

# Sandbanks

BEACH RESTAURANT · VALE DO LOBO

## Lunch Menu

**Chef's Cover** 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</b> <i>V/Vg</i> .....                        | 8.00  |
| <b>Grilled Goat Cheese</b> .....   | 15.50 |
| <b>Prawn Cocktail Classic Style</b> .....  | 13.50 |
| <b>Prawns À Guilho</b> olive oil, garlic, coriander .....                                      | 15.50 |
| <b>Clams "Bulhão Pato"</b> garlic, white wine, coriander .....                                 | 16.50 |
| <b>Lime &amp; Ginger Coconut Mussels</b> .....   | 15.50 |
| <b>Chef's Ceviche</b> 🍷 .....  | 14.00 |
| <b>Crispy Panko Prawns</b> mango sauce 🍷 .....   | 13.50 |
| <b>Smoked Salmon</b> prawns & avocado .....  | 16.50 |
| <b>Salmon Fishcakes</b> on a limemayo hummus 🍷 .....   | 9.00  |
| <b>Fillet of Beef Tataki</b> edamame beans, miso dressing,<br>wasabi peas & soya sprouts ..... | 17.50 |
| <b>Parma Ham &amp; Melon</b> .....   | 12.50 |

### Salads


|  |       |
|--|-------|
| * <b>Burrata</b> basil tomato & sweet chilli sauce <i>V</i> .....  | 16.00 |
| (suggested starter to share)   |       |
| <b>Chicken Caesar</b> 13.50 <b>Prawn Caesar</b> 17.50<br>bacon, mixed salad leaves, croutons, parmesan shavings, caesar dressing |       |
| <b>Sandbanks</b> prawns, chicken, bacon, burrata, pineapple,<br>egg, mixed salad leaves, cucumber, tomato & cocktail sauce ..... | 16.00 |
| <b>Marinated Salmon Poke</b> sushi rice, avocado, cucumber & edamame beans .....   | 16.00 |
| <b>Tuna Tataki</b> julienne vegetables, avocado, wasabi peas,<br>white miso ginger dressing .....                                | 18.00 |

### Main dishes

|   |       |
|---|-------|
| <b>Sandbanks currys; Vegetable</b> 16.00 <i>V</i> <b>Chicken</b> 16.50 <b>Prawn</b> 21.00 <b>Monkfish</b> 21.00<br>basmati rice & poppadom. 🍷 |       |
| <b>Grilled Chicken (Piri Piri or Plain)</b> fries (up to 30 minutes wait) 🍷 .....   | 14.50 |
| * <b>House Chicken Burger</b> bacon, caramelised onion,<br>garlic mayo, lettuce, tomato, sesame bun, fries .....                              | 15.50 |
| * <b>Sandbanks Burger</b> cheese, bacon, caramelised onion,<br>lettuce, tomato, fries, sesame bun .....                                       | 17.50 |
| * <b>Crispy Panko Prawns</b> african rice & spicy mango sauce 🍷 .....   | 21.50 |
| <b>Mushroom Arancini</b> sautéed baby broccoli & cherry tomato chutney <i>V/Vg</i> .....  | 15.50 |
| <b>Steak Bitoque</b> rice, fries & fried egg .....  | 17.50 |

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|   |              |
|---|--------------|
| * <b>Sandbanks Special Prawns</b> tiger Prawns (4units size 10/15)<br>in olive oil, butter, garlic, ginger, coriander,<br>orange & lime zest with African rice*  | 43.00        |
| <b>Prawn Linguini</b> lime, coriander, ginger, fresh chilli    | 19.50        |
| <b>Monkfish &amp; Prawn Rice</b>  | 27.00        |
| <b>Cataplana Algarvia</b> portuguese seafood stew   | 70.00 (2pax) |
| ** <b>Fillet 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<br>tomato sauce, peppers, onion, white wine & sautéed potatoes   |              |
| <b>Pan Fried Fillet of Seabass</b> lime risotto & Julianne vegetables   | 24.00        |

## Grilled Fish & Seafood

|                            |                       |                      |                           |
|----------------------------|-----------------------|----------------------|---------------------------|
| <b>Salmon</b> 22.50        | <b>Seabream</b> 27.00 | <b>Seabass</b> 27.00 | <b>Grilled Tuna</b> 26.50 |
| <b>Grilled Squid</b> 23.50 |                       |                      |                           |

All our grilled fish is served with new potatoes & a selection of steamed vegetables  
Please ask your waiter for our selection of daily fresh fish & seafood sold by €kg  
Our Fresh fish is subject to availability.

## Shellfish

All of our Shellfish is sold by the Kg  
(Discounts are not available on Shellfish)

|  |  |                            |
|--|--|----------------------------|
| <b>Tiger Prawns Grilled or Thermidor</b> 120€/Kg |  | <b>Fresh Crab</b> 65€/Kg   |
| <b>Lobster Grilled or Thermidor</b> 140€/Kg      |  | <b>Carabineiro</b> 135€/Kg |

Why not 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.

## Sides

|   |                             |                                 |                                      |
|---|-----------------------------|---------------------------------|--------------------------------------|
| <b>Fries</b><br>4.50                    | <b>Basmati Rice</b><br>4.50 | <b>*African Rice</b><br>5.50    | <b>*Gratin Potatoes</b><br>4.50      |
| <b>Tomato &amp; Onion Salad</b><br>5.50 | <b>Mixed Salad</b><br>5.50  | <b>Green Leaf Salad</b><br>4.50 | <b>Sautéed Baby Broccoli</b><br>5.50 |

**V** - Vegetarian   **Vg** - Vegan

\*Some of our dishes contain nuts   \*\* Some of our filleted fish may contain bones  
In case you have any allergies, please inform 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.)



**Reservations**  
www.sandbanksvaladolobo.com  
geral@shelsian.pt  
289 398 429 / 289 393 424



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In Association with

