





**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.




## GREAT BEGINNINGS



**FRUIT JUICES** Orange, apple, pineapple, cranberry, grapefruit juice



**PASTRY SELECTIONS** Croissants, assorted Danish, muffins

**CEREAL** Corn Flakes, Frosted Flakes, Raisin Bran, Fruit Loops, Cheerios, Apple Jacks. Regular, low fat or soy milk

**BLISS SMOOTHIE BOWL** Banana, blueberry yogurt, toasted coconut, slivered almonds, pineapple, kiwi  

**STEEL-CUT OATMEAL** Brown sugar, golden raisins, almonds   

**HONEY GRILLED PINEAPPLE** Fire grilled pineapple, rum infused watermelon, mint   

**PLANTAIN PORRIDGE** Ripe plantain, sweet milk, cinnamon, raisin, toasted almonds  

## HOT SIGNATURE DISHES & CLASSICS


**JAMAICAN STAMP & GO** Saltfish fritters, poached eggs, creamed spinach

**PEACH PANCAKES** Vanilla scented buttermilk pancakes, roasted peach compote, pancake syrup

**HOMEMADE BELGIAN WAFFLES** Mixed berry compote 

**TOFU SCRAMBLE** Premium plant-based Hungry Planet® sausage, breakfast potatoes, baked beans   

**ALL AMERICAN BREAKFAST** Scrambled or fried eggs, bacon, sausage, crispy hash browns


**CARIBBEAN SHRIMP & CRAB OMELET** Crabmeat, onions, peppers, mushrooms, pepper Jack cheese, Creole sauce, potato & bell pepper hash 


**FRENCH TOAST FINGERS** Salted caramel, toasted walnuts, cinnamon-sugar


## SIDES


**BREAKFAST PORK SAUSAGE, GRILLED HAM, BACON, BAKED BEANS, TOAST, HASH BROWNS**

 Vegan

 Vegetarian

 **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.



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LUNCH MENU

CHILLED CUCUMBER SOUP Grilled shrimp brochette, mint

GRILLED MAHI MAHI CAESAR SALAD Crisp romaine leaves, marinated grilled mahi mahi fillet, sun dried tomato, citrus relish, herb croutons

FISH TACOS Seared snapper, roasted corn salsa, pico de gallo, cabbage slaw, flour tortillas, lime

VEGAN CARIBBEAN COBB SALAD Premium Plant-Based Hungry Planet® jerk chicken, mixed greens, avocado, tomato, onions, cucumber, avocado & coconut dressing

TCI CONCH SALAD Provo conch, diced onion, cucumber, sweet peppers, Scotch Bonnet peppers, cilantro, lime

CLUB SANDWICH Chilled chicken salad, apple, bacon, lettuce, tomato, toasted Kaiser bun, mixed greens or fries

PULLED PORK SANDWICH Slow-braised pulled BBQ Pork, pineapple relish, coleslaw, toasted Kaiser bun, fries

FRIED FISH SANDWICH Anchovy aioli, tomatoes, lettuce, fries

HERB ROASTED CHICKEN Fries, coleslaw, pan gravy

VEGAN TACO SALAD Premium Plant-Based Hungry Planet® chili beef, shredded lettuce, avocado, tomato salsa, cilantro, lime, flour tortilla shell

KIDS

WHOLE WHEAT TUNA MELT
Cucumber Sticks

PENNE PASTA WITH CHICKEN & BROCCOLI

HAM & CHEESE WRAP
Mixed greens salad

DESSERT

DEEP DISH APPLE PIE

WARM CHOCOLATE BROWNIE



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# Barefoot

By the Sea

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## APPETIZERS

**JERK CARROT & GRILLED PINEAPPLE SALAD** Slow roasted jerk carrots, sweet pepper relish   

**CARIBBEAN SPICED SEAFOOD CHOWDER** Lemongrass cream, sourdough bread bowl

**CURRY-COCONUT MUSSELS** Steamed mussels, curry-coconut broth, crusty bread 


**HEIRLOOM TOMATO & HEARTS OF PALM SALAD** Sliced red onions, herb vinaigrette   


**COCONUT CRUSTED SHRIMP** Spicy mango sauce

**TCI CONCH FRITTERS** Lemon & cracked black pepper aioli


## ENTREES

**GRILLED MAHI MAHI** Crushed sweet potatoes, Bambarra rum infused raisins, crispy okra, cauliflower, coconut-lime milk (*Signature Dish*)

**LINE CAUGHT SNAPPER** Sautéed snapper, roasted corn & potato succotash, smoked paprika & lime brown butter 

**DECONSTRUCTED TUNA NIÇOISE** Roasted potatoes, green beans, cherry tomatoes, grilled romaine hearts, poached egg, olive tapenade, citrus-herb vinaigrette 

**VEGAN WEST INDIAN VEGETABLE & BEEF CURRY** Premium Plant-Based Hungry Planet® Meat, pumpkin, root vegetables, garbanzo beans, curry-coconut sauce, rice   

**CHARGRILLED CHICKEN BREAST** Root vegetable-bacon-lentil stew, rosemary-Merlot demi-glaze 

**SHRIMP SURF & TURF** Grilled shrimp kabob, Boston cut strip steak, whipped potato, market vegetables, port wine reduction, cilantro & scotch bonnet relish

## KIDS

**CELERY & CARROTS WITH RANCH DRESSING**

**HAM & CHEESE WRAP**

**PENNE PASTA WITH CHICKEN & BROCCOLI**

## DESSERT

**WHITE CHOCOLATE CHEESE CAKE**  
Mango, white chocolate crumble

**LEMON TART**  
Raspberry sauce, whipped cream

**SUNSET BEACH COCONUT CAKE**  
Stewed berries, cinnamon tuile



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