

Sands MENU

APPETISERS

Fresh Tortilla Chips – Guacamole and Salsa	£3.95
Petit Pans – Oil and Balsamic	£3.95
Large Garlic Stuffed Olives and Silverskin Onions -	£3.95
Garlic Bread (Add Cheese for 50p)	£3.95
Oyster Chimichurri	£3 Each

STARTERS

*Soup of the Day – Crusty Roll	£6.00
*Salt and Pepper Squid – Garlic and Lemon Mayo	£7.95
Kiln Smoked Salmon Mousse – Textures of Cucumber and Melba Toast	£8.25
Hock and Scallops - Piccalilli and Croutes	£8.50
*Beetroot, Apple and Squash Filo Tart– (Add Goats Cheese £1.50)	£7.95

MAINS

*Battered Cod and Fries Petit Pois and Homemade Tartare (Optional)	£13.50
*Wholetail Scampi and Fries Petit Pois and Homemade Tartare (Optional)	£13.00
Seafood Platter – Prawns, Crayfish, Garlic Anchovies, Smoked Salmon, Shell on Prawns, Pan-Seared Tuna, Oyster, Cockles, Fries and Mixed Leaf.	£20.95
SANDS Salmon or Chicken Super Food Salad - Grilled Tender Stem, Pomegranate, Quinoa, Alfa Cress, Mint Sunflower Seeds, Dried Cranberries and Mixed Local Leaf	£15.95
*Seabass Fillet - Parmentier Potatoes and Chorizo, Charred Mediterranean Vegetables and a Chilli Crisp.	£15.95
*Confit Cauliflower Steak - Cherry Vine Tomatoes, Balsamic Petit Pois, Confit Shallot, Salad and Polenta Chips.	£14.95
Fresh Tuna Niçoise - Local Mixed Leaves, Olives, Egg, New Potatoes and Green Beans	£15.95

FROM THE LAND

*‘SANDS OF TIME’ Burger - 6oz Prime Beef Burger. Smoked Applewood Cheese, Onion Rings, Beef Tomato, Little Gem, Homemade Burger Sauce in a Brioche Bun, served with Fries and Slaw.	£14.95
8oz Hand rolled Ribeye Steak - Home Battered Onion Rings, Cherry Vine Tomatoes, Mushroom, Peas and Handcut Chunky Chips (Add Garlic Butter £1.50) (Add Peppercorn Sauce £2.00) (Add 3x Garlic King Prawns £4.00)	£22.95
Asian Pork Belly - Garlic and Soy Marinate with Rice Noodles and Miso Broth.	£17.95
*Chicken Parmigiana -	£15.95

CHILDREN

Battered Cod Goujons and Fries	
Chicken Breast Chunks and Fries	
Scampi and Fries	
Homemade Cheeseburger and Fries. Served with the Choice of Beans or Peas	
Tomato + Cheese Pasta- 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 Silverskin Pickled Onions	
Prawns and Crayfish with Marie Rose	
Smoked Salmon, Cream Cheese + Cucumber	
Beetroot + Apple Slaw with Squashanaise	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

3 COURSE MEAL INCLUDING 175ml WHITE/RED WINE

*** MEALS ONLY £28.95**

PLEASE INFORM STAFF OF ANY ALLERGENS OR DIETARY REQUIREMENTS

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