

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** 8.00
- 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** 13.50
- Salmon Mousse** smashed avocado & sourdough toasts 9.50
- Mildly Spiced Salmon Fishcakes** sweet chilli sauce 8.50 🌶️
- Crisp 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** 19.50 **Monkfish** 19.50
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. 14.50
- Portuguese Fillet Steak** parma ham, garlic & meat stock sauce & sauté potatoes. 25.50
- 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
Website: www.sandbanks-algarve.com
Facebook.com/sandbanksvdl
Wifi Password: sandbanks1234

