

• LE •
• GOURMAND •
CLASSIC *french* CUISINE

In French, a gourmand is someone who knows and appreciates fine food and drink. From the country that elevated ordinary cuisine into a celebrated art form, Le Gourmand serves up an artistic dining experience worthy of its name –the finest contemporary French cuisine in a sleek, modern ambiance.

LES HORS D'OEUVRES

ESCARGOTS DE BOURGOGNE

Tender snails, melted garlic-herb butter, garlic butter

SALADE DE RATATOUILLE

Zucchini, eggplant, tomato, olives, roasted onion, baby greens, grilled crostini, extra virgin olive oil, balsamic drizzle

COCKTAIL DE CREVETTES

Poached shrimp, cocktail sauce

COQUILLES POÊLÉES

Pan-seared scallops, toasted brioche, anchovy tapenade, garlic-herb cream

SOUPE À L'OIGNON

Caramelized onion, rich beef broth, melted Gruyère cheese, toast

SALADE NIÇOISE DÉCONSTRUITE

Pan-seared tuna, baby mixed greens, tomato, boiled egg, potato-haricots vert purée, anchovy and olives tapenade, herb vinaigrette

SALADE DE MAISON

Seasonal garden greens, tomato, cucumber, radish, asparagus, goat cheese, mustard vinaigrette

LES PLATS

SOURIS D'AGNEAU AU ROMARIN

Signature Dish

Braised lamb shank, haricots verts, caramelized pearl onions, roasted pumpkin, Cabernet jus

POULET CORDON BLEU

Ham and cheese filled breaded chicken breast, rice-peas pilaf, seasonal vegetables, cranberry relish

BOUILLABAISSSE

Jumbo prawns, mussels, squid, scallops, grilled fennel, garlic rouille, saffron fish fumet

FILET DE SAUMON

Pan-seared Atlantic salmon fillet, cauliflower purée, grilled vegetables, lemon beurre blanc, tomato concassé, herb oil

MÉDAILLON VÉGÉTALIEN

Pan-seared medallions of premium plant-based Hungry Planet® meat, onion chutney, cauliflower purée, pine nuts, roasted cauliflower, green beans, roasted tomato, herb oil

MAGRET DE CANARD À L'ORANGE

Roasted duck breast, pumpkin purée, pommes William, braised vegetables, Grand Marnier sauce

CHATEAUBRIAND

Hand-carved filet of beef tenderloin, green asparagus, garlic mashed potatoes, creamy five peppercorn sauce

CREVETTES PROVENÇALES

Sautéed shrimp, creamy mashed potato, grilled asparagus, squash, sauce provençale

LES DESSERTS

GÂTEAU AU CHOCOLAT SANS FARINE

Flourless chocolate cake, sea salted caramel chocolate sauce, vanilla ice cream

POMMES CARAMÉLISÉES

Sautéed apples wrapped in crisp pastry, Calvados-nutmeg sabayon

MILLE FEUILLES AUX BANANES CARAMÉLISÉES

Crème pâtissier, puff pastry, caramelized bananas


CRÈME BRÛLÉE


Baked custard crème, sugared caramel crust, fresh fruits, brandy snap crisp


 Signature Dish

 Vegetarian

 Vegan

 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