



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 & CHESE 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





❖ Balanced Lifestyle Healthier preparations and lower calorie counts Gluten-Free
Please consult your server
on which dishes can be
prepared gluten-free

National 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





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 V 1

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 Á 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

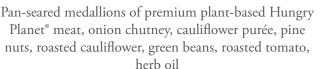
BOUILLABAISSE *

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 🗸 🌢 💸



MAGRET DE CANARD Á 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





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