

# Stew fish

## Great Beginnings

### Juices As You Wish

Orange, apple, pineapple, cranberry, grapefruit, sorrel or local fruit juice of the day

### Yogurt

Flavored and plain

### Cereal

Corn flakes, frosted flakes, fruit loops, raisin bran or all bran cereal. Regular, low fat or soy milk

### Steel-Cut Oatmeal

Brown sugar, dried cranberries, almonds

### Perfectly Ripe Fruit Plate

Vanilla yogurt sauce

### Pastry Basket

Croissants, assorted Danishes, muffins, banana bread

## Stew Fish Signatures

### Classic Eggs Benedict

Grilled ham, Hollandaise sauce, paprika dust

### Smoked Salmon Benedict

Premium smoked salmon, crispy hash brown

### Waffle

Tropical fruit stew, maple syrup, powdered sugar

### Sugarcane Pancake Stack

Blueberry compote, whipped butter & choice of warm maple syrup, caramel or chocolate sauce

### Local Breakfast Platter

Ackee & saltfish, Johnny cake, fried plantain, sautéed callaloo, tomato

### Vegan Chorizo & Baked Beans

Grilled premium plant-based Hungry Planet® chorizo, tomato, onion, pepper, scallion, breakfast potatoes

## Classics

### Two Eggs Any Style

Crispy hash brown, bacon, ham or sausage

### Steak & Eggs

Strip steak, two eggs, crispy hash brown

### Crunchy French Toast Sticks

Banana compote, warm orange syrup, cinnamon, powdered sugar

### Open Face Omelets

Your choice of shrimp, ham, onion, tomato, mushroom, sweet peppers, spinach, cheddar, feta or pepper jack cheese

### Breakfast Burrito

Eggs, bacon, bell peppers, tomato, cheddar cheese

## Sides

### Cured Bacon

### Breakfast Pork Sausage

### Grilled Ham

### Crispy Hash Browns

### Baked Beans


### Toast



 Vegetarian

 Signature Dish

 Vegan

 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.

 Gluten-Free - Please consult your server on which dishes can be prepared gluten 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