

• L E •

• GOURMAND •

CLASSIC *french* CUISINE

LIGHT FARE

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

AVOCADO TOAST

Grilled whole grain bread, avocado purée, shaved onion,
tomato, lemon-herb – *also available with smoked salmon*

STEEL CUT OATMEAL

Brown sugar, berry compote, almonds

SEASONAL FRUIT SALAD

Fresh mint

BAGEL & LOX

Smoked salmon, toasted bagel, cream cheese, capers,
onion, tomato

HOT SIGNATURE DISHES

ACKEE & SALTFISH

(SIGNATURE DISH)
Fried dumplings, callaloo

ISLAND STYLE EGG & HAM SANDWICH

Honey glazed jerk ham, fried egg, English muffin,
onion & pineapple compote

CRUNCHY COCONUT FRENCH TOAST

Caramelized bananas, rum syrup

LOCAL FAVORITE

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

CARIBBEAN SHRIMP OMELET

Shrimp, onions, peppers, Pepper-Jack cheese,
potato & bell pepper hash

CLASSICS

STEAK & EGGS

Grilled beef medallion, fried eggs, breakfast potatoes

ALL AMERICAN BREAKFAST

Scrambled or fried eggs, bacon, sausage, crispy hash browns

BUTTERMILK PANCAKES

Choice of chocolate chip or plain, blueberry
compote, vanilla syrup

SALMON EGGS BENEDICT

English Muffin, smoked salmon, poached eggs,
Hollandaise sauce

SIDES

PORK BREAKFAST SAUSAGE, GRILLED HAM, BACON,
BAKED BEANS, TOAST, HASH BROWNS



Signature Dish



Vegetarian



Balanced Lifestyle
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