

The Terrace

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

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

SIGNATURE OMELET

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

CRUNCHY FRENCH TOAST

Caramelized bananas, rum syrup

SALMON EGGS BENEDICT

English muffin, smoked salmon, poached eggs, Hollandaise sauce

BELGIAN WAFFLE

Blueberries, maple syrup, cinnamon sugar

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

CARIBBEAN LOBSTER & SHRIMP OMELET

Lobster, 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: JP Tropical Foods LTD. • Bamboo Farms • Al Golaub and Sons • Lasgro Hydroponics • Advance Farms • Valley Fruits LTD. • Good Hope Country House

FRUIT SMOOTHIES



MORNING TEMPTATION
Watermelon, ginger, pineapple,
lime juice and honey

THE ROYAL TREATMENT
Papaya, mango, honey, orange,
pineapple and cantaloupe