

Sands MENU

APPETISERS

Hummus – Pitta Bread + Red Pepper Coulis	£3.50
Petit Pans – Oil and Balsamic	£3.75
Mixed Olives -	£3.95
Garlic Bread (Add Cheese for 50p)	£3.95
Fresh Oysters – Shallot Vinegar	£3 Each

STARTERS

Soup of the Day – Crusty Roll	£5.75
Smoked Salmon Tartare - Trio of Beetroot and Cucumber Duo	£8.50
Whitebait – Lemon and Dill Mayonnaise	£6.50
Pork & Scallop - Cauliflower and Cashew Puree, Vegetable Ash and Olive Oil	£8.50
Goats Cheese and Fig Mille-Feuille	£7.95

MAINS

Battered Cod and Skin On Fries Garden Peas and Homemade Tartare (Optional)	£12.95
Wholetail Scampi and Skin On Fries Garden Peas and Homemade Tartare (Optional)	£12.95
Seafood Platter – Prawns, Crayfish, Garlic Anchovies, Smoked Salmon, Shell on Prawns, Pan-Seared Tuna, Oyster, Cockles, Fries and Mixed Leaf.	£19.95
Seabass Fillet - Hasselback Potatoes, Green Beans, Charred Spring Onion and Salsa Verde	£15.50
Tuna Nicoise - Pan Seared Tuna, Olives, New Potatoes, Red Onion, Egg, Tomato and Mixed Leaf	£15.95
Grilled Sea Trout - Charred Corn Potato Rosti and Cajun Emulsion	£14.95
Tomato and Butternut Squash Risotto -	£13.50

FROM THE LAND

'SANDS OF TIME' Burger - 6oz Prime Beef Burger. Cheese, Smoked Bacon, Onion Rings, Beef Tomato on a Bed of Mixed Leaves in a Brioche Bun, served with Fries and Burger Relish.	£14.50
8oz Hand Rolled Ribeye Steak - Home Battered Onion Rings, Tomato, Mushroom, Peas and Handcut Chunky Chips (Add Stilton Sauce £2.00) (Add Peppercorn Sauce £2.00)	£21.95
Seared Chicken Supreme - Heritage Carrots and Orange	£13.95
Local Pork Belly - Creamed Potato, Green Beans, Charred Carrot with Local Whinhill Cider Sauce	£15.95

CHILDREN

Battered Cod and Fries	
Chicken Breast Chunks and Fries	
Scampi and Fries Served with the Choice of Beans or Peas	
Homemade Cheeseburger, Fries and Salad. Macaroni Cheese + Garlic Bread.	All £6.50
INCLUDES CARTON OF APPLE OR ORANGE JUICE	

BAGUETTE, JACKET POTATO OR BLOOMER

(LUNCH ONLY) Baguettes and Bloomer served with Crisps and Salad	
Battered Fish and Tartare Sauce	
Cheese and Homemade Tomato Chutney	
Prawns and Crayfish with Marie Rose	
Smoked Ham, Tomato and Mustard	
Avocado and Asian Slaw	All £6.95

SIDE ORDERS

Garlic Bread (Add Cheese for 50p)	£3.95
Bucket of Skin On Fries	£3.00
Mixed Leaf Salad	£3.00
Seasonal Vegetables	£3.50
Onion Rings	£3.95
Bread and Butter (2x Slices)	£1.85
Buttered New Potatoes	£3.00
Petite Pan and Butter	£2.00

PLEASE INFORM STAFF OF ANY ALLERGENS OR DIETARY REQUIREMENTS

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