



One of the most important pillars of overall wellness is a diet of clean, nutritious foods. As part of our commitment to wellness, we present The Greenhouse, a rustic farm-to-table eatery offering colorful, elegant cuisine prepared with locally-sourced, farm-to-table fruits and vegetables, meats and seafood.

Thanks to the strong partnerships we’ve nurtured with local, small-scale Barbadian farmers, every dish at The Greenhouse is brimming with seasonality, unparalleled quality, the most delicious flavors and straight-from-the-garden freshness.

BEGINNINGS

VEGETABLE BARLEY SOUP - VV
Chopped scallions

FARMER'S SALAD
Seasonal greens, parsley, roasted tomato & peppers, green beans, olives, crisp red onion, grains, black berries, mustard dressing

OCTOPUS TACO
Corn tortilla, mojo de ajo, chili-lime

HEIRLOOM TOMATOES & MOZZARELLA - V
Heirloom tomato, mozzarella, parsley oil, basil pesto, caramelized pecan nuts, pickled onion

ICEBERG & BLUE CHEESE
Quartered iceberg, blue cheese, roasted coppa bacon, buttermilk ranch

PINK ROASTED BEEF CARPACCIO
Pink roasted beef, seasonal leaves, roasted mushroom vinaigrette, crispy capers, parmigiano-reggiano

PLANT - FORWARD

FIRE-ROASTED GREEN ASPARAGUS & PUMPKIN BATONS - VV

PEE WEE POTATOES - VV
Roasted garlic vinaigrette

ROASTED SWEET POTATO - VV
Kale chips, pickled chilies

BELUGA LENTILS & SWEET POTATOES - VV
Kale, roma tomato, rosemary

FARRO RISOTTO - VV
Parmesan reggiano

SAUTÉED BUTTON MUSHROOMS
Buttered croutons, bacon, flat parsley

PROTEINS

SEARED SALMON FILLET
Bell pepper & almond romesco, sundried tomato, charred kale & farro salad

GRILLED PORTOBELLO MUSHROOM - VV
Roasted root vegetables, white bean puree, citrus-infused aged balsamic reduction

FREE RANGE CHICKEN BREAST
Honey-glazed carrots, steamed cauliflower, roasted potato, button mushroom jus

SUSTAINABLE STEAM-ROASTED CARIBBEAN SNAPPER
Root vegetable julienne, pumpkin, thyme, garlic butter, tomato, butter, coconut milk, chili, cilantro

KOFTA + CURRY - VV
“Premium Plant Based Hungry Plant” kofta, kaffir lime coconut, mung beans, peppers, tomatoes, coconut curry sauce

SHRIMP RIGATONI
Artichokes, shrimp, garlic & onion confit, cherry tomatoes, white wine, Italian parsley

SLOW-BRAISED LAMB RAGU
Dried apricots, root vegetables, harissa, lemon, roasted garlic bread

NY STEAK
Flame-grilled 6 oz NY steak, sautéed market vegetables, potatoes, avocado chimichurri, veal jus

DESSERTS

FORBIDDEN RICE
Almond pudding, toasted coconut, slivered almonds, blackberries

LEMON HONEY TART
Coconut-sage shortbread shell, lemon-honey tofu curd, balsamic crisp

SEASONAL FRUIT CHEESECAKE
Fresh fruit, nut crust, lime curd, sorrel gel

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.