



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

FRUIT JUICES

Orange, Pineapple, Grapefruit, Cranberry, Tomato, Passionfruit

CEREAL

Corn Flakes, Frosted Flakes, Raisin Bran or All Bran. Regular, almond, low fat or soy milk

PASTRY BASKET

Croissants, assorted Danish, muffins

REAL DEAL STARTERS

GREEN JUICE & SCONES

Avocado green juice (banana, spinach, berries, almond milk, whey free protein powder), oatmeal scones, strawberry jam

CHIA PUDDING

Fresh berries, toasted coconut flakes

FRUIT PLATE

Seasonal fruits, mint

COCONUT & BERRY PARFAIT BOWL

Plain yogurt, granola, fresh fruits, berries, coconut

AVOCADO TOAST

Toasted whole grain bread, onion, tomato, lemon-herb oil

CARROT "LOX" & BAGEL

Toasted bagel, chickpea cheese, onion, caper, dill

STEEL-CUT OATMEAL

Apple compote, brown sugar, dried cranberries, almonds

HOT SIGNATURE DISHES

CHICKPEA OMELETTE

Onion, peppers, tomato, mushroom, broccoli, cheese

Can be made 

BLACK BEAN & CHORIZO HASH

Premium plant-based Hungry Planet® chorizo, black bean, potato, tomato, onion, avocado, parsley

ORANGE & NUTMEG FRENCH TOAST

Apple compote, berries, citrus maple glaze

BREAKFAST CLASSICS

STEAK & EGG

Boston cut striploin steak, eggs, grilled tomato, hash brown potato, fresh herbs

TWO EGGS ANY STYLE

Crispy hash browns and choice of bacon, ham or sausage

LOBSTER OMELETTE

Lobster, peppers, onion, cheese, tomato chutney

SIDES

CRISPY SMOKED BACON - SAUSAGES - HAM - HASH BROWN POTATOES - POTATOES O'BRIEN - BAKED BEANS
GRILLED TOMATO - ENGLISH MUFFIN - TOAST



 **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

 **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: Sharom Fruits and Vegetable Mart • Thorpe's International Produce Banana Baron • Armag Farms Ltd • Barbados Agricultural Society



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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

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