

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. 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

ISLAND FISH CAKE

Cho cho slaw, citrus-herb dressing, zesty fruit salsa

JERK CHICKEN FLAT BREAD

Papaya relish, arugula, jerk BBQ sauce, smoked Gouda cheese, herb oil

GREEN FIG & CODFISH SALAD

Boiled green banana, codfish, mayonnaise, onion, pepper, island spices

COCONUT SHRIMP

Spicy mango remoulade

RUSTIC RED BEAN SOUP

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

SHRIMP & PINEAPPLE CEVICHE

Peppers, onion, citrus juice, passion fruit, crispy plantain

ROOTS, FRUIT & LEAVES

Red radish, tropical fruit, mixed greens, light citrus dressing

Entrées

BLUE MOUNTAIN COFFEE DUSTED STRIP LOIN

Roasted pumpkin, sweet potato mash, Appleton rum infused Jerk saucee

SNAPPER ESCOVEITCH

Pan-fried snapper fillet, spicy pickled vegetables, plantain tostones

SHRIMP RUNDOWN

Sautéed jumbo shrimp, steamed rice pilaf, vegetables, Scotch Bonnet scented creamy coconut sauce

MUTTON CURRY - *Signature Dish*

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

SLOW-BRAISED PORK SHOULDER

Root vegetables, rice & peas, Scotch Bonnet flavored gravy, spinner dumplings

VEGETARIAN ROTI

Seasonal vegetables, steamed white rice, mango chutney, toasted coconut flakes

GRILLED CHICKEN SUPREME

Mashed potato, sautéed vegetables, plantain crisp, thyme infused jus

Desserts

COCONUT CREAM PIE


Coconut caramel cream, marinated diced pineapple

PUMPKIN CHEESECAKE


Hint of nutmeg, papaya compote


SWEET BREADFRUIT PUDDING

Ginger spiced sweet breadfruit pudding, ice cream, tropical fruit coulis

 **Balanced Lifestyle**
These dishes offer healthier preparations and lower calorie counts

 **Vegetarian**

 **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.