

# Eleanor's

CARIBBEAN CUISINE

**Eleanor's Restaurant is named after an 18th century Scottish noblewoman,** Lady Eleanor MacDougal, who traveled from island to island in the Caribbean in search of a new life after a dramatic fall from grace. Once settled down with a wealthy plantation owner in Jamaica, Lady Eleanor used her collection of exotic Caribbean recipes to create the most lavish banquets Jamaican colonial society had ever seen.

The enchanting, old-world charm of Eleanor's restaurant will captivate you from the moment you walk through the doors. Representing the best in the rich, flavorful fare that the Caribbean is known for, guests come here to relax and enjoy the beauty of the ocean vistas. However, the best of Eleanor's is the zest found in its unique dishes and the eccentric, culinary touches the chefs employ in tribute to Lady Eleanor.

## LIGHTER FARE

### Smoked Salmon

Creamed cheese, onion, capers, tomato

### Cold Cuts & Cheese

Assorted cold cuts & cheese, lettuce, onions

### Granola & Fruit Parfait

### Fresh Fruit Plate

Seasonal tropical fruit

## BREAKFAST SPECIALTIES

### Classic Eggs Benedict

Poached eggs with Canadian bacon, toasted English muffin, Hollandaise sauce

### Tofu Scramble

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

### Daily Jamaican Breakfast

Please ask your server

### Classic French Toast

Banana compote, warm syrup

### Fluffy Pancake

Blueberry compote, maple syrup

### Ackee & Saltfish

Ackee, codfish, sautéed sweet peppers & onion, fried dumplings

### Eggs Your Way

Scrambled, fried, poached or boiled

### Omelette

Choose from the following fillings:

onion | sweet | pepper | tomato | cheese | spinach | mushrooms | shrimp | ham

### Side Orders

hash browns | potato wedges | breakfast sausage | bacon  
baked beans | grilled tomato | sautéed Jamaican greens



Vegetarian

Vegan



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.

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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## APPETIZERS

### Rustic Red Bean Soup

Thyme flavored vegetable broth, root vegetables, coconut milk, red kidney beans

### Island Style Fish Cake

Spicy calypso sauce, zesty coleslaw

### Roasted Beet & Tomato Salad

Greens, shaved coconut, lemon-mint coconut dressing

### Jerk Chicken Satay

Papaya & sweet chili relish

### Saltfish Fritters

Spicy remoulade

### Melon & Fieldgreens Salad

Shaved cantaloupe & honey dew, mint cilantro, mixed greens, feta cheese crumbles, citrus vinaigrette

### Smoked Fish Carpaccio

Organic greens, olives, fried capers, extra virgin olive oil, citrus drizzle

## ENTRÉES

### Grilled Pork Chop

*(Signature Dish)*

Sweet potato mash, mango chutney, market vegetables, cocoa & ginger sauce

### Vegan West Indian Vegetable & Beef Curry

Premium plant-based Hungry Planet® meat, pumpkin, root vegetables, garbanzo beans, curry-coconut sauce, steamed rice

### Shrimp Rundown

Sautéed shrimp, steamed rice, vegetables, scotch bonnet-scented creamy coconut sauce

### Snapper Escoveitch

Pan-fried snapper fillet, spicy pickled vegetables, bammy

### Curried Mutton

Root vegetables, rich curry sauce, steamed white rice

### Vegan Jerk Chicken

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

### Surf & Turf

Chargrilled beef tenderloin steak, garlic-herb butter broiled shrimp skewer, sweet potato mash, market vegetables, grilled tomato, Appleton rum infused jerk sauce

### Allspice Chargrilled Chicken Breast

Root vegetable & lentil stew, fried plantains, thyme jus

## DESSERTS

### Pumpkin Bavaois

Pumpkin cream, coconut cake, carrot jelly, nutmeg sauce

### White Chocolate Coconut Mousse

Mango mint salad, flaked toffee almonds

### Banana Chocolate Pave


Chocolate biscuit crumb, chocolate-caramel-banana mousse, almond crisp


### Pineapple & Coconut Cheesecake


Sugar cane soil crumble, vanilla cream

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