




# La Tavola

I T A L I A N C U I S I N E


In Italy, the kitchen table, or tavola, is the center of family life. From everyday meals to festive occasions, the Italian table is always laden with a seemingly endless array of homemade dishes prepared with farm fresh ingredients and a healthy dose of grandma’s amore. At la Tavola, we make our dishes the exact same way, so you can share in the comfort, cuisine and camaraderie found around every Italian table!

APPETIZER

**Insalata della Casa**    
Crisp romaine leaves, arugula, radish, cucumber, tomato, croutons, balsamic vinaigrette

**Polpo alla Griglia**   
Grilled octopus, roasted cauliflower purée, braised tomato, saffron lime dressing

**Zuppa di Lenticchie e Salsiccia**  
Hearty lentil soup, Italian sausage, fennel


**Antipasti**   
Grilled marinated vegetables, cured meats, Gorgonzola cheese, olives, crostini

**Insalata Caprese**  
Vine-ripe tomatoes, fresh mozzarella cheese, micro greens, sliced red onion, balsamic reduction, basil oil



**Risotto del Giorno**  
Chef’s daily creation

MAIN COURSE

**Penne Alfredo**  
Al dente penne pasta, Parmesan cream, broccoli, tomato  
*(Available with grilled shrimp or grilled chicken breast)*

**Lasagne Classiche**   
Layered pasta, pomodoro sauce, meat ragoût, ricotta, mozzarella cheese

**Scaloppini di Pollo**  
Chicken breast, artichokes, mushrooms, capers, bacon, lemon butter, spaghetti pasta

**Fettuccine alla Bolognese**    
Fettuccine pasta, premium plant-based Hungry Planet® tomato-meat sauce  
*(Also available non-vegan with beef ragoût)*

**Linguine agli Scampi**  
Linguine pasta, shrimp, sautéed zucchini, garlic, white wine, tomatoes




**Bistecca alla Griglia**  
Grilled striploin steak, mashed potatoes, sautéed market vegetables, rosemary-wine reduction


DESSERT


**Panna Cotta**  
Traditional silky Italian vanilla cream, choice of passion fruit purée or strawberry coulis, mint


**Tiramisù**  
Ladyfinger cookies soaked in coffee & Kahlua, mascarpone mousse

**Torta al Cioccolato e Mandorle**  
Milk chocolate almond tart, espresso cream, chocolate truffle  
*(Made with 100% Jamaican chocolate)*

 Vegetarian  
 Vegan  
 Signature Dish

 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.

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