



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

ISLAND PAPAYA SALAD - VV

Caramelized cashew nuts, mixed baby greens, honey & passion fruit dressing. House made cassava tuile.

SPICED CALLALOO & COCONUT SOUP

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

CRISPY COCONUT SHRIMP

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

COASTAL CONCH SALAD

Ceviche style conch with scotch bonnet, mixed peppers red onion, shadow beni, green onion, lime juice and roasted coconut plantain.

FIRE-ROASTED LOCAL PROVISION CROQUETTES

Crispy croquettes filled with smoked fish, charred scallion, shadow beni, nutmeg Aioli and pickled mango chutney.

Roots & Traditions – Signature Mains

A celebration of our Caribbean heritage

GRENADIAN CHICKEN BROWN DOWN

Slow-braised chicken, coconut-tomato reduction, coconut rice, braised crispy green fig and pickled red onions.

COCOA & COFFEE-CRUSTED BEEF SIRLOIN

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

ISLAND COCONUT CURRY JUMBO SHRIMP

Local spices & seasoning marinated sautéed shrimps, seasoned rice pilaf, ground provision, roasted plantain, shadow beni infused coconut curry 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.

HERITAGE RUN DOWN - VV

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

CARIBBEAN BRAISED OXTAIL

Spices & Herbs classic slow braised oxtail stew with island famous rice & peas and vegetables.

The 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.