



GREAT BEGINNINGS

FRUIT JUICES  
Orange, apple, pineapple, grapefruit, cranberry

FRESH BAKED PASTRY BASKET  
Assorted freshly baked Danishes & croissants

CEREAL  
Corn Flakes, Frosted Flakes, Raisin Bran, Cheerios cereal. Regular, low fat or soy milk

SMOKED ATLANTIC SALMON & BAGEL  
Hickory smoked salmon, capers, cream cheese

SMOOTHIE BOWL  
Mango yogurt, granola, seasonal diced fruits, roasted pecans, toasted almonds, shredded coconut

STEEL CUT OATMEAL  
Brown sugar, cranberries, almonds

SEASONAL FRUIT PLATE  
Watermelon, pineapple, cantaloupe, kiwi, papaya, fresh mint

HOT SIGNATURE DISHES

EGG MUFFIN  
Buttered & grilled English muffin, free-range egg (fried or scrambled), cheese, crispy bacon

FLUFFY PANCAKE  
Blueberry compote, warm maple syrup

CRUNCHY BANANA FRENCH TOAST  
Braised bananas, warm rum syrup

OPEN FACE OMELET  
Made-to-order with your choice of shrimp, ham, onions, tomatoes, mushrooms, sweet peppers, spinach, cheddar, feta or pepper jack cheese

VEGAN CHORIZO & BEANS  
Premium plant-based Hungry Planet® chorizo, onion, pepper, grilled tomato, crispy hash browns

CLASSICS

TWO EGGS ANY STYLE  
Crispy hash browns and choice of bacon, ham or sausage

CLASSIC EGGS BENEDICT  
Grilled ham, Hollandaise sauce, paprika dust

STEAK & EGGS  
Grilled minute steak, two eggs, crispy hash browns

ENGLISH BREAKFAST  
Fried eggs, baked beans, crispy bacon, grilled tomato, sautéed mushroom, breakfast sausages or bangers

VEGETABLE OMELET  
Made-to-order with your choice of onions, tomatoes, mushrooms, peppers, spinach, cheddar or pepper jack cheese

SIDES

PORK BREAKFAST SAUSAGE — BACON — GRILLED HAM —BAKED BEANS — TOAST — HASH BROWNS

Vegan

Vegetarian

Balanced Lifestyle  
These dishes offer healthier preparations and lower calorie counts

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