

Sandbanks

BEACH RESTAURANT · VALE DO LOBO

Dinner Menu

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

Starters

Roasted Vegetable Soup	4.50
Portuguese Fish & Seafood Soup	8.00
Cherry Tomato, Chilli & Avocado Bruschetta on sourdough toast (V/Vg)	8.00
Salmon Fishcakes on limemayo hummus	8.50
Clams «Bulhão Pato» garlic, white wine & coriander	16.50
Prawn Cocktail Classic Style	12.50
Sandbanks Special Prawns tiger prawns (2 units size 10/15), olive oil, butter, garlic, ginger, coriander, orange & lime zest	19.50
Seared Scallops with champagne sauce	15.00
Smoked Salmon avocado, prawns & cocktail sauce	13.50
Prawns À Guilho olive oil, garlic & coriander	14.00
Lime & Ginger Coconut Mussels	13.50
Chef's Ceviche	12.50
Lobster Tower avocado, cucumber, tomato & mango	18.50
Crispy Panko Prawns with a spicy mango sauce	11.50
Calamari tartar sauce	10.00
* Grilled Goat Cheese	14.00

Fish & Seafood

Prawn Linguini lemon, ginger, coriander & fresh chilli	18.50
Monkfish & Prawn Rice (1 pax)	25.00
Prawn OR Monkfish Curry basmati rice & poppadom	19.50
** Fillet of Salmon gratin potatoes, sautéed baby broccoli, lemon butter sauce	22.50
Perch Portuguese Style 19.50 Tuna Portuguese Style 25.00 tomato sauce, white wine, peppers, onions & sauté potatoes	
Grilled Squid new potatoes & steamed vegetables	22.50
Tuna Tataki white miso ginger dressing	16.50
* Crispy Panko Prawns african rice & spicy mango sauce	19.50
*** Prawn & Monkfish Kebab peppers, onion & african rice	25.00
** Fillet of the Day please ask your waiter	24.00

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
Tiger Prawns Thermidor Style	110.00€/Kg

Grilled Fish

Fillet of Salmon 20.00 Seabass 24.00 Seabream 24.00 Tuna 25.00

Please ask your waiter our daily selection of fish (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.

Salt Baked

 **Fresh Seabass or Golden Bream (€/Kg)** 

served with new potatoes & steamed vegetables

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

(This dish may take up to 1h preparation)

Shellfish

Tiger Prawns (Grilled) 110€/kg | **Fresh Crab** 65€/kg | **Oysters** (pre-order)

Grilled Lobster 140€/kg | **Lobster Thermidor** 140€/kg | **Carabineiro** (Grilled / À Guilho) 135€/kg

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

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

Meat

- * **Filet Mignon Steak** gratin potato, roasted cherry tomato, pepper OR mushroom sauce 32.00
- * **Rack of Lamb** herb crusted, gratin potato, roasted cherry tomato & port wine sauce 32.50
- Chicken Curry** basmati rice & poppadom 16.50
- * **Deluxe Burguer** ground tenderloin, smashed avocado, bacon, cheese, egg, caramelised onion relish & sweet potato fries 19.50
- Chicken Cordon Bleu** panko crust, mashed potato, spinach & gorgonzola sauce 16.50

Vegetarian, Vegan & Salads

- Vegetable Curry** basmati rice & poppadom (V) 15.50
- Mushroom Arancini** sautéed baby broccoli & cherry tomato chutney (V/Vg) 14.50
- * **Brie & Pear Salad** brie cheese, caramelized walnuts, mixed leaves, beetroot & cherry tomato 13.50
- Burrata** green leaves, tomato & sweet chilli sauce 15.00

Sides

* Gratin Potato 4.00	Sweet Potato Fries 5.00	New Potatoes 3.50	Mixed Salad 5.00
* African Rice 5.00	Basmati Rice 4.00	Selection of Steamed Vegetables 4.00	
Sautéed Baby Broccoli 5.00	Fries 4.00	Tomato & onion Salad 5.00	Mashed Potatos 4.50

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



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