




SPA CAFÉ & POOL

APPETISERS

Caesar Salad 	80
<i>Romaine Hearts, White Anchovies, Egg, Parmesan Vinaigrette, Croutons</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 & Avocado    	75
<i>Asparagus, Cucumber, Spicy Mayo</i>	
Crispy Salmon 	100
<i>Salmon, Avocado, Cucumber, Unagi Sauce</i>	
“SL Roll” 	125
<i>Maine Lobster Claw, Fresh Mango, Avocado, Cucumber, Salmon Roe</i>	
Tuna Inferno   	100
<i>Spicy Tuna Salad, Cucumber, Flying Fish Roe</i>	
Sashimi  <i>Salmon / Tuna</i>  Nigiri  <i>Salmon / Tuna</i> 	80

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>Lettuce, Plum Tomatoes, Avocado, Mint, Garlic Aioli</i>	

 Gluten Free  Dairy Free  Spicy  Vegetarian  Vegan  Contains Nuts  Sustainable

All 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



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 Ravioli 	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, 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

Lemon Posset 	35
<i>Chilled Lemon Cr�meux</i>	
Blueberry Chia Seed Pudding 	40
<i>Vanilla Yoghurt, Maple Syrup, Chia Seeds, Blueberry Zero Added Sugar</i>	
100% Fruit Popsicle 	20
<i>Watermelon, Kiwi, Greek Yoghurt & Blueberry Popsicle</i>	
Chocolate Mousse 	40
<i>Coconut & Passion Fruit</i>	