

## Winter Lunch Menu

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

### Starters

**Soup of the day;** 4.00

**Portuguese Fish & Seafood Soup.** 7.50

**Cherry Tomato, Chilli & Avocado Bruschetta.** *V/Vg* 8.00

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

**Sandbanks Classic Prawn Cocktail.** 11.50

**Prawns A' Guilho;** olive oil, garlic, coriander. 13.00

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

**Lime & Ginger Coconut Mussels** 13.00

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

**Carpaccio of Beef** 11.50

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

**Crispy Panko Prawns;** green leaves & mango sauce. 12.50

### Salads

**Burrata;** green leaves, tomato & sweet chilli sauce *V* 14.50

**Chicken Caesar;** bacon, mixed salad leaves, croutons, parmesan shavings, Caesar dressing. 12.00

**Sweet Chilli & Ginger Prawns,** mixed salad. 12.50

**Sandbanks;** prawns, chicken, bacon, mozzarella, pineapple, egg, mixed salad leaves, cucumber, tomato & cocktail sauce. 14.50

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

### Main dishes

**Spicy curry;** *Vegetable* 14.50 *V/Vg* *Chicken* 16.50 *Prawn* 17.50 *Monkfish* 18.50  
basmati rice & poppadom. 🌶️

**Grilled Chicken (Piri Piri or Plain);** fries. 13.50 (up to 30 minutes wait) 🌶️

**Homemade Chicken Burger;** bacon, caramelised onion, garlic mayo, sesame bun, fries. 14.00

**Sandbanks Burger;** cheese, bacon, caramelised onion, lettuce, tomato, sesame bun, fries. 16.50

**Portuguese Fillet Steak;** parma ham, garlic & meat stock sauce & sauté potatoes. 24.50

**Three Beans Casserole** *V/Vg*; Vegetables, peppers, green leaves salad & sourdough toast 16.50

**Crispy Panko Prawns;** African rice & spicy mango sauce 21.00

## Fish & Seafood

**Grilled Squid;** new potatoes, steamed vegetables. 22.50

**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

**Prawn Linguini;** lime, coriander, ginger, fresh chilli. 18.50

**Monkfish & Prawn Rice.** 25.00

**Cataplana Â Algarve;** portuguese seafood stew. 65.00 (2 pax)

**Teriyaki Salmon;** African rice. 22.00

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

## Grilled Fish & Seafood

**Salmon** 20.00 **Seabream** 24.00 **Seabass** 24.00 **Grilled Tuna** 25.00

All our grilled fish is served with new potatoes & a selection of steamed vegetables

Please ask your waiter for our selection of daily fresh fish & seafood sold by €kg  
Our Fresh fish is subject to availability.

## Shellfish

All of our Shellfish is sold by the Kg  
(Discounts are not available on Shellfish)

**Tiger Prawns**

**Fresh Crab**

**Grilled Lobster**

**Lobster Thermidor**

Why not 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.

## Sides

**Fries** 3.50

**Basmati Rice** 3.50

**\*African Rice** 4.50

**Tomato & Onion Salad** 4.00

**Mixed Salad** 5.00

**Green Leaf Salad** 4.00

**V - Vegetarian Vg - Vegan**

\*Some of our dishes contain nuts \*\* 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

Email: [sandbanksrestaurant@mail.telepac.pt](mailto:sandbanksrestaurant@mail.telepac.pt)

Website: [www.sandbanks-algarve.com](http://www.sandbanks-algarve.com)

Facebook.com/sandbanksvdl

Wifi Password: sandbanks1234



In Association with

