



GREAT BEGINNINGS

Fruit Juices

Orange, apple, pineapple, grapefruit, cranberry

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

Steel Cut Oatmeal

Brown sugar, berry compote, almonds

Avocado Toast

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

Seasonal Fruit Salad

Fresh mint

Bagel & Lox

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

HOT SIGNATURE DISHES

Local Favorite

Sautéed callaloo (wild spinach) & farm egg omelet, golden fried plantains, island hot sauce

Signature Omelet

Farm eggs, gilled zucchini, peppers, sliced ham, Cheddar cheese

Salmon Eggs Benedict

English muffin, smoked salmon, poached eggs, Hollandaise sauce

Belgian Waffle

Blueberries, maple syrup, cinnamon sugar

French Toast

Caramelized bananas, rum syrup

CLASSICS

Steak & Eggs

Grilled beef medallion, fried eggs, breakfast potatoes

Buttermilk Pancakes

Choice of chocolate chip or blueberry

English Breakfast

Fried eggs, baked beans, English bacon, grilled tomato, sautéed mushrooms, breakfast sausages or bangers (pork)

Classic Eggs Benedict

Grilled ham, Hollandaise sauce, paprika dust

Caribbean Shrimp Omelet

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

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: Douglas Vegetables • Island Provision Ltd • David Joseph Farms • Mary John Farms • Gilbert Gomes Farms • Eustace Newton Farms • Peter Wade Farms • Llewellyn Harrigan Farms