

Barefoot

By the Sea

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.

GREEK SALAD

Fresh garden greens, diced tomatoes, cucumber, onion, olives, feta cheese, pita bread with garlic-herb drizzle
- Also available with *grilled shrimp brochette*

CAESAR SALAD

Plain, shrimp or chicken, herb croutons, parmesan cheese, caesar dressing

GRILLED FISH SOFT SHELL TACO

Corn salsa, sour cream, guacamole, cilantro-lime vinaigrette

COBB SALAD

Mixed greens, blue cheese, tomato, turkey, egg, bacon, avocado, ranch or blue cheese dressing

SOUP & SANDWICH

Bahamian conch chowder, grilled ham & cheese sandwich

The following entrées are served with your choice of fries and/or coleslaw.

SWEET CHILI CHICKEN BITES

Crispy fried chicken breast, sweet chili sauce

QUESADILLA

Jerk chicken or plain cheese, guacamole, sour cream

PREMIUM PLANT-BASED HUNGRY PLANET® BURGER

Toasted bun, lettuce, tomato, onion, dill pickles, tomato chutney, French fries

PULLED PORK SANDWICH

Tender roasted pork, toasted bun, BBQ sauce

FISH SANDWICH


Breaded fish fillet, tartar sauce


CLASSIC BEEF BURGER


Sautéed onions, bacon, and your choice of Swiss, American or Provolone cheese

 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

LOBSTER BISQUE

Spiced cheese grissini, lemon crème fraîche

SEASONAL GREENS

Kalamata olives, cucumbers, marinated tomatoes, Champagne vinaigrette

GOLDEN FRIED CALAMARI

Garlic aioli

BEEFSTEAK TOMATOES

Blue cheese crumbles, shaved purple onion, buttermilk dressing

SEAFOOD RILLETTES

Smoked seafood spread (salmon-marlin-trout), garlic crostini

ROASTED PUMPKIN & BEET ROOT

Sweet onion & peppers, green leaves, lemon-extra virgin olive oil dressing

FISH & SEAFOOD CEVICHE

Fresh whitefish, shrimp, scallops, mango, red onion, bell peppers, Scotch Bonnet pepper, cilantro, lime

ENTRÉES

PEPPERED REEF SHRIMP

Signature Dish

Bell pepper, onion, garlic, thyme, steamed rice, Scotch Bonnet sauce

CARIBBEAN GROUPEL

Sautéed market vegetables, lemon-caper beurre blanc, steamed rice

VEGETABLE ALFREDO

Penne pasta, broccoli, bell pepper, mushrooms, green peas, garlic-soy-cashew nut cream, truffle oil

OVEN BAKED STUFFED ZUCHINI

Premium plant-based Hungry Planet® plant based chorizo meat sauce, pine nuts, dried apricot, roasted tomato & red pepper coulis, herb oil drizzle

SHRIMP SURF & TURF

Chargrilled Boston cut New York Strip Steak, garlic & herb buttered shrimp, sautéed market vegetables, mashed potatoes, red wine demi-glace

CHARGRILLED CHICKEN BREAST

Root vegetable-bacon-lentil stew, red wine demi-glace

SEAFOOD YOUR WAY

SEAFOOD

Grilled Mahi Mahi Fillet
Pan-Fried Snapper Fillet
Seared Tuna Steak
Sautéed Shrimp

ACCOMPANIMENTS

Mashed Potato
Steamed Jasmine Rice
Lentil Stew
Roasted Potatoes
Chef's Choice of Vegetables

SAUCES

Teriyaki Glaze
Sauce Provençal
Lemon-Caper Beurre Blanc
Lemongrass-Coconut Cream Sauce

DESSERTS

CHOCOLATE BROWNIE

Chocolate sauce, toasted pecans

WARM EXUMA RUM CAKE

Warm caramel sauce, vanilla ice cream

NEW YORK STYLE CHEESE CAKE

Vanilla rum sauce, fresh fruit coulis



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