

Stew fish

Appetizers

Island Seafood Salad

Assorted Seafood salad, onion, bell pepper, tomato, lime juice, garlic olive oil

Lobster Bisque

Cognac cream, garlic crouton

Jamaican Pepper Shrimp & Jerk Sausage

Tomatoes, garlic, bell peppers, Scotch Bonnet pepper, thyme

Roots, Fruits & Leaves

Radishes, tropical fruits, mixed greens, light citrus vinaigrette

Steamed Prince Edward Island Mussels

Lemongrass scented white wine cream, shallots, garlic, fresh herbs

Ackee, Saltfish, & Callaloo Quiche

Roasted tomato and pepper coulis

Entrées

Island Style Brown Stew Fish

Signature Dish 

Red snapper fillet, rice & peas, rich stew of tomato, onion, peppers, garlic and thyme

Grilled Chicken Breast

Root vegetable and lentil stew, jus

Traditional Jamaican Fish in Foil

Carrot, onion, bell peppers, Scotch Bonnet pepper, coconut milk, okra

Curried Octopus

Root vegetables, thyme, garlic, peppers, steamed rice, bammy

Surf & Turf

Chargrilled Striploin steak, broiled Caribbean lobster tail, herb garlic butter, sautéed vegetables, mashed potatoes

Ital Vegetable Stew

Local vegetables, thyme leaves, beans, local pepper, coconut milk, steamed white rice

Desserts

Grapefruit Mousse


Chocolate Brownie, tamarind sauce

Appleton Rum Coffee Cake


Chocolate sauce

Banana Pudding Parfait

 Vegetarian

 **Balanced Lifestyle**
These dishes offer 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.