

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	£6.00
*Fresh Calamari – Sweet Chilli Dip	£7.95
*Seafood Tian –Crayfish, Prawn, Smoked Salmon + Avocado	£8.25
Scallop and Black -	£8.50
Duo of Black Pudding with Cauliflower and White Chocolate Puree	
*Red Radicchio, Feta and Broad Bean – Bruschetta	£7.95

MAINS

*Battered Haddock and Fries	£13.50
Garden Peas and Homemade Tartare (Optional)	
*Wholetail Scampi and Fries	£13.00
Garden Peas and Homemade Tartare (Optional)	
Seafood Platter –	£19.95
Prawns, Crayfish, Garlic Anchovies, Smoked Salmon, Shell on Prawns, Pan-Seared Tuna, Oyster, Cockles, Fries and Mixed Leaf.	
Salmon En Croute -	£16.50
Buttered New Potatoes and Wilted Spinach	
*Seabass Fillet -	£15.95
Sauteed Potato Crisps, Charred Peas, Pea Puree and Honey Glazed Beetroot.	
*Vanilla Poached King Oyster Mushroom -	£14.95
Chestnut Crumb, Gnocchi, Cranberry Gel and Dehydrated Sage.	

3 COURSE MEAL INCLUDING 175ml WHITE/RED WINE

*** MEALS ONLY** **£28.95**

FROM THE LAND

*‘SANDS OF TIME’ Burger -	£14.95
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.	
8oz Rump Steak -	£22.95
Home Battered Onion Rings, Tomato, Mushroom, Peas and Handcut Chunky Chips	
	(Add Stilton Sauce £2.00)
	(Add Peppercorn Sauce £2.00)
Maple Smoked Lamb Rump -	£17.95
Caramelised Shallots, Pesto, Romanesco, Confit Parsnips and Creamed Potato	

*Duck, Coconut and Lime -	£16.95
Coconut Poached Duck Breast, Lime Infused Couscous with Chilli and Shallot Bhaji.	

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 £6.95
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 Salmon and Cream Cheese	
Red Pepper, Pesto and Feta	All £6.95

SIDE ORDERS

Garlic Bread (Add Cheese for 50p)	£3.95
Bucket of 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

PLEASE INFORM STAFF OF ANY ALLERGENS OR DIETARY REQUIREMENTS

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