

spices

PAN-CARIBBEAN CUISINE

SPICES reimagines Caribbean cuisine with a contemporary approach, honouring bold island flavours, local ingredients, and refined techniques. Inspired by Grenada, the “Island of Spice,” our menu showcases elevated takes on regional classics, featuring locally sourced seafood, tropical fruits, and vibrant spices. Our menu blends heritage with innovation, delivering dishes that pay homage to tradition while embracing modern creativity.

Island Flavours – Small Plates & Shareables

Vibrant Caribbean-inspired starters

PAPAYA WEDGE SALAD

Ripe papaya, tropical slaw, silky passionfruit dressing, and a crunchy coconut-lime crumble, served with house made cassava crackers.

CRISPY COCONUT SHRIMP

Golden-fried coconut-crusting shrimp with pineapple-cucumber relish and creamy scotch bonnet aioli.

FIRE-ROASTED YAM CROQUETTES

Crispy croquettes filled with smoked fish, charred scallions, and shadow beni, served with nutmeg aioli and pickled mango chutney.

SPICED CALLALOO & COCONUT SOUP

Silky coconut-infused callaloo soup with Caribbean spices, topped with roasted plantain chips and chili oil drizzle.

COASTAL CONCH SALAD & CORN

Our take on the traditional coastal favourite - citrus-cured conch, crunchy vegetables, sweet corn emulsion, finished with a plantain-coconut crumble.

Roots & Traditions – Signature Mains

A celebration of our Caribbean heritage

GRENADIAN CHICKEN BROWN DOWN

A local staple consisting of slow-braised chicken, coconut-tomato reduction, coconut rice, braised and crispy green fig, and pickled red onions.

BRAISED OXTAIL WITH NUTMEG PLANTAIN MASH

Classic slow-braised oxtail stew, paired with nutmeg-infused plantain mash and roasted carrots.

JERK LOBSTER WITH CHARRED PINEAPPLE SALSA

Grilled lobster basted in smoky jerk butter, served with coconut rice, charred pineapple salsa, and shadow beni-infused butter sauce.

CHARCOAL-GRILLED MAHI MAHI WITH CREOLE SAUCE

Flame-grilled mahi mahi, topped with a Creole tomato-pepper sauce, accompanied by coconut callaloo rice and sautéed okra.

COCOA & COFFEE-CRUSTED BEEF SIRLOIN

Seared sirloin with a spiced cocoa-coffee crust, served with spiced coconut bakes, roasted “local provisions” and rum-infused jus.

HERITAGE RUN DOWN - VV

A tribute to Caribbean home cooking—local root vegetables, peppers, and okra slow-simmered in spiced coconut broth, finished with lime zest and toasted cashews.

Desserts

WARM RUM FRUIT CAKE

Grenada rum fruit cake, spiced anglaise, coconut ice cream

GINGER PUMPKIN PIE

Spiced pumpkin gel, pineapple caramel sauce

GRENADIAN COCOA TART

Chocolate tart, chocolate sable with a nutmeg foam

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.