

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 - V

Banana, blueberry yogurt, toasted coconut, slivered almonds, pineapple, kiwi

FRUIT SALAD - VV

Seasonal tropical fruits, fresh berries, orange-ginger syrup

HONEY GRILLED PINEAPPLE - VV

Fire grilled pineapple, rum infused watermelon, mint

PLANTAIN PORRIDGE - V

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 - VV

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

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Vegetarian - V Vegan - VV

*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.