



# Sandbanks

BEACH RESTAURANT · VALE DO LOBO

## Dinner Menu

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

### Starters

<b>Roasted Vegetable Soup</b> .....	4.50
<b>Portuguese Fish &amp; Seafood Soup</b> .....	8.50
<b>Cherry Tomato, Chilli &amp; Avocado Bruschetta (V/Vg)</b> ) .....	8.00
<b>Salmon Fishcakes</b> on limemayo hummus ) .....	9.00
<b>Clams «Bulhão Pato»</b> garlic, white wine & coriander .....	16.50
<b>Prawn Cocktail Classic Style</b> .....	12.50
<b>Sandbanks Special Prawns</b> tiger prawns (2 units size 10/15), olive oil, butter, garlic, ginger, coriander, orange & lime zest .....	19.50
<b>Seared Scallops</b> on parsnip puré .....	15.00
<b>Smoked Salmon</b> avocado, prawns & cocktail sauce .....	14.50
<b>Prawns À Guilho</b> olive oil, garlic & coriander .....	14.00
<b>Lime &amp; Ginger Coconut Mussels</b> .....	14.00
<b>Chef's Ceviche</b> ) .....	13.00
<b>Lobster Tower</b> avocado, cucumber, tomato & mango .....	18.50
<b>Crispy Panko Prawns</b> with a spicy mango sauce ) .....	12.50
<b>Calamari</b> tartar sauce .....	10.00
* <b>Grilled Goat Cheese</b> .....	14.50
<b>Fillet of Beef Tataki</b> fillet of beef, edamame beans, miso dressing, wasabi peas & soya sprouts .....	14.50

### Fish & Seafood

<b>Prawn Linguini</b> lemon, ginger, coriander & fresh chilli ) .....	18.50
<b>Monkfish &amp; Prawn Rice</b> (1 pax) .....	25.00
<b>Prawn OR Monkfish Curry</b> ) basmati rice & poppadom .....	19.50
** <b>Fillet of Salmon</b> gratin potatoes, sautéed baby broccoli, lemon butter sauce .....	22.50
<b>Perch Portuguese Style</b> 19.50 <b>Tuna Portuguese Style</b> 25.00 tomato sauce, white wine, peppers, onions & sauté potatoes	
<b>Grilled Squid</b> new potatoes & steamed vegetables .....	22.50
<b>Tuna Tataki</b> juliana vegetables, avocado, wasabi peas, white miso ginger dressing .....	17.50
* <b>Crispy Panko Prawns</b> african rice & spicy mango sauce .....	20.50
*** <b>Prawn &amp; Monkfish Kebab</b> pepers, onion & african rice ) .....	25.00
** <b>Fillet of the Day</b> please ask your waiter .....	24.00

### Sandbanks Seasonal Specials

<b>Cataplana À Algarve</b> portuguese seafood stew (for 2) .....	65.00
<b>Seafood Rice</b> a mixture of fish & shelfish cooked with rice (Portuguese Style) (for 2)	60.00
* <b>Sandbanks Special Prawns</b> tiger prawns (4 units size 10/15) in olive oil, butter, garlic, ginger, coriander, orange & lime zest with African rice ) .....	39.00
<b>Tiger Prawns Thermidor Style</b> ) .....	115.00€/Kg

# Grilled Fish


Fillet of Salmon 20.00 Seabass 26.00 Seabream 26.00 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** 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 & fries 19.50
- Chicken Cordon Bleu** panko crust, mashed potato, spinach & gorgonzola sauce 18.00

# 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 14.50
- Burrata** green leaves, tomato & sweet chilli sauce 15.50
- Marinated Salmon Poke** rice, avocado, cucumber & edamame beans 15.00

# Sides

* <b>Gratin Potato</b> 4.00	<b>Sweet Potato Fries</b> 5.00	<b>New Potatoes</b> 3.50	<b>Mixed Salad</b> 5.00
* <b>African Rice</b> 5.00	<b>Basmati Rice</b> 4.00	<b>Selection of Steamed Vegetables</b> 4.00	
<b>Sautéed Baby Broccoli</b> 5.00	<b>Fries</b> 4.00	<b>Tomato &amp; onion Salad</b> 5.00	<b>Mashed Potatos</b> 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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