

# Barefoot

By the Sea

SET ON SPECTACULAR LOCATIONS on the soft white sands of some of the Caribbean's best beaches, Barefoot by the Sea's charm and ambience is unmatched. Here, you'll dine on the freshest seafood fare available.

## LUNCH MENU

### SOUP & SANDWICH (Soup - )

Grilled Ham & Cheese Sandwich and Split Pea & Root Vegetable Soup, fried onion rings

### FATTOUSH SALAD

Lebanese style salad with romaine lettuce, tomato, cucumber, radishes, crispy pita bread, lemon dressing  
(Also available with grilled chicken breast or shrimp)

### GREEK SALAD

Fresh garden greens, diced tomatoes, cucumber, onion, olives, feta cheese, pita bread with garlic-herb drizzle  
(Also available with grilled chicken breast or jumbo shrimp)

### QUESADILLA

Chicken, sautéed onion, peppers guacamole, sour cream, salsa  
(Also available with vegetables only)

### VEGETABLE WRAP

Crisp lettuce, grilled vegetables, tomatoes, garlic hummus spread

### FISH SANDWICH

Golden fried fish fillet, lettuce, tomato, lemon-pesto aioli, tartar sauce, French fries

### RIGATONI PASTA

Premium plant-based Hungry Planet® chorizo sausage ragoût, tomatoes, peppers

### CHARGRILLED BEEF BURGER

Beef patty, lettuce, tomatoes, onion, dill pickles, choice of Swiss, Cheddar, Provolone or American cheese, French fries

### CHEF'S SALAD

Lettuce, ham, chicken breast, tomatoes, blue cheese, diced cucumber, hard-boiled egg, choice of blue cheese or ranch dressing

### ISLAND JERK CHICKEN OR PORK

Yard-style slow cooked chicken or pork, coleslaw, French fries, spicy jerk sauce, festival dumpling

### PREMIUM PLANT-BASED HUNGRY PLANET® BEEF BURGER

Toasted bun, lettuce, tomatoes, onion, dill pickles, tomato chutney, French fries



Balanced Lifestyle



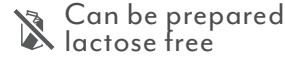
Vegan



Vegetarian



Can be prepared gluten free



Can be prepared lactose free



Signature Dish



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: Douglas Vegetables • Island Provision Ltd • David Joseph Farms • Mary John Farms • Gilbert Gomes Farms • Eustace Newton Farms • Peter Wade Farms • Llewellyn Harrigan Farms



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## APPETIZERS

### LOBSTER BISQUE

Spicy cheese grissini, chopped scallions

### SEAFOOD RILLETTES

Smoked seafood spread (salmon-marlin-trout), garlic crostini

### CAESAR SALAD

Crisp Romaine lettuce, garlic herb dressing, croutons, Parmesan cheese

### GOLDEN FRIED CALAMARI

Garlic aioli

### FISH & SEAFOOD SALAD

Whitefish, shrimp, scallops, squid, celery, red onion, peppers, corn kernels, cilantro, lime

### MELON & FIELD GREENS SALAD

Shaved cantaloupe & honeydew melon, mint, cilantro, arugula, lemon, extra virgin olive oil dressing

## ENTRÉES

### CHORIZO & REEF SHRIMP KEBAB

Spicy cheese grissini, chopped scallions

### BLACKENED SALMON FILLET

Buttered broccoli, Creole sauce, charred corn, steamed rice

### CHICKEN CONFIT

Slow cooked chicken legs, parsley potato, broccoli-bacon and cheddar cheese sauce

### PENNE RIGATE

Premium plant-based Hungry Planet® meat & tomato ragoût, chopped scallions

### SURF & TURF

Tender Caribbean lobster Thermidor in rich Cognac cream, Gruyère cheese, chargrilled Boston cut striploin steak, mashed potatoes, sautéed market vegetables, red-wine sauce

## FISH YOUR WAY

### FISH

Grilled Swordfish Steak  
Pan-fried Mahi Mahi Fillet  
Seared Tuna Steak  
Grilled Snapper

### ACCOMPANIMENTS

Mashed Potato  
Steamed Jasmine Rice  
Roasted Potatoes  
Seasonal Vegetables

### SAUCES

Teriyaki Glaze  
Sauce Hollandaise  
Lemon-Caper Beurre Blanc  
Creole Sauce

## DESSERTS

### PUMPKIN CHEESE CAKE

Coconut glaze,  
cinnamon crème anglaise

### NUT SLICE

White chocolate cream,  
caramel sauce

### CHOCOLATE CAKE

Vanilla sauce, strawberry  
compote



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