



With traditional grilled delights such as fish and burgers, the Mariner Seaside Bar & Grill offers the perfect atmosphere for people to enjoy a great midday snack or pre-dinner nibble, or congregate to delight in the gentle ocean breezes over their favorite island cocktail.

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## SALADS, SOUP & FLATBREAD

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### House Salad

Organic greens, cherry tomatoes, radish, balsamic vinaigrette

### Romaine & Arugula Caesar

House made dressing, parmesan croutons (also available with grilled chicken scaloppini or garlic shrimp)

### Semidried Tomato Flatbread

Mozzarella, Parmesan, basil (also available with pepperoni)

### Pesto Chicken & Fresh Mozzarella Flatbread

Balsamic sautéed onions, grilled peppers, arugula

### Sausage & Lentil Soup

Hearty lentil soup, Italian fennel sausage

### Seafood Flatbread

Tomato sauce, shrimp, bay scallops, mussels, crushed chili, basil olive oil

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## ENTREES

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### Penne Alfredo

Al dente penne pasta, cream, Parmesan cheese, ground black pepper (also available with pan-seared herb marinated snapper fillet or grilled chicken breast)

### Garlic Shrimp Pasta

Sautéed shrimp, garlic butter, spinach, cherry tomatoes, spaghetti

### Baked Lasagna

Layered pasta, pomodoro sauce, meat ragoût, ricotta, mozzarella cheese

### Chargrilled Striploin Steak

Marinated & grilled vegetables, rosemary potato, Barolo-beef reduction

### Chicken Scaloppini

Chicken breast, artichokes, mushrooms, capers, bacon, lemon butter, spaghetti


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## DESSERT


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### Panna Cotta

Traditional silky Italian vanilla cream, choice of passion fruit purée or strawberry coulis, mint

 **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.

 **Vegetarian**

\*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.