

# Heart & Sol

SURF, SUN & SMOOTHIES

## Handmade & Heartfelt

Heart & Sol is your afternoon oasis, where vibrant, flavorful shades of island ingredients find their way into everything on the menu — blended, wrapped and pressed for mind and body wellness.

## Soups

### RANCH STYLE CHILI BOWL

Premium plant-based Hungry Planet® mince, tomatoes, onion, chili, beans, corn, avocado, corn chips

### CHICKEN NOODLE

Chicken, root vegetables, vermicelli noodles, scallions

## Salads

### TUNA

Spring greens, rare ahi tuna, chopped egg, asparagus, tomatoes, cucumbers, miso vinaigrette

### CAJUN SHRIMP

Iceberg-romaine lettuce mix, Cajun shrimp, roasted corn, avocado, black beans, roasted peppers, tortilla strips, buttermilk ranch

### SALMON CHOPPED SALAD

Grilled salmon, iceberg-romaine lettuce mix, tomatoes, chickpeas, asparagus, roasted corn, cucumbers, chopped egg, house vinaigrette

### CHICKPEA, BARLEY & QUINOA SALAD

Quinoa, barley, cucumber, red onion, grape tomatoes, avocado, chickpeas, mixed greens, lemon dressing

### SUNFLOWER CHICKEN CAESAR SALAD

Romaine hearts, chicken, avocado puree, fried capers, sunflower seeds, broccolini, herb croutons, creamy Caesar dressing

\*Can be made vegetarian\*

## Sandwiches & Wraps

### PULLED PORK

(Signature Dish)

Toasted kaiser roll, shredded BBQ pork, coleslaw, crispy onions, pickle chips

### TUNA

Multigrain bread, tuna salad, cucumbers, arugula, roasted peppers, sprouts

### ROAST BEEF

Baguette, sliced pink roasted beef strip, crispy onions, pepper jack, lettuce, tomato, horseradish mayo

### VEGAN MEATBALL

Hungry Planet® premium plant-based meatballs, vegan cheese, marinara, arugula, hoagie bun

### PROVENCAL PANINI

Vegan mozzarella, tomatoes, roasted peppers, arugula-walnut pesto, panini bread

### CHICKEN CAESAR WRAP

Flour tortilla, grilled chicken breast, romaine lettuce, parmesan cheese, creamy Caesar dressing

### FREE RANGE CHICKEN PANINI

Grilled free range chicken breast, panini bread, pesto butter, Swiss cheese, caramelized onion, tossed salad, ranch dressing

## Desserts

### CLASSIC CHEESECAKE

### STRAWBERRY SHORT CAKE

### FRESHLY-BAKED INCREDIBLE COOKIES

Chocolate chip, cranberry & oatmeal and sugar

### GLUTEN-FREE DESSERT

Please consult your server for today's selection



FORTY YEARS  
of LOVE & TRUST



VEGETARIAN



VEGAN



BALANCE LIFESTYLE

These dishes offer healthier preparations and lower calorie counts



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: Sharom Fruits and Vegetable Mart · Thorpe's International Produce · Banana Baron · Armag Farms Ltd · Barbados Agricultural Society