

Sandbanks

BEACH RESTAURANT · VALE DO LOBO

You are welcome to join us at

THE ROOF

for a drink, before or after Dinner!

Dinner Menu

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

Starters

- Creamed Vegetable Soup** 4.00
- Portuguese Fish & Seafood Soup** 8.00
- Cherry Tomato, Chilli & Avocado Bruschetta** on sourdough toast 8.00 (V/Vg)
- Creamy Garlic & Brandy Mushrooms** on sourdough toast 8.00 (V)
- 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, peppers & seafood sauce 16.50
- Salmon Mousse** smashed avocado & sourdough toasts 9.50
- Prawns À Guilho** olive oil, garlic & coriander 13.50
- Lime & Ginger Coconut Mussels** 13.50
- Chef's Ceviche** 12.50
- Fresh Crab** avocado, cucumber, tomato & mango 15.00
- Tricolore** fresh mozzarella, tomato & avocado 10.50
- Crispy Panko: Chicken** 7.50 **Prawns** (6 units) 12.50
with a spicy mango sauce

Fish & Seafood

- Prawn Linguini** lemon, ginger, coriander & fresh chilli 18.50 🌶️
- Monkfish & Prawn Rice** 25.00 (1 pax)
- Prawn OR Monkfish Curry** 19.50 🌶️
basmati rice & poppadom
- Teriyaki Glazed Salmon Fillet** african rice 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
- Fresh Cod** chef's style 26.50
- 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.

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 1h preparation)

 **Fresh Seabass or Golden Bream (€Kg)** 
served with new potatoes & steamed vegetables

Salt Oven Baked

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

Meat

Fillet Steak Portuguese Style parma ham, garlic, meat stock sauce & sauté potatoes 25.50

Lamb Cutlets caramelised shallots & lyonnaise potatoes 26.50 

Chicken Curry basmati rice & poppadom 16.50

Deluxe Burguer 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)

Vegetable Curry basmati rice & poppadom 14.50 (Vg)

Brie & Pear Salad brie cheese, caramelized walnuts, mixed leaves, beetroot & cherry tomato 12.50 (V/Vg)

Sides

Lyonnaise Potato
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
5.00

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.



@sandbanks_vdl

Reservations

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In association with

