

Handmade & Heartfelt

Heart & Sol is your afternoon oasis, where vibrant, flavorful shades of island ingredients find their way into everything on the menu — blended, wrapped and pressed for mind and body wellness.

Soups

RANCH STYLE CHILI BOWL V

Premium plant-based Hungry Planet® mince, tomatoes, onion, chili, beans, corn, avocado, corn chips

CHICKEN NOODLE *

Chicken, root vegetables, vermicelli noodles, scallions

Salads

TUNA 🍑

Spring greens, rare ahi tuna, chopped egg, asparagus, tomatoes, cucumbers, miso vinaigrette

CAJUN SHRIMP ❖

Iceberg-romaine lettuce mix, Cajun shrimp, roasted corn, avocado, black beans, roasted peppers, tortilla crisp, buttermilk ranch

SALMON CHOPPED SALAD 🤡 🦠

Grilled salmon, iceberg-romaine lettuce mix, tomatoes, chickpeas, asparagus, roasted corn, cucumbers, chopped egg, house vinaigrette

CHICKPEA, BARLEY & QUINOA SALAD * • •

Quinoa, barley, cucumber, red onion, grape tomatoes, avocado, chickpeas, mixed greens, lemon dressing

SUNFLOWER CHICKEN CAESAR SALAD ❖

Romaine hearts, chicken, avocado puree, fried capers, sunflower seeds, broccolini, herb croutons, creamy Caesar dressing *Can be made vegetarian*

Sandwiches & Wraps

PULLED PORK ❖

(Signature Dish) Toasted kaiser roll, shredded BBQ pork, coleslaw, crispy onions, pickle chips

TUNA 🍑

Multigrain bread, tuna salad, cucumbers, arugula, roasted peppers, sprouts

ROAST BEEF 🤡

Baguette, sliced pink roasted beef strip, crispy onions, pepper jack, lettuce, tomato, horseradish mayo

VEGAN MEATBALL 🧇 🦠 🧗

Hungry Planet® premium plantbased meatballs, vegan cheese, marinara, arugula, hoagie bun

PROVENCAL PANINI V &

Vegan mozzarella, tomatoes, roasted portobello, roasted peppers, arugula-walnut pesto, panini bread

CHICKEN CAESAR WRAP *

Flour tortilla, grilled chicken breast, romaine lettuce, parmesan cheese, creamy Caesar dressing

FREE RANGE CHICKEN PANINI 💸

Grilled free range chicken breast, panini bread, pesto butter, Swiss cheese, caramelized onion, tossed salad, ranch dressing

Desserts

STRAWBERRY SHORT CAKE

FRESHLY-BAKED INCREDIBLE COOKIES
Chocolate chip, cranberry & oatmeal and sugar

CLASSIC CHEESECAKE

GLUTEN-FREE DESSERT

Please consult your server for today's selection











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.



Fresh Vegetable & **Fruit Juices**

ORANGE

Orange, carrot, ginger, turmeric **APPLE**

Red & green apple, beet, ginger **CARROT**

Carrot, beet, apple

CELERY-GINGER

Ginger, celery, kale, apple

Kale, carrot, orange, lime, ainaer

WATERMELON

Watermelon, apple, strawberry **CUCUMBER**

Cucumber, apple, celery

Classic Smoothies

S BERRY

Strawberries, banana, raspberry, non-fat yogurt, strawberry syrup

PEACHY

Peach, strawberries, banana, orange, pineapple, fruit juice

Superfood

Smoothies

COCO DRAGON

Dragon fruit, coconut water, banana, pineapple, honey

ORANGE-GINGER

Orange, strawberry, mango, banana, ginger

ALL GREENS

Fresh kale, fresh spinach, green tea, pineapple, banana, apple iuice

ANANAS

Pineapple, strawberry, mint. kefir

PAW-PAW

Papaya, banana, lime juice, mango, coconut milk

BERRY BENEFICIAL

Strawberries, blueberries. banana, flax seeds, vanilla almond milk, agave, raspberry juice

Fruit Smoothie Bowls

ACAI BERRY BERRY

Acai, blueberries, strawberries, blackberry, banana, almond milk. Topped with banana, fresh strawberries, blueberries. granola, honey

ACAI TROPICAL MANGO

Acai, mango, banana, pineapple, coconut, vanillaalmond milk. Topped with banana, fresh strawberries. mango, coconut, honey

OVERNIGHT OATS

Rolled oats, walnut, almond. apple, raisins, natural yogurt

SEASONAL FRUIT BOWL



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