarian Island Style Vegetable Run Down (vegetarian)**
  Vegetables of the day cooked down in a rich Coconut Sauce served with Jamaican “Turned Cornmeal”

- **Jamaican Pepper Shrimp**
  Shrimp Sautéed with garlic, vinegar and scotch bonnet pepper

- **Scallop Kebab**
  Grilled citrus-marinated scallops, sautéed vegetables, jerk tomato sauce

- **Caribbean Salad**
  Romaine, olives, corn, pepper, local greens, artichoke heart, apple, pineapple: served with your choice of shrimp, chicken or mussels

**Dessert**

- **Island Carrot Cake**
  Carrot Cake with Cream Cheese Pecan Icing

- **Jamaican Banana Cream**
  Freshly sliced ripe bananas accompanied with Appleton Rum caramel Sauce

- **St Mary’s Spicy Coconut Cake**
  Coconut flavored cake covered with cook shredded coconut accompanied with cinnamon, nutmeg, & ginger

- **Ice Cream Sundae**
  With grilled pineapple salsa and caramel sauce

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