

I L C I E L O



Il Cielo means Heaven, or Paradise, in Italian, an apt description of the ultimate dining experience this restaurant offers. Heavenly Tuscan specialties like are delivered by white-gloved servers in an elegant atmosphere with expansive views of Emerald Bay.

GREAT BEGINNINGS

Fruit Juice

Orange, pineapple, passion fruit, grapefruit or local fruit juice of the day

Yogurt

Sweetened or plain

Cereal

Corn Flakes, Frosted Flakes, Raisin, Bran or All Bran cereal. Regular, low fat or soy milk

Seasonal Fruit Plate

Vanilla yogurt sauce

Pastry Basket

Croissants, assorted Danish, muffins

Steel Cut Oatmeal

Brown sugar, dried cranberries, almonds

HOT SIGNATURE DISHES

Smoked Salmon Benedict

Smoked salmon, cured bacon, crispy hash browns

Tofu Scramble

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

Freshly Baked Waffle

Tropical fruit stew, bourbon maple syrup

Fluffy Pancake

Blueberry compote, whipped butter, warm maple syrup

CLASSICS

Two Eggs Any Style

Crispy hash browns and choice of bacon, ham or sausage

Steak & Eggs

Strip steak, two eggs, crispy hash browns

Classic Eggs Benedict

Grilled ham, Hollandaise sauce, paprika dust

Crunchy Banana French Toast

Braised bananas, warm rum syrup

Open Face Omelets

Made-to-order with your choice of shrimp, ham, onions, tomatoes, mushrooms, sweet peppers, spinach, cheddar, feta or pepper jack cheese

Vegetable Omelet

Made-to-order with your choice of onions, tomatoes, mushrooms, peppers, spinach, cheddar or pepper jack cheese

Salmon Bagel

Hickory smoked salmon, capers, creamed cheese

SIDES

Breakfast Pork Sausage

Bacon

Grilled Ham


Toast


Baked Beans


Hash Browns

 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: Exuma's Farmer's Association • Green Leaf Farms



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ANTIPASTI | Appetizers

Insalata Caprese

Marinated slices of fresh mozzarella, vine-ripened tomato, extra virgin olive oil, arugula, fresh basil

Prosciutto e Melone

Cured Italian ham, sliced cantaloupe

Insalata di Cesare

Romaine lettuce, herbed croutons, shaved Parmesan cheese, creamy Caesar dressing

Zuppa di Pepperoni et Pomodoro Arrostiti

Fire-roasted tomato and pepper soup, truffle oil drizzle

Insalata di Mare

Shrimp, scallops, white fish, black mussels, lemon and olive oil

Grilled Tuscan Vegetable Salad

Romaine lettuce, grilled pepper, onion, zucchini, stuffed olives, extra Virgin olive oil, aged balsamic

Risotto del Giorno

Ask your server for today's preparation; also available as a main course

SPECIALITÀ TOSCANE | Tuscan Specialties

Antipasti

Grilled marinated vegetables, gorgonzola, cured meats, olives

Lasagne Tipiche - *Signature Dish*

Bolognese sauce, cream, Parmesan, mozzarella

-or-

Cacciucco


Tuscan seafood stew –calamari, mussels, shrimp, white fish fillet, tomatoes, white wine, onion, leeks, garlic, red chili flakes, grilled garlic bread


Tiramisù


Traditional Italian sponge, espresso coffee, Marsala wine, mascarpone, fresh cream zabaglione

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PIATTI PRINCIPALI | Main Courses

Linguine Alfredo

Linguine pasta, light cream sauce, fresh ground pepper, Parmesan

Pollo alla Parmigiana

Breaded chicken breast, mozzarella, spaghetti, tomato sauce

Penne all'Arrabbiata

Penne pasta, spicy marinara sauce

Vegan Spaghetti Bolognese

Spaghetti pasta, premium plant-based Hungry Planet® tomato-meat sauce, fresh herbs

Controfiletto di Manzo Grigliato

Beef strip loin, grilled vegetables, mushrooms, rosemary potatoes, Barolo demi-glace

Fettucine allo Scoglio

Shrimp, scallops, squid, mussels, cherry tomatoes, hot pepper, white wine garlic-herb sauce

Filetto di Salmone

Grilled salmon fillet, citrus beurre blanc, tomato chutney, mashed potato, asparagus

DOLCI | Desserts

Zuppa Inglese

Layers of Italian custard, Brandy infused fruits, traditional crisp cocoa cookie

Panna Cotta ai Frutti Freschi


Classic Italian dessert made of milk and cream flavored with vanilla, diced seasonal fruits


Torta di Ricotta e Pere


Pear tart, Marsala, mascarpone cheese, espresso sauce

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