



A Modern Mediterranean Seafood Experience
At Neptunes, we bring the bold and vibrant flavours of the Mediterranean to life with a modern touch. Our dinner menu showcases the finest ingredients from both land and sea, crafted with premium, locally sourced products and refined culinary techniques. Experience a meal where Mediterranean flavours are reimaged with contemporary flair, offering a unique and memorable culinary journey.

COASTAL BEGINNINGS

Mediterranean Seafood Bisque
(GF, DF)

Coconut & saffron-infused bisque with prawns, mussels, and white fish, fennel, and herb toast point

Charred Carrot & Walnut Salad
(V, GF)

Creamed feta, candied walnuts, za’atar, and burnt orange emulsion

Roasted Beet Salad
(V, GF)

Lemon-scented yogurt, mixed greens, spiced hemp seed dukkha

Baby Octopus Stifado
(DF)

Greek octopus stew with onion, tomatoes, garlic, olives, celery, carrots, peppers, white wine and grilled garlic bread

Melon and Field Greens Salad
(V, VV, DF)

Shaved cantaloupe & honeydew melon, field greens, lemon, extra olive oil dressing

Steamed Mussels
Shallots, leeks, white wine, cream, garlic crostini

FROM THE OCEAN & FIELDS

Butternut Squash & Sage Farrotto
(V)

Creamy roasted butternut risotto-style farro, brown butter, sage, pistachio crumble

Grilled Swordfish
(GF)

Pea purée, roasted heirloom tomatoes, pink peppercorn & oregano beurre blanc

Clams & Italian Sausage

Linguine, lemon-caper beurre blanc, pickled shallots, salsa verde

Harissa-Glazed Chicken Breast
(GF)

Roasted garlic-white bean purée, plantain chips, harissa jus, citrus herb salad

Grilled Branzino
(GF, DF)

Whole roasted Branzino, lemon emulsion, tomato olive salad crispy chickpeas

Slow Braised Lamb Shank

Parsnip purée, red wine jus, charred broccolini, compressed onion, chermoula

FOR THE LITTLE ONES

Battered Fish

Pea purée, lemon wedge, tartar sauce

Penne Pasta
(V)

Tomato sauce, Parmesan

Grilled Chicken Souvlaki Kabobs
(DF)

Roasted potatoes, steamed broccolini

MEDITERRANEAN INDULGENCES

Lemon Éclair
(V)

Lemon diplomat, lemon craquelin, and meringue crumble

Citrus Olive Oil Cake
(V, GF)

Baked citrus cake, sweet syrup, pineapple compote

Baklava Cheesecake
(V, GF)

Honeyed nuts, layered phyllo, baked cheesecake, apple compote

V - Vegetarian | VG - Vegan | GF - Gluten-Free | DF - Dairy-Free | SF - Shellfish-Free | NUTS - Contains Nuts

*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