

The Spa at Sandy Lane

APPETIZERS

Caesar Salad 🥕	57
<i>Romaine Lettuce, Croutons, Egg, White Anchovies, Parmesan Dressing</i>	
<i>Chicken / Shrimp</i>	77/87
Mezze Platter 🥕	57
<i>Hummus, Baba Ganoush, Tzatziki, Marinated Olives, Whole Wheat Pita Bread</i>	
Chilled Tomato and Watermelon Gazpacho 🥕	52
<i>Mint and Cucumber Salad, Compressed Watermelon</i>	
Hot Smoked Salmon	67
<i>Baby Spinach, Belgium Endives, Grilled Artichokes, Citrus Vinaigrette, Active Charcoal Tuile</i>	

SUSHI

Served with Pickled Ginger, Wakame, Soy Sauce & Wasabi

Norimaki – California / Vegetable 🥕 / Spicy Tuna / Salmon and Avocado	57
Sashimi - Salmon / Tuna / Yellow Tail	67
Nigiri – Salmon / Tuna / Ebi	67

SANDWICHES

Our sandwiches are served with Mixed Leaves or Sweet Potato Fries

Sandy Lane Burger	77
<i>8oz Grilled Black Angus Beef Burger, Lettuce, Tomato, Tomato Relish, Onion, Cheddar Cheese</i>	
Super Food Sandwich 🥕	67
<i>Organic Beet, Avocado, Mozzarella, Vine Ripe Tomato, Sprouts, Edamame Spread, Super Grain Bread</i>	
Blackened Mahi Mahi Cutter	87
<i>Bajan Pepper Mayonnaise, Caramelized Onion, Focaccia Bread</i>	
Falafel Wrap 🥕	57
<i>Hummus, Baby Gem, Tomatoes, Sumac Marinated Onion, Arabic Pickle Vegetables, Tarator Sauce</i>	
Kosher Hot Dog	57
<i>Homemade Relish, Sauerkraut, Grilled Onions</i>	
Char Grilled Aioli Chicken Wrap	72
<i>Cos Lettuce, Plum Tomatoes, Avocado, Mint, Garlic Aioli</i>	

GRILL

Our Grills are served with Mixed Leaves or French Fries

10oz Choice Certified Black Angus Beef Strip Loin	174
<i>Peppercorn Sauce</i>	
New Zealand Lamb Chops	154
<i>Mint Sauce</i>	
Catch of the Day	118
<i>Asparagus, Tomato Basil, Sauce Vierge</i>	




🥕 Vegetarian **N** Contains Nuts

Prices are listed in Barbados dollars, inclusive of 7.5% Value Added Tax, 2.5% Product Development Levy Tax and subject to 10% Service Charge.

Smoking is not permitted in the Spa Café.

HEALTHY LIFESTYLE CUISINE

APPETIZERS

Avocado and Grapefruit Tartar 	62
<i>Lemon Dressing, Mixed Leaves, Cucumber, Tomato, Carrots</i>	
Crab Salad	77
<i>Buck Wheat Noodles, Parsley, Sesame Seeds, Soy Dressing</i>	
Seared Local Tuna	72
<i>Quinoa and Lentils with Orange Lemon Grass Reduction</i>	
Steamed Edamame 	47
<i>Smoked Sea Salt</i>	
Superfood Salad 	62
<i>Avocado, Quinoa, Lentils, Cucumber, Broccoli, Feta, Mint, Toasted Sunflower Seeds, Nori Crisp</i>	

MAIN COURSE

Steamed Chilean Sea Bass	180
<i>Asian Greens, Soy, Ginger and Lemongrass Broth</i>	
Chili Garlic Prawns	128
<i>Tabbouleh, Cherry Tomato, Mint Tzatziki, Sweet Potato Crisps</i>	
Chicken Satay ^N	128
<i>Egg Fried Rice, Asian Green Kimchi, Crispy Kale Chips, Peanut Sauce</i>	

DESSERT

Gluten Free Marble Chocolate Cake	41
<i>White Chocolate Lemon Soup, Yoghurt Sorbet</i>	
Soya Panna Cotta	41
<i>Exotic Fruits Etuvée</i>	
Marinated Mixed Berries and Raspberry Coulis	41
<i>Almond Milk Charcoal Ice Cream</i>	
70% Dark Chocolate and Tofu Mousse	41
<i>Mint Jelly</i>	
Marble Blueberry Cheesecake	41
<i>Blueberry Compote, Vanilla Ice Cream</i>	

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