

# spices

PAN-CARIBBEAN CUISINE

The islands of the Caribbean have always been known throughout the world for the high quality of their spices. The flavors of nutmeg, mace, cinnamon, cloves and pimento have captivated palates so much over the centuries that many wars have been fought to control their trade. At Spices restaurant, our Caribbean chefs employ liberal doses of native spices to bring forth the diverse flavors of Grenada, The Bahamas, Turks & Caicos, Jamaica, St. Lucia and Antigua, in an exciting à la carte dinner offering.

## Appetizers

### SHRIMP FRITTERS

Spicy remoulade

### CITRUS SEAFOOD SALAD

Shrimp, scallops, calamari, cilantro-lime dressing

### ROASTED PUMPKIN & CARROT SOUP

Coconut cream, fresh thyme, cinnamon croutons

### ISLAND STYLE BAKED CHICKEN WINGS

Cayenne pepper, honey, soy, brown sugar, garlic, ginger, orange juice

### MIXED GARDEN GREENS SALAD

Hearts of palm, tomatoes, red radish, roasted beets, fruit vinaigrette

## Entrées

### VEGAN JERK CHICKEN

Premium plant-based Hungry Planet® chicken, light jerk sauce, pumpkin purée, sweet potato, fruit salsa

### LAMB CURRY

Rich, spicy Caribbean curry sauce, root vegetables, thyme, garlic, steamed rice

### ROASTED FISH FILLET – Signature Dish

Sweet potatoes, sautéed bell peppers, onion, scotch bonnet pepper, cracked sea salt, fresh lemon

### BBQ PORK RIBS

Mashed potato, coleslaw, allspice scented BBQ sauce

### WEST INDIAN VEGETABLE CURRY

Garlic naan bread, steamed basmati rice, mango chutney

### GRILLED CARIBBEAN LOBSTER TAIL

Mashed potato, grilled vegetables, white wine garlic cream sauce

### TAMARIND RUBBED SHRIMP & BEEF KEBAB

Grilled vegetables, mashed potato

## Desserts

### CREAMY PAPAYA CUSTARD

Spiced rum

### BAHAMIAN GUAVA ROLL

Vanilla sauce

### SLICED FRESH ISLAND FRUITS



Vegan



Balanced Lifestyle



Vegetarian



Please consult your server on which dishes can be prepared gluten 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: Exuma's Farmer's Association • Green Leaf Farms