

Lunch Menu

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

Extra bread 0.50

Starters

Soup of the day; Sliced ciabata. 4.00

Portuguese Fish & Seafood Soup. 7.50

Cherry Tomato, Chilli & Avocado Bruschetta. 8.00

Prawn Bruschetta; Mildly spiced, garlic, cherry tomato & coriander. 9.00

Sandbanks Classic Prawn Cocktail. 11.50

Prawns A' Guilho; Olive oil, garlic, coriander. 13.00

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

Fish & Seafood

Grilled Squid; Garlic herb potatoes, vegetables. 21.50

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

Prawn Linguini; Lime, coriander, ginger, fresh chilli. 18.50

Monkfish & Prawn Rice. 25.00

Cataplana Â Algarve; Portuguese seafood stew. 65.00 (2 pax)

Grilled Fish & Seafood

From the fish display

Salmon 20.00 **Seabream** 24.00 **Seabass** 24.00

Please ask your waiter for our selection of daily fresh fish & Seafood 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 available on Shellfish)

Tiger Prawns, **Fresh Crab,** **Grilled Lobster,** **Lobster Thermidor**

Why not 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.

Our Fresh fish is subject to availability.

*Some of our dishes contain nuts ** Some of our filleted fish may contain bones

Main dishes

Spicy green curry; Vegetable ✓ 13.50 **Chicken** 16.50 **Prawn** 17.50 **Basmati rice!**

Grilled Chicken (Piri Piri or Plain); fries. 13.50

Homemade Chicken Burger; Pineapple, rocket, mustard honey sauce, sesame bun, fries. 12.00

Sandbanks Burger; Cheese, bacon, sautéed onion, lettuce, tomato, sesame bun, fries. 14.50

Breaded Scampi; fries, tartar sauce. 12.50

Chargrilled vegetables; Herbed cheese, toasted almonds. 12.50 ✓

Salads

Salad Caprese; Tomato, mozzarella, basil. 9.50 ✓

Niçoise; Tuna, lettuce, red onion, cherry tomato, green beans, egg, new potato, Pepper stuffed olives. 11.50

Chicken Caesar; Bacon, mixed salad leaves, croutons, parmesan shavings, Caesar dressing. 12.00

Sweet Chilli & Ginger Prawns, Asian salad. 12.50

Sandbanks; Prawns, chicken, bacon, mozzarella, pineapple, egg, mixed salad leaves, cucumber, tomato & cocktail sauce. 14.50

Fresh Seared Tuna, Asian salad. 16.50

Sides

Fries 3.50

Basmati Rice 3.50

***African Rice** 4.50

Tomato & Onion Salad 4.00

Asian Salad 4.50

Mixed Salad 5.00

✓ Vegetarian options

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

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www.facebook.com/sandbanksvdl

Wifi Password: sandbanks1234

