

spices

CARIBBEAN CUISINE

The islands of the Caribbean –especially Grenada– have always been known throughout the world for the high quality of their spices. The flavors of nutmeg, mace, cinnamon, cloves and pimento have captivated palates so much over the centuries. At Spices restaurant, our Caribbean chefs employ liberal doses of native spices to bring forth the diverse flavors of Grenada, The Bahamas, Turks & Caicos, Jamaica, St. Lucia and Antigua, in an exciting à la carte dinner offering.

Appetizers

FISH SOUP

Root vegetables, chunks of white fish, island spices, coconut flavored broth

ISLAND FISH CAKE

Spicy remoulade, zesty fruit salsa

ROASTED BEET & TOMATO SALAD

Greens, shaved coconut, lemon-mint-coconut dressing

JERK CHICKEN SPRING ROLL

Papaya-sweet chili relish, herb oil

SHRIMP & PINEAPPLE SALAD

Mixed field greens, peppers, radish, Scotch Bonnet-lime dressing

Entrées

CURRIED MUTTON

Rich curry sauce, steamed white rice

GRILLED PORK CHOP - *Signature Dish*

Sweet potato mash, mango chutney, market vegetables, cocoa-ginger sauce

SHRIMP RUNDOWN

Sautéed shrimp, steamed rice, vegetables, Scotch Bonnet-scented creamy coconut sauce

CHICKEN ROTI

Curried chicken in roti dough, market vegetables, fruit chutney

VEGAN JERK CHICKEN

Premium plant-based Hungry Planet® chicken, pumpkin purée, sweet potato, light jerk sauce, fruit salsa

PAN-SEARED FILLET OF SNAPPER

Market vegetables, steamed rice, creole sauce

BLUE MOUNTAIN COFFEE-DUSTED STRIP LOIN

Sweet potato mash, market vegetables, crispy onions, Appleton rum-infused jerk sauce

Desserts

DARK CHOCOLATE ISLAND RUM CAKE

Citrus mousse

COCONUT RICE PUDDING

Cinnamon, nutmeg, golden raisins

PUMPKIN CHEESECAKE

Nutmeg, papaya compote



Vegan



Vegetarian



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.