



SOLAR



LIGHT FARE

JUICES AS YOU WISH

Orange, pineapple or grapefruit

YOGURT

Sweetened or plain

FRUIT PLATE

Vanilla yogurt sauce

CEREAL

Corn flakes, frosted flakes, raisin bran or all-bran; whole, low-fat or soy milk

STEEL-CUT OATMEAL

Brown sugar, dried cranberries, almonds

PASTRY BASKET

Croissants, assorted Danishes, muffins



SIGNATURES

CLASSIC EGGS BENEDICT

Grilled ham, Hollandaise sauce, paprika dust

SMOKED SALMON BENEDICT

Premium smoked salmon, crispy hash browns

OPEN-FACE OMELETS

Your choice of lobster, shrimp, ham, onions, tomatoes, mushrooms, sweet peppers, spinach, cheddar, feta or pepper-jack cheese

TWO EGGS ANY STYLE

Crispy hash browns, bacon, ham or sausage

CORNER BEEF HASH

Two poached eggs, stone-ground mustard Hollandaise

STEAK & EGGS

Strip steak, two eggs any style, crispy hash browns

VEGETABLE OMELET

Mushrooms, onions, peppers, tomatoes, spinach, cheese

PANCAKES

Blueberry compote, whipped butter, warm

CRUNCHY BANANA FRENCH TOAST

Warm Appleton rum and orange syrup



BALANCED LIFESTYLE

Healthier preparations and lower calorie counts



GLUTEN-FREE Can be prepared gluten free



LACTOSE-FREE Can be prepared lactose free



VEGETARIAN



VEGAN

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 ingredient.



SIDES

CURED BACON

GRILLED HAM

BREAKFAST PORK SAUSAGE

CRISPY HASH BROWNS

BAKED BEANS

TOAST