





SET ON SPECTACULAR LOCATIONS on the soft white sands of some of the Caribbean's best beaches, Barefoot by the Sea's charm and ambience is unmatched. Here, you'll dine on the freshest seafood fare available.




GREAT BEGINNINGS



FRUIT JUICES Orange, apple, pineapple, cranberry, grapefruit juice


PASTRY SELECTIONS Croissants, assorted Danish, muffins

CEREAL Corn Flakes, Frosted Flakes, Raisin Bran, Fruit Loops, Cheerios, Apple Jacks. Regular, low fat or soy milk

BLISS SMOOTHIE BOWL Banana, blueberry yogurt, toasted coconut, slivered almonds, pineapple, kiwi  

STEEL-CUT OATMEAL Brown sugar, golden raisins, almonds   

HONEY GRILLED PINEAPPLE Fire grilled pineapple, rum infused watermelon, mint   

PLANTAIN PORRIDGE Ripe plantain, sweet milk, cinnamon, raisin, toasted almonds  

HOT SIGNATURE DISHES & CLASSICS


JAMAICAN STAMP & GO Saltfish fritters, poached eggs, creamed spinach

PEACH PANCAKES Vanilla scented buttermilk pancakes, roasted peach compote, pancake syrup

HOMEMADE BELGIAN WAFFLES Mixed berry compote 

TOFU SCRAMBLE Premium plant-based Hungry Planet® sausage, breakfast potatoes, baked beans   

ALL AMERICAN BREAKFAST Scrambled or fried eggs, bacon, sausage, crispy hash browns

CARIBBEAN SHRIMP & CRAB OMELET Crabmeat, onions, peppers, mushrooms, pepper Jack cheese, Creole sauce, potato & bell pepper hash 

FRENCH TOAST FINGERS Salted caramel, toasted walnuts, cinnamon-sugar

SIDES

BREAKFAST PORK SAUSAGE, GRILLED HAM, BACON, BAKED BEANS, TOAST, HASH BROWNS



Vegan



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.




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LUNCH MENU

CHILLED CUCUMBER SOUP Grilled shrimp brochette, mint 

GRILLED MAHI MAHI CAESAR SALAD Crisp romaine leaves, marinated grilled mahi mahi fillet, sun dried tomato, citrus relish, herb croutons 

FISH TACOS Seared snapper, roasted corn salsa, pico de gallo, cabbage slaw, flour tortillas, lime 

VEGAN CARIBBEAN COBB SALAD Premium Plant-Based Hungry Planet® jerk chicken, mixed greens, avocado, tomato, onions, cucumber, avocado & coconut dressing   




TCI CONCH SALAD Provo conch, diced onion, cucumber, sweet peppers, Scotch Bonnet peppers, cilantro, lime 

CLUB SANDWICH Chilled chicken salad, apple, bacon, lettuce, tomato, toasted Kaiser bun, mixed greens or fries

PULLED PORK SANDWICH Slow-braised pulled BBQ Pork, pineapple relish, coleslaw, toasted Kaiser bun, fries

FRIED FISH SANDWICH Anchovy aioli, tomatoes, lettuce, fries

HERB ROASTED CHICKEN Fries, coleslaw, pan gravy

VEGAN TACO SALAD Premium Plant-Based Hungry Planet® chili beef, shredded lettuce, avocado, tomato salsa, cilantro, lime, flour tortilla shell   

KIDS

WHOLE WHEAT TUNA MELT
Cucumber Sticks

PENNE PASTA WITH CHICKEN & BROCCOLI

HAM & CHEESE WRAP
Mixed greens salad

DESSERT

DEEP DISH APPLE PIE

WARM CHOCOLATE BROWNIE



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Barefoot

By the Sea

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APPETIZERS

JERK CARROT & GRILLED PINEAPPLE SALAD Slow roasted jerk carrots, sweet pepper relish   

CARIBBEAN SPICED SEAFOOD CHOWDER Lemongrass cream, sourdough bread bowl

CURRY-COCONUT MUSSELS Steamed mussels, curry-coconut broth, crusty bread 


HEIRLOOM TOMATO & HEARTS OF PALM SALAD Sliced red onions, herb vinaigrette   


COCONUT CRUSTED SHRIMP Spicy mango sauce

TCI CONCH FRITTERS Lemon & cracked black pepper aioli


ENTREES

GRILLED MAHI MAHI Crushed sweet potatoes, Bambarra rum infused raisins, crispy okra, cauliflower, coconut-lime milk (*Signature Dish*)

LINE CAUGHT SNAPPER Sautéed snapper, roasted corn & potato succotash, smoked paprika & lime brown butter 

DECONSTRUCTED TUNA NIÇOISE Roasted potatoes, green beans, cherry tomatoes, grilled romaine hearts, poached egg, olive tapenade, citrus-herb vinaigrette 

VEGAN WEST INDIAN VEGETABLE & BEEF CURRY Premium Plant-Based Hungry Planet® Meat, pumpkin, root vegetables, garbanzo beans, curry-coconut sauce, rice   

CHARGRILLED CHICKEN BREAST Root vegetable-bacon-lentil stew, rosemary-Merlot demi-glaze 

SHRIMP SURF & TURF Grilled shrimp kabob, Boston cut strip steak, whipped potato, market vegetables, port wine reduction, cilantro & scotch bonnet relish

KIDS

CELERY & CARROTS WITH RANCH DRESSING

HAM & CHEESE WRAP

PENNE PASTA WITH CHICKEN & BROCCOLI

DESSERT

WHITE CHOCOLATE CHEESE CAKE
Mango, white chocolate crumble

LEMON TART
Raspberry sauce, whipped cream

SUNSET BEACH COCONUT CAKE
Stewed berries, cinnamon tuile



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