

• LE •
GOURMAND •
 CLASSIC *french* CUISINE

LIGHT FARE

JUICE AS YOU WISH

Orange, pineapple, passion fruit, grape fruit
 or local fruit juice of the day

YOGURT 🌿🌱

Sweetened or plain

PERFECTLY RIPE FRUIT PLATE 🌿🌱

Vanilla yogurt sauce

CEREAL 🌿🌱

Corn flakes, frosted flakes, raisin bran or all-bran;
 whole, low-fat or soy milk

STEEL-CUT OATMEAL 🌿🌱

Brown sugar, dried cranberries, almonds

PASTRY BASKET 🌿

Croissants, assorted Danishes, muffins

**SMOKED SALMON
 & AVOCADO TOAST**

Smoked salmon, avocado, shaved
 red onion, caper

SIGNATURES

CLASSIC EGGS BENEDICT

Grilled ham, Hollandaise sauce, paprika dust

SMOKED SALMON BENEDICT

Premium smoked salmon, crispy hash browns

LOCAL BREAKFAST PLATTER

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

FLUFFY OMELETS

Your choice of lobster, ham, onions, tomatoes,
 mushrooms, sweet peppers, spinach, cheddar, feta or
 pepper-jack cheese

TWO EGGS ANY STYLE

Crispy hash browns, bacon, ham or sausage

STEAK & EGGS

Strip steak, two eggs any style, crispy hash browns

VEGAN CHORIZO

& BAKED BEANS 🌿🌱

Grilled premium plant-based Hungry Planet® chorizo,
 tomato, onion, pepper, scallion, crispy hash browns

CORNED BEEF HASH

Two poached eggs, stone-ground mustard Hollandaise

HAM & CHEESE WAFFLE

Tropical fruit stew, bourbon maple syrup

PANCAKES 🌿🌱

Blueberry compote, whipped butter, warm

**CHOCOLATE & BANANA
 FRENCH TOAST** 🌿

Warm Appleton rum & orange syrup

SIDES

CURED BACON

CRISPY HASH BROWNS

BREAKFAST PORK SAUSAGE

GRILLED HAM

BAKED BEANS

TOAST



🌿 Signature Dish
 🌱 Vegetarian
 🌿 Vegan

🌱 Balanced Lifestyle
 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.




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

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GOURMAND
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In French, a gourmand is someone who knows and appreciates fine food and drink. From the country that elevated ordinary cuisine into a celebrated art form, Le Gourmand serves up an artistic dining experience worthy of its name –the finest contemporary French cuisine in a sleek, modern ambiance.

LES HORS D'OEUVRES


ESCARGOTS DE BOURGOGNE
 Tender snails, melted garlic-herb butter, garlic butter


SALADE DE RATATOUILLE   
 Zucchini, eggplant, tomato, olives, roasted onion, baby greens, grilled crostini, extra virgin olive oil, balsamic drizzle

COCKTAIL DE CREVETTES 
 Poached shrimp, cocktail sauce

COQUILLES POÊLÉES
 Pan-seared scallops, toasted brioche, anchovy tapenade, garlic-herb cream

SOUPE À L'OIGNON
 Caramelized onion, rich beef broth, melted Gruyère cheese, toast


SALADE NIÇOISE DÉCONSTRUITE 
 Pan-seared tuna, baby mixed greens, tomato, boiled egg, potato-haricots vert purée, anchovy and olives tapenade, herb vinaigrette


SALADE DE MAISON 
 Seasonal garden greens, tomato, cucumber, radish, asparagus, goat cheese, mustard vinaigrette




LES PLATS

SOURIS D'AGNEAU AU ROMARIN
Signature Dish
 Braised lamb shank, haricots verts, caramelized pearl onions, roasted pumpkin, Cabernet jus

POULET CORDON BLEU
 Ham and cheese filled breaded chicken breast, rice-peas pilaf, seasonal vegetables, cranberry relish

BOUILLABAISSE 
 Jumbo prawns, mussels, squid, scallops, grilled fennel, garlic rouille, saffron fish fumet

FILET DE SAUMON 
 Pan-seared Atlantic salmon fillet, cauliflower purée, grilled vegetables, lemon beurre blanc, tomato concassé, herb oil

MÉDAILLON VÉGÉTALIEN   
 Pan-seared medallions of premium plant-based Hungry Planet® meat, onion chutney, cauliflower purée, pine nuts, roasted cauliflower, green beans, roasted tomato, herb oil

MAGRET DE CANARD À L'ORANGE
 Roasted duck breast, pumpkin purée, pommes William, braised vegetables, Grand Marnier sauce

CHATEAUBRIAND
 Hand-carved filet of beef tenderloin, green asparagus, garlic mashed potatoes, creamy five peppercorn sauce

CREVETTES PROVENÇALES
 Sautéed shrimp, creamy mashed potato, grilled asparagus, squash, sauce provençale

LES DESSERTS

GÂTEAU AU CHOCOLAT SANS FARINE
 Flourless chocolate cake, sea salted caramel chocolate sauce, vanilla ice cream

POMMES CARAMÉLISÉES
 Sautéed apples wrapped in crisp pastry, Calvados-nutmeg sabayon

MILLE FEUILLES AUX BANANES CARAMÉLISÉES
 Crème pâtissier, puff pastry, caramelized bananas

CRÈME BRÛLÉE
 Baked custard crème, sugared caramel crust, fresh fruits, brandy snap crisp



Signature Dish



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