

# Sandbanks

BEACH RESTAURANT · VALE DO LOBO

## Dinner Menu

**Chef's Cover;** bread, butter, chef's daily speciality. 3.25  
Extra bread 0.50

### Starters

**Cream of Vegetable Soup;** 4.00

**Portuguese Fish & Seafood Soup** 7.50

**Creamy Garlic & Brandy Mushrooms;** on sourdough toast 8.00

**Mildly Spiced Salmon Fishcakes;** sweet chilli sauce. 8.50 

**Clams "Bulhão Pato";** garlic, white wine, coriander. 16.50

**Sandbanks Classic Prawn Cocktail** 11.50

**Sandbanks Special Prawns;** tiger prawns (2 units size 10/15), olive oil, butter, garlic, ginger, coriander, orange & lime zest. 19.50

**Seafood Vol au Vent;** scallops, prawns, mushrooms & seafood sauce. 16.50

**Salmon Mousse;** smashed avocado & sourdough toasts. 9.50

**Prawns À Guilho;** olive oil, garlic, coriander. 13.00

**Lime & Ginger Coconut Mussels** 13.00

**Carpaccio of Beef** 11.50

**Fresh Crab;** Avocado & Mango Salad 15.00

**Tricolore;** Fresh mozzarella, tomato & avocado 10.50

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## Fish & Seafood

**Prawn Linguini;** lemon, coriander, fresh chilli. 18.50 🌶️

**Monkfish & Prawn Rice;** 25.00 (1 pax)

**Prawn curry;** basmati rice & Poppadom. 19.50 🌶️

**Teriyaki Glazed Salmon Fillet;** african rice, mango & lime salsa. 22.50

**"Perca" Portuguese style;** tomato sauce, peppers & onion, white wine & sauté potatoes. 19.50

**Grilled Squid;** garlic herb potatoes & steamed vegetables. 22.50

**Sesame Seared Tuna;** (served cold) Leaves, beetroot, orange segments & warmed new potatoes. 16.50

**Tuna Portuguese style;** tomato sauce, peppers & onion, white wine & sauté potatoes 25.00

**Fish Pie;** topped with mashed potato, steamed vegetables. 16.50

## Grilled Fish

**Fillet of Salmon** 20.00 **Seabass** 24.00 **Seabream** 24.00 **Tuna** 25.00

**Our daily selection of fish is sold by €kg**

**All our grilled fish is served with garlic herb potatoes & a selection of steamed vegetables**

*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.*

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## Sandbanks Seasonal Specials

**Cataplana á Algarve;** Portuguese seafood stew. **For 2 65.00**

**Seafood Rice;** A mixture of fish & shellfish cooked with rice "Portuguese Style".  
**For 2 60.00**

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

The following dishes are subject to availability and we highly recommend that you pre-order to avoid disappointment.

 (These dishes may take up to 1hr preparation time.)

 **Fresh Seabass or Golden Bream (€kg)**

**Salt oven baked**

(served with garlic & herb new potatoes & steamed vegetables)

## Shellfish

**Tiger Prawns, Fresh Crab, Oysters (pre-order)**

**Grilled Lobster, Lobster Thermidor**

*All of our Shellfish is sold by the Kg      Discounts are not applicable on all Shellfish*

*Our crabs & lobsters are from our live aquarium. Our live shellfish may take 30-45 minutes to prepare*

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## Meat

**Fillet Steak;** creamed spinach, garlic roasted carrots & sweet potato fries. 25.50

Add a prawn (size 10/15) 8.00

**Sauces:** Mushroom or Pepper 3.00

**Duck Confit;** red berry sauce, gratin potato, sautéed julienne of vegetables. 24.50

**Lamb Cutlets;** pureed minted peas, gratin potato. 33.50

**Sandbanks Chicken;** mushroom & spinach filling, sauté potatoes and a tomato & basil sauce 16.50

**Chicken curry;** basmati rice & poppadom. 16.50 🌶️

**Deluxe Burger;** smashed avocado, bacon, cheese, egg, caramelised onion relish & sweet potato fries. 19.50

## Vegetarian & Vegan Dishes

**Lemon risotto;** mushrooms & asparagus 14.50 (V/Vg)

**Spicy vegetable curry;** basmati rice & poppadom. 14.50 (V/Vg) 🌶️

## Sides

**Potato Gratin**  
4.00

**Sweet Potato Fries**  
4.00

**Garlic & herb roasted new potatoes**  
3.50

**\*African Rice**  
4.50

**Basmati Rice**  
3.50

**Selection of Steamed Vegetables**  
4.00

**Mixed Salad**  
5.00

**Tomato & Onion Salad**  
4.00

**Creamed Spinach**  
4.00

**V - Vegetarian Vg - Vegan**

\*Some of our dishes contain nuts & wheat \*\* Some of our filleted fish may contain bones  
For information regarding allergens in our dishes, please ask your waiter.

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 Tel: 289 398 429 or 289 353 424

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