

Dinner Menu

Chef's Cover; Bread, butter, chef's daily speciality. 3.25

Starters

Soup of the day; Sliced ciabata. 4.00

Portuguese Fish & Seafood Soup 7.50

Trio of Brushettas; Smoked Salmon & honey mustard sauce 11.50
Squid & "Bloody Mary" sauce
Garlic & Tarragon Mushrooms

Mildly Spiced Fishcakes; mint yoghurt sauce 8.50

Ecuadorian Ceviche; prawn, octopus, mixed peppers 10.50

Clams "Bulhão Pato"; Garlic, white wine, coriander. 16.50

Sandbanks Classic Prawn Cocktail 11.50

Chef's Scallops; on black pudding, caramelised apple & creamed pesto. 16.50

Sandbanks Tropical Crab Salad; mango, avocado 14.50

Sandbanks Special Prawns; Tiger Prawns (2 units 10/15) in olive oil, butter, garlic, ginger, coriander, orange & lime zest. 19.50

Fish & Seafood

Prawn Linguini; Lemon, Coriander, fresh chilli 18.50

Sandbanks Fish & Seafood Pie; Mashed potato & steamed vegetables. 18.00

Monkfish & Prawn Rice; 25.00 (1 pax)

Fillet of Turbot; buttered mash, clams, Mediterranean tomato sauce. 26.50

Grilled Salmon Fillet; asparagus & wild rice & mango chutney. 24.50

Grilled Squid; garlic herb potatoes & steamed vegetables. 22.50

Sandbanks Ocean Trio; Octopus, Clams, Prawns (16/20), sweet potato & steamed vegetables 27.00

Fillet of Seabass; garlic herb potatoes & steamed vegetables. 29.50

Fish & seafood from our display

Grilled Seabass 24.00 **Grilled Seabream** 24.00

Please ask your waiter for our daily selection of fish sold by €kg

All our grilled fish is served with garlic herb potatoes & a selection of steamed vegetables

Shellfish

All of our Shellfish is sold by the Kg Discounts are not applicable on all Shellfish

Our crabs & lobsters are from our live aquarium. Our live shellfish may take 30-45 minutes to prepare.

Tiger Prawns, Fresh Crab, Oysters (pre-order)

Grilled Lobster, Lobster Thermidor

Pre-order your own selection & size of fresh fish or seafood for that extra special Lunch.

Please ask your waiter to make your reservation. 24hrs notice required.

Sandbanks Seasonal Specials

Cataplana Â Algarve; Portuguese seafood stew. 65.00

Roast Octopus; smashed roast new potatoes & carrots 52.00

Sandbanks Special Prawns; Tiger Prawns (4 units 10/15) in olive oil, butter, garlic, ginger, coriander, orange & lime zest with African rice*. 39.00

The following dishes are subject to availability and we highly recommend that you pre-order to avoid disappointment.

(These dishes may take up to 1hr preparation time.)

Fresh Seabass or Golden Bream (€kg)

Choose your cooking preference:

Grilled

or

Salt oven Baked

(served with garlic & herb roasted new potatoes & steamed vegetables)

or

Baked in the oven

(with roasted new potatoes, garlic, white wine, peppers, onions & coriander)

Meat

Lamb Cutlets; Potato gratin, red wine jus & mint sauce 27.50

Fillet Steak; fries, red wine sauce 29.00
Add a prawn (10/15) 8.00

Duck Confit; ginger sauce, gratin potato, sautéed Asian vegetables. 23.50

Grilled Chicken Escalope; served with wild rice, steamed vegetables
and a garlic & herb butter 16.50

Vegetarian Dishes

Chargrilled vegetables; Herbed cheese, toasted almonds. 13.50

Sides

Buttered Mash 3.50

**Garlic & herb roasted new
potatoes** 3.50

Fries 3.50

***African Rice** 4.50

Basmati Rice 3.50

Wild Rice 4.00

Potato Gratin 4.00

Mixed Salad 5.00

Tomato & Onion Salad 4.00

Selection of Steamed Vegetables 4.00

*Some of our dishes contain nuts & wheat ** Some of our filleted fish may contain bones
Tax included at current rate. Service not included. We regret to inform you we do not accept AMEX
No dish, food product or drink including cover may be charged if not requested by the customer
Even if it has been consumed.



Reservations Tel: 289 398 429 or 289 353 424
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