

Barefoot By the Sea



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  

FRUIT SALAD Seasonal tropical fruits, fresh berries, orange-ginger syrup   

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 | FRENCH TOAST FINGERS

 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


5-STAR
GLOBAL GOURMET.
SAVOUR THE WORLD

*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: First Choice IGA • Island Fresh Produce • Fresh Products TCI Ltd • GK Food Service