



# 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> .....	5.00
<b>Portuguese Fish &amp; Seafood Soup</b> .....	9.00
<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> .....	13.50
<b>Sandbanks Special Prawns</b> tiger prawns (2 units size 10/15), olive oil, butter, garlic, ginger, coriander, orange & lime zest .....	21.50
<b>Seared Scallops</b> on parsnip puré .....	15.00
<b>Smoked Salmon</b> avocado, prawns & cocktail sauce .....	16.50
<b>Prawns À Guilho</b> olive oil, garlic & coriander .....	15.50
<b>Lime &amp; Ginger Coconut Mussels</b> .....	15.50
<b>Chef's Ceviche</b> ) .....	14.00
<b>Lobster Tower</b> avocado, cucumber, tomato & mango .....	19.50
<b>Crispy Panko Prawns</b> with a spicy mango sauce ) .....	13.50
<b>Calamari</b> tartar sauce .....	10.50
* <b>Grilled Goat Cheese</b> .....	15.50
<b>Fillet of Beef Tataki</b> edamame beans, miso dressing, wasabi peas & soya sprouts .....	17.50
<b>Parma Ham &amp; Melon</b> .....	12.50

### Fish & Seafood

<b>Prawn Linguini</b> lemon, ginger, coriander & fresh chilli ) .....	19.50
<b>Monkfish &amp; Prawn Rice</b> (1 pax) .....	27.00
<b>Prawn OR Monkfish Curry</b> basmati rice & poppadom ) .....	21.00
<b>Fillet of Salmon</b> gratin potatoes, sautéed baby broccoli, lemon butter sauce .....	24.50
** <b>Fillet of the Day Portuguese Style</b> 24.00 <b>Tuna Portuguese Style</b> 27.50 tomato sauce, white wine, peppers, onions & sauté potatoes	
<b>Grilled Squid</b> new potatoes & steamed vegetables .....	23.50
<b>Tuna Tataki</b> juliana vegetables, avocado, wasabi peas, white miso ginger dressing .....	18.00
* <b>Crispy Panko Prawns</b> african rice & spicy mango sauce .....	21.50
*** <b>Prawn &amp; Monkfish Kebab</b> pepers, onion & african rice ) .....	27.00
** <b>Pan Fried Fillet of Seabass</b> lime risotto & Julianne vegetables .....	24.00

### Sandbanks Seasonal Specials

<b>Cataplana À Algarve</b> portuguese seafood stew (for 2) .....	70.00
<b>Seafood Rice Portuguese Style</b> a mixture of fish & shelfish cooked with rice (for 2) .....	70.00
* <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 ) .....	43.00
<b>Tiger Prawns Thermidor Style</b> 🍷 .....	120.00€/Kg

# Grilled Fish

Fillet of Salmon 22.50 Seabass 27.00 Seabream 27.00 Tuna 26.50

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 (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 mushrooms sauce ..... 34.00  
Make it a Scallop Surf & Turf + 12.00
- \* **Herb Crusted Rack of Lamb** gratin potato, roasted cherry tomato & port wine sauce 37.00
- Chicken Curry** basmati rice & poppadom  ..... 16.50
- \* **Deluxe Burguer** ground prime beef, smashed avocado, bacon, cheese, egg, caramelised onion relish & fries ..... 21.00
- Chicken Cordon Bleu** panko crust, mashed potato, spinach & gorgonzola sauce ..... 20.00

# Vegetarian, Vegan & Salads

- Vegetable Curry** basmati rice & poppadom (V)  ..... 16.00
- Mushroom Arancini** sautéed baby broccoli & cherry tomato chutney (V/Vg) ..... 15.50
- \* **Burrata** basil tomato & sweet chilli sauce ..... 16.00
- Marinated Salmon Poke** sushi rice, avocado, cucumber & edamame beans ..... 16.00

# Sides

* <b>Gratin Potato</b>	<b>Sweet Potato Fries</b>	<b>New Potatoes</b>	<b>Mixed Salad</b>
4.50	5.50	4.00	5.50
* <b>African Rice</b>	<b>Basmati Rice</b>	<b>Selection of Steamed Vegetables</b>	
5.50	4.50	4.50	
<b>Sautéed Baby Broccoli</b>	<b>Fries</b>	<b>Tomato &amp; onion Salad</b>	<b>Mashed Potatos</b>
5.50	4.50	5.50	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

www.sandbanksvaldolo.com  
+351 289 398 429 / 289 393 424 / 913 338 698  
geral@shelsian.pt

In association with



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