



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, grapefruit, cranberry, local juice of the day

Cereal

Corn Flakes, Frosted Flakes, Raisin Bran, Fruit Loops or Cheerios cereal. Regular, low fat or soy milk

Smoothie Bowl

Yogurt, banana, granola, kiwi, pineapple, roasted pecans, toasted almonds, shredded coconut

Avocado Toast

Grilled whole grain bread, avocado purée, shaved onion, tomato, lemon-herb - also available with smoked salmon

Steel Cut Oatmeal

Brown sugar, berry compote, almonds

Seasonal Fruit Salad

Fresh mint

Bagel & Lox

Smoked salmon, toasted bagel, cream cheese, capers, onion, tomato

Hot Signature Dishes

Ackee & Saltfish

Signature Dish

Fried dumplings, callaloo

Crunchy Coconut French Toast

Caramelized bananas, rum syrup

Island Style Egg & Ham Sandwich

Honey glazed jerk ham, fried egg, English muffin, onion & pineapple compote

Local Favorite

Sautéed callaloo & farm egg omelet, golden fried plantains, island hot sauce

Caribbean Lobster & Shrimp Omelet

Lobster, shrimp, onions, peppers, Pepper-Jack cheese, potato & bell pepper hash

Classics

Steak & Eggs

Grilled beef medallion, fried eggs, breakfast potatoes

Buttermilk Pancakes

Choice of chocolate chip, blueberry or vanilla bean

All American Breakfast

Scrambled or fried eggs, bacon, sausage, crispy hash browns

Salmon Eggs Benedict

English Muffin, smoked salmon, poached eggs, Hollandaise sauce

Sides

Pork Breakfast Sausage, Grilled Ham, Bacon, Baked Beans, Toast, Hash Browns

Vegetarian

Vegan

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 Goloub And Sons • Lasgro Hydroponics • Advance Farms • Good Hope Country House