



OUR ETHOS IS SIMPLE

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

Chopped scallions

NOT-SO-TRADITIONAL BEEF CARPACCIO

Pink roasted grass-fed beef, arugula leaves, roasted mushroom vinaigrette, crispy capers, horseradish, parmigiano reggiano

OCTOPUS TACO

Corn tortilla, mojo de ajo, chili-lime

SEASONAL PANZANELLA

Arugula, pearl onions, heirloom tomatoes, cucumbers, stuffed olives, torn sourdough bread, extra virgin olive oil

WATERMELON CAPRESE

Mozzarella, fresh watermelon, marinated tomatoes, cucumber, citrus ponzu, micro greens

PETITE ICEBERG

Blue cheese, bacon, spiced peppercorn, buttermilk ranch

PLANT FORWARD

FIRE ROASTED, FIVE-SPICE PUMPKIN & ONION

PEE WEE POTATOES

Roasted garlic vinaigrette

FARRO RISOTTO

Parmesan reggiano

ROASTED SWEET POTATO

Kale chips, pickled chillies

BELUGA LENTILS & SWEET POTATOES

Kale, roma tomato, rosemary

PROTEINS

SEARED SALMON FILLET

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

GRILLED PORTOBELLO MUSHROOM

Roasted root vegetables, white bean puree, citrus-infused aged balsamic reduction

SLOW BRAISED LAMB RAGU

Dried apricots, root vegetables, harissa, toasted almond-orange gremolata

FREE RANGE

CHICKEN BREAST

Mushrooms, bacon ragout, pearl onion, pan jus, seasonal vegetables

SUSTAINABLE

STEAM-ROASTED

CARIBBEAN SNAPPER

Root vegetable julienne, pumpkin, thyme, garlic butter, tomato, butter, coconut milk, chili, cilantro

SHRIMP RIGATONI

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

KOFTA + CURRY

"Premium Plant Based Hungry Plant" kofta, kaffir lime coconut, mung beans, peppers, tomatoes, coconut curry sauce, cucumber raita

12 OZ. NY STEAK

Sautéed vegetables, potatoes, avocado chimichurri, red wine demi-glace

DESSERT

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



Vegan

Vegetarian



Balanced Lifestyle

These dishes offer healthier preparations and lower calorie counts



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