









SPA CAFÉ & POOL

APPETISERS

Caesar Salad 	80
<i>Romaine Hearts, White Anchovies, Egg, Parmesan Vinaigrette</i>	
<i>Chicken / Prawns</i>	90 / 100
Chicken & Cilantro	80
<i>Buckwheat Soba Noodle, Red Onion, Plum Tomatoes, Honey Lime Dressing</i>	
Organic Superfood Salad  	75
<i>Island Avocado & Pomegranate, Organic Quinoa, Lentils, Cucumber, Broccoli, Feta, Sunflower Seeds, Nori Crisp</i>	
Chilled Tomato Gazpacho 	50
<i>Mint and Cucumber Salad, Croutons, Extra Virgin Olive Oil</i>	

SUSHI







Served with Pickled Ginger, Wakame, Soy Sauce & Wasabi

Vegetable Futomaki  	65
<i>Island Grown Asparagus and Avocado, Cucumber, Kanpyo, Spicy Mayo</i>	
Salmon Sumo Crunch	100
<i>Crispy Salmon, Cream Cheese, Avocado, Cucumber</i>	
Rainbow 	100
<i>Crab, Avocado, Tuna, Salmon, Mango Mayo, Tobiko</i>	
Yellowfin Tuna Inferno  	100
<i>Spicy Tuna Salad, Avocado, Cucumber, Flying Fish Roe</i>	
Sashimi - <i>Scottish Salmon / Yellowfin Tuna</i>	70
Nigiri – <i>Salmon / Yellowfin Tuna</i> 	70

SANDWICHES

Our Sandwiches are served with Organic Salad or French Fries

Sandy Lane Beef Burger	90
<i>8oz Grilled Black Angus Beef Burger Patty, Lettuce, Tomato, Onion, Cucumber Pickle, Cheddar Cheese</i>	
All Plant Based “Beyond” Burger 	90
<i>8oz Grilled Burger Patty, Lettuce, Tomato, Onion, Cucumber Pickle, Cheddar Cheese</i>	
Crispy Soft Shell Crab	105
<i>Tangy Chili Mayo, Red Cabbage and Green Apple Slaw, Charcoal Bun</i>	
Falafel Gyros 	80
<i>Pickled Vegetables, Sumac Tomatoes, Pita, Hummus, Feta, Mint Greek Yoghurt</i>	
Bacon & Mushroom Panini	85
<i>Fresh Mozzarella, Tomatoes, Homemade Relish</i>	
Char-Grilled Aioli Chicken Wrap	85
<i>Cos Lettuce, Plum Tomatoes, Avocado, Mint, Garlic Aioli</i>	

 Vegetarian  Vegan  Contains Nuts  Gluten Free  Dairy Free  Spicy  Sustainable
Prices are listed in Barbados dollars, inclusive of 10 % Value Added Tax, 2.5% Product Development Levy Tax and are subject to 10% Service Charge. Smoking is not permitted in the Spa Café



MAINS



Crispy Cod Bites	115
<i>Banks Beer Battered Cod, French Fries, Tartar Sauce, Malt Vinegar</i>	
Black Angus Steak Fajita Bowl	130
<i>Lemon Rice, Grilled Peppers, Avocado, Pico de Gallo, Sour Cream, Crudit�</i>	
Local Catch Blackened Barracuda 	125
<i>Charred Asparagus, Peppers and Zucchini, Lemon, Tomato and Cilantro Relish</i>	
Mushroom Tortellini 	95
<i>Porcini Emulsion, English Peas, Tomatoes, Shaved Parmesan</i>	

HEALTHY LIFESTYLE CUISINE

APPETISERS

Island Avocado & Grapefruit Tartare  	80
<i>Lemon Dressing, Mixed Micro Leaves, Cucumber, Cherry Tomato</i>	
Smoked Mackerel	75
<i>Endive and Granny Smith Salad, Pickled Shallots, Mustard Dill Vinaigrette</i>	
Yellowfin Tuna Tataki 	80
<i>Tropical Pineapple Salad, Homemade Tamarind Gel, Lime Caviar, Sesame Ginger Dressing</i>	

MAIN COURSES

Chili Turmeric Prawns	125
<i>Barley, Asparagus, Pickled Tomato, Charred Onion, Lemon</i>	
Banana Leaf Wrapped Steamed Salmon	125
<i>Lemon Spice Marinade, Broccoli, Haricot Vert, Wild Rice</i>	
Zucchini Zoodles  	90
<i>Cherry Tomato, Garlic, Basil Pesto</i>	
<i>With Prawns</i>	125

DESSERTS

Avocado Chocolate Pudding  	50
<i>Coconut Foam, Almond and Oatmeal Sponge, Raspberry Gel</i>	
Symphony of Melon, Lemon Jelly  	50
<i>Cantaloupe, Honeyden, Watermelon, Soy Yoghurt Cr�meux</i>	
Blueberry Crumble Pie 	50
<i>Sweet Crust, Fresh Blueberries, Almond Cream, Crumble, Vanilla Ice Cream</i>	
Passion & Raspberry Cheesecake	50
<i>Fruit Cr�meux, Jelly, Raspberry Coulis, Meringue Sticks</i>	

