

Each dish is carefully prepared for you, based on traditional recipes and the best ingredients around. We take great care to ensure that our menu is as varied as it is exciting and look to offer something special to meat-eaters and vegetarians alike. The large garden is ideal for those balmy evenings and seats up to 50, while our cosy interior is a stylish oasis ideal for romantic couples or fun-loving parties.

Please note we do arabian night every last Thursday of the month with live belly dancing.

Arabian night has become a particular favorite with regular customers.

For a grand total of £16.95 per person you can enjoy a delicious 3 course meal with coffee to follow. Available on the final Thursday of each month, Arabian night also features the exotic delights of our resident belly dancer and, for those who enjoy an authentic feel to their meal, a luxurious smoke of the shisha is served in the garden. Our excellent reputation is based on a philosophy that eating out should not only mean great food, but should also be fun and informal with an opportunity to make new friends along the way. Why not widen your experience and your expectations and give us a try? An evening at Sands will always be an evening to remember.

It is great fun and very popular so please make sure you book in advance to avoid disappointment.

We cater for outdoor parties as well. Kindly call the restaurant for more details.

Sands Lebanese Bar & Restaurant

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E-mail: [info@sandsrestaurant.co.uk](mailto:info@sandsrestaurant.co.uk)

Web: [www.sandsrestaurant.co.uk](http://www.sandsrestaurant.co.uk)

Sands Restaurant  
95 Queens Road, Bristol  
BS8 1LW

## MEZZA MEALS

### MEZZA for 2)

(£18.95 Per Person)

Al Raheb  
Fattoush  
Hommos  
Falafel  
Jawanih Bil Toom  
Araidis  
+  
Mixed Grill  
(Shish Taouk, Kafta and  
Lahem Meshwi)

### "SANDS" MEZZA Min 4

(£18.95 Per Person)

Hommos  
Baba Ghanouge  
Moussaa'at Badhinjan  
Warak Inab  
Fattoush  
Falafel  
Arayes  
Araidis  
Jawanih Bil Toom  
Sujiq  
+ Mixed Grill  
(Shish Taouk, Kafta & Lahem Meshwi)  
+ Lebanese Sweets

### MEZZA For 3

(£18.95 Per Person)

Hommos  
Baba Ghanouge  
Warak Inab  
Fattoush  
Falafel  
Jawanih Bil Toom  
Arayes  
Batata Harra  
+  
Mixed Grill  
(Shish Taouk, Kafta &  
Lahem Meshwi)

### VEG. MEZZA Min 2

(£17.95 Per Person)

Hommos  
Al Raheb  
Tabouleh  
Falafel  
Fatayer Sebanikh  
Batata Harra  
+  
Sheikh El Mahshi



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10% Service Charge



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## COLD MEZZA

### Hommos v

Pureed chick peas with sesame extract, lemon juice and garlic olive oil

£3.95

### Hommos Beirut v

Pureed chick peas with parsley and chilli pepper

£4.25

### Baba Ghanouch (Moutable) v

Grilled aubergine with sesame extract, olive oil, lemon juice

£4.95

### Muhamara v

Mixed Nuts crushed with chilli and spices

£5.25

### Tabouleh v

Parsley salad, tomatoes, onions, mint, crushed wheat, lemon juice and olive oil

£4.95

### Loubieh v

French beans cooked in olive oil, tomatoes, onions and garlic

£4.75

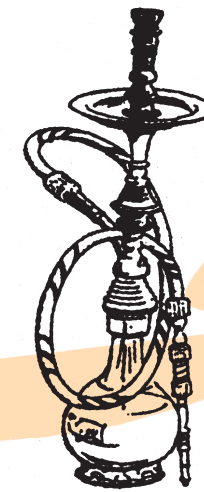
### Warak Inab v

Vine leaves stuffed with rice, herbs and spices

£4.75

### Shisha £8.00

smoking water pipe (tobacco with honey and fruits)



Weather Permitting

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## LEBANESE SWEETS

(All items £3.95 each)

### Ataif

Mini pancakes filled with Ishta (special Lebanese cream made with Rose water)

### Baklawa

Pastry layers filled with pistachio & walnut

### Usmalia

Ishta (special Lebanese cream) sandwiched in pastry baked shredded pastry filled with Lebanese cream

### Mahalabia

Lebanese White Mousse with a touch of rose water

### Lebanese Ice Cream

Made from double cream with saffron & rose water and pistachio nuts

### Znoud Il Sit

Filo Pastry filled with Ishta (special Lebanese cream) served warm, covered with syrup and pistachio

### Lemon Sorbet

### Mixed Lebanese Sweets

Ataif, Baklawa & Usmalia (@£3.50 - Per Person Min 2 People)

sweets may contain nuts

### Batinjan bil laban v

Fried aubergine with yoghurt

### Labneh v

Lebanese yoghurt

### Fattoush v

Mixed salad with herbs, toasted Lebanese bread with special sands dressing

### Mujadarah v

Seasoned lentils and rice

### Al Raheb v

Grilled aubergine, parsley, tomato, mint, onion with olive oil dressing

### Moussaa'at Batinjan v

Baked aubergines with chick peas, tomatoes and spices

### Laban Bi-Khyar v

Yoghurt with cucumber and garlic

£4.95

£3.75

£4.25

£4.75

£4.95

£4.95

£3.95

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## HOT MEZZA

### Falafel v

Mixture of ground chick peas, broad beans tossed in spices (deep-fried) served with tahini sauce

£4.95

### Foulmedamas v

Broad beans cooked in lemon juice and olive oil

£4.75

### Kibbeh

Crushed wheat paste stuffed with minced lamb, onions, pine nuts, deep fried

£5.75

### Jawanih Bil Toom

Grilled chicken wings in garlic and coriander sauce

£4.95

### Laham Bil Ajine

Minced lamb, onions and tomatoes in pastry

£4.95

### Kellaj

Baked Lebanese bread topped with halloumi cheese

£4.75

### Arayes

Minced lamb with parsley, grilled in Lebanese bread

£4.95

## LEBANESE Rose Wine

### 15 Kefraya Rose

This Rosé presents a delightfully sustained pink colour with an orange high - quality bouquet. Features both floral and fruity aromas it is pleasant and beautifully matured. The nose is rich and fresh with red fruit aromas.

Btl £18.50

## Champagne

### Moet & Chandon

Excellent Moet Champagne of superior Quality

Btl £39.95



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## LEBANESE RED WINES

8. **Nakad Red** 175ml Glass £4.25 Btl £13.95  
This strong wine reveals a sparkling garnetred robe and a very pleasant smell. Round with a fine bouquet well balanced this red wine is very easy to drink
9. **Chateau Massaya Classic Red** Btl £15.95  
Made from Cinsault and Carignan the wine is nice red robe. Fruity smell with red fruit aromas. It will blend perfectly with all our food.
10. **Wardy Merlot** Btl £17.95  
It is an exceptional red wine with an expressive aroma evoking red ripe Fruits and soft spices.
11. **St Thomas Les Emirs** Btl £21.95  
An opaque dark purple colour, preceded by a complex aroma of black fruit Jam tobacco cedar and a spicy mineral note full - bodied creamy with well Melted tannins.
12. **Hochar Pere et fils Rouge** Btl £24.95  
The nose is aromatic, fragrant, warm and mellow and it prepares the palate for Fruits of cherries, strawberries and red currants. The palate is indeed full of these Summer red berry fruits and combined with soft tannins.
13. **Chateau Kefraya 2002** Btl £29.95  
A dark colour a concentrated thoroughbred and complex bouquet a full - bodied and rich taste as well as a solid tannic structure endow this wine with a charming and solid character.
14. **Chateau Musar Red** Btl £34.95  
A Classic & mellow Red hailing from the most famous chateau of Lebanon.

- Batata Harra** v £4.25  
Vegetarian diced, spiced potatoes cooked in olive oil and fresh coriander leaves
- Fatayer Sebanikh** v £4.95  
Pastry filled with spinach, onions, pine kernels and lemon juice
- Zahra Maglia** v £4.25  
Fried cauliflower topped with sesame oil, parsley, garlic and lemon juice
- Sujiq** £5.25  
Armenian sausages, mildly hot and spiced
- Sfeeha** £4.95  
Baked pastry with seasoned minced lamb
- Jibna** v £4.95  
Grilled Halloumi cheese
- Araidis** £5.75  
Tiger prawns with coriander and garlic dressing
- Soup of the day** £4.25



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## MAIN COURSE

### Shish Taouk

Boneless chicken, marinated in garlic, lemon juice and olive oil, grilled on skewers served with grilled onions and tomatoes. Served with rice.

£12.95

### Kafta

Minced lamb, onions and parsley grilled on skewers served with grilled onions and tomatoes. Served with rice.

£12.50

### Kafta Khash Khash

Kafta, topped with spicy tomato base chef sauce, served with herbed rice

£13.95

### Lahem Meshwi

Tender lamb meat cubes grilled on skewers served with grilled, onions and tomatoes. Served with rice.

£13.95

### Farruj Msahab

Whole boneless baby chicken charcoal grilled served with potatoes.

£13.95

### Mixed Grill

Lamb cubes, minced lamb, chicken cubes accompanied with grilled onions & tomatoes served with rice

£14.50

### Bamia Bil Laham

Okra and lamb cubes in tomato sauce served with rice

£12.95

### Bamia Sada v

Okra in tomato sauce served with rice

£11.95

## LEBANESE WHITE WINES

### 1. Wardy Clos Blanc

A pleasant white wine that will delight the most rigorous tastes with its splendid freshness. Makes it suitable for most starters. 175ml Glass £3.95

Btl £12.95

### 2. Nakad White

It is a fresh and dry wine. It will perfectly blend with cold Mezzes and grilled fishes.

Btl £15.95

### 3. Chateau Massaya Classic White

A delicate white with subtle green hints. A rich and pleasant bouquet recalling white flowers and accadia smell.

Btl £17.75

### 4. Wardy Sauvignon Blanc

It is a fruity & Vivacious white wine with pineapple and nectarine flavours. It can also be served as an aperitif

Btl £19.95

### 5. Clos St Thomas Chardonnay

It is one single grape variety of Chardonnay growing on a pebbly vineyard. The superficial soil and the very generous sun intertwine to produce a second to none grape quality

Btl £21.95

### 6. Hochar Pere et Fils Blanc

The colour is lemon to pale gold and on the nose - vanilla, cream and nutty aromas are apparent. The palate is fresh - almost hereby with long clean and dry finish.

Btl £23.50

### 7. Chateau Musar White

Lemon Peel and vanilla on the nose and lots of fruits on the palate.

Btl £26.95



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## Alcoholic Drinks

Al-Maza 4% (Lebanese Beer)	£3.30
Whisky	£2.30
J.W. Black Label	£2.95
Jack Daniels	£2.70
Irish Whisky	£2.50
Canadian Club	£2.50
Cognac V.S.	£2.70
Remy Martin V.S.O.P.	£3.70
Remy Martin XO	£7.80
Port	£2.80
Arak	£3.70
Arak, 1/4 bottle 140ml	£19.95
Arak Lrg bottle 540ml	£49.95
Gin	£2.30
Vodka	£2.30
Malibu	£2.30
Bacardi	£2.30
Dark Rum	£2.30
Tequila	£2.30
Martini	£2.10
Sherry	£2.20
Campari	£2.20
Pimms No1	£2.20
Liqueurs	£3.00

**Sheikh El Mahshi** v £11.95  
Baked aubergine with onions, garlic and green peppers in tomato sauce, served with rice

**Cous Cous Bil Khodar** £12.95  
Cous cous with chicken, courgette, aubergine, red & green bell peppers, pumpkins and runner beans

**Suyahdiyah** £12.95  
Spiced rice topped with cod, served with garnish salad and tahini sauce

**Samaka Harra** £14.95  
Baked snapper fillet with spices served with potatoes and salad

**King Prawns** £16.95  
King prawns with tomato, shallot, and mildly spiced sauce served with potatoes

**Kharroof Mahshi** £14.95  
Slow baked lamb shank with garlic and fresh herbs served with herbed rice

## SIDE ORDERS

Rice £1.95  
Cous Cous £1.95  
Potatoes £1.95  
Bread £1.00



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10% Service Charge



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**LUNCHTIME SPECIAL**  
(11.30 am - 2.30 PM)

**LUNCH MEZZA Min 2**  
(£9.95 Per Person)

Menu A  
Baba Ghanouch (Moutabal)  
Fattoush  
Bata Harra  
Arayes  
+  
Bamia Bil Laham

**VEGETARIAN LUNCH Min 2**  
(£8.95 Per Person)

Hommos  
Tabouleh  
Zahra Maglia  
Falafel  
+  
Sheikh El Mahshi

**LUNCH MEZZA Min 2**  
(£9.95 Per Person)

Menu B  
Hommos  
Tabouleh  
Falafel  
Jawanih Bil Toom  
+  
Mixed Grill  
(Shish Taouk and Kafta)

**LUNCH MEZZA  
SPECIAL Min 2**  
(£7.95 Per Person)

Share any 5 items of  
your choice from our  
main hot or cold  
MEZZA menu

**DRINKS**

**Non Alcoholic Drinks**

'Sands' Lemonade	£2.95
Lemonade	£1.80
Coke / Diet Coke	£1.80
Bitter lemon	£1.80
Mineral Water, 330 ml	£1.80
Mineral Water, bottle	£3.25
Soda Water	£1.80
Tonic Water / Slimline Tonic Water	£1.80
Fruit Cocktail	£2.00
Orange Juice	£1.80
Fruit Juice	£1.80
Sparkling Water, 200 ml	£1.80
Sparkling Water, bottle	£3.25
Ginger Ale	£1.80
Mixers	£0.80



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