

Sandbanks

BEACH RESTAURANT · VALE DO LOBO

Dinner Menu

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

Starters

Creamed Vegetable Soup 4.00

Portuguese Fish & Seafood Soup 7.50

Cherry Tomato, Chilli & Avocado Bruschetta on sourdough toast 8.00 (V/Vg)

Creamy Garlic & Brandy Mushrooms on sourdough toast 8.00 (V)

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 13.50

Carpaccio of Beef 11.50

Fresh Crab Avocado & Mango Salad 15.00


Tricolore Fresh mozzarella, tomato & avocado 10.50 (V)

Crispy Panko: Chicken 7.50 **Prawns (6 units)** 12.50
with a spicy mango sauce


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Fish & Seafood

Prawn Linguini lemon, ginger, coriander & fresh chilli. 18.50 

Monkfish & Prawn Rice 25.00 (1 pax)

Spicy Curry; Prawn 19.50 **Monkfish** 18.50
basmati rice & Poppadom. 

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

“Perca” Portuguese style tomato sauce, white wine, peppers,
onions & sauté potatoes. 19.50

Grilled Squid new potatoes & steamed vegetables. 22.50

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

Tuna Portuguese style tomato sauce, white wine, peppers, onions
& sauté potatoes 25.00

Fish Pie topped with mashed potato & steamed vegetables. 16.50

Fillet of Cod herbed cornbread crust, new potatoes and vegetables 24.00

Crispy Panko Prawns african rice & spicy mango sauce 21.00

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 new 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 À 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 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 Portuguese Style parma ham, garlic, meat stock sauce & sauté potatoes 24.50

Lamb Cutlets caramelised shallots & lyonnaise potatoes 26.50

Chicken curry basmati rice & poppadom. 16.50 🌶️

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

Confit of Chicken shallots and almond sauce, lyonnaise potatoes & spinach with cherry tomato. 18.50

Vegetarian & Vegan Dishes

Three Beans Casserole vegetables, peppers, green leaves salad & sourdough toast 16.50 (V/Vg)

Lemon risotto mushrooms & asparagus 14.50 (V/Vg)

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

Fig Salad goats cheese, caramelised green apple & green leaves 16.50 (V)

Sides

Potato Gratin
4.00

Sweet Potato Fries
4.00

New potatoes
3.50

Mixed Salad
5.00

***African Rice**
4.50

Basmati Rice
3.50

Selection of Steamed Vegetables 4.00

Tomato & Onion Salad 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.



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