

# Dinner Menu

**Chef's Couvert** bread, butter, chef's daily speciality ..... 4.00€  
Extra bread ..... 1.00€

## Starters

<b>Roasted Vegetable Soup</b> .....	6.00€
<b>Fish &amp; Seafood Soup Portuguese Style</b> .....	11.00€
<b>Cherry Tomato, Chilli &amp; Avocado Bruschetta</b> 🍅🌶️ .....	8.50€
<b>Salmon Fishcakes</b> on a litemayo hummus 🍷 .....	10.00€
<b>Clams «Bulhão Pato»</b> garlic, white wine & coriander .....	23.00€
<b>Prawn Cocktail Classic Style</b> .....	14.50€
<b>Sandbanks Special Prawns</b> tiger prawns (2units size 10/15), olive oil, butter, garlic, ginger, coriander, orange & lime zest 🍷 .....	26.50€
<b>Seared Scallops</b> on parsnip puree .....	19.00€
<b>Smoked Salmon</b> avocado, prawns & cocktail sauce .....	17.50€
<b>Prawns à Guillo</b> olive oil, garlic & coriander .....	16.50€
<b>Lime &amp; Ginger Coconut Mussels</b> .....	18.50€
<b>Chef's Ceviche</b> 🍷 .....	15.50€
<b>Lobster Tower</b> avocado, cucumber, tomato & mango .....	21.50€
<b>Crispy Panko Prawns</b> with a spicy mango sauce 🍷 .....	14.50€
<b>Calamari</b> tartar sauce .....	11.00€
<b>*Grilled Goat Cheese</b> poached pears & caramelized walnuts 🍷 .....	16.50€
<b>Fillet of Beef Tataki</b> edamame beans, miso dressing, wasabi peas & soya sprouts .....	17.50€
<b>Parma Ham &amp; Melon</b> .....	13.00€

## Fish & Seafood

<b>Prawn Linguini</b> lemon, ginger, coriander & fresh chilli 🍷 .....	22.50€
<b>Monkfish OR Grouper &amp; Prawn Rice</b> (1pax) .....	27.00€
<b>Monkfish OR Prawn Curry</b> basmati rice & poppadom 🍷 .....	23.00€
<b>Fillet of Salmon</b> gratin potatoes, sautéed baby broccoli & lemon butter sauce .....	25.50€
<b>Fillet of the Day Portuguese Style</b> ..... 25.00€ <b>Tuna Portuguese Style</b> ..... 28.00€ tomato sauce, white wine, peppers, onions & sautéed potatoes	
<b>Grilled Squid</b> new potatoes & steamed vegetables .....	24.50€
<b>Tuna Tataki</b> julienne vegetables, avocado, wasabi peas & white miso ginger dressing .....	18.50€
<b>*Crispy Panko Prawns</b> african rice & spicy mango sauce 🍷 .....	23.50€
<b>**Prawns &amp; Monkfish Kebab</b> peppers, onion & african rice 🍷 .....	29.00€
<b>**Pan Fried Fillet of Seabass</b> lime risotto & julienne vegetables .....	27.50€
<b>Salmon Poke Bowl</b> sushi rice, avocado, cucumber & edamame beans .....	17.50€
<b>Chef's Salad</b> smoked salmon, prawn, potato salad, coleslaw, smoked salmon tartar, cocktail sauce and honey & mustard sauce .....	26.50€

## Sandbanks Seasonal Specials

<b>Cataplana Algarvia</b> portuguese seafood stew (2pax) .....	75.00€
<b>Seafood Rice Portuguese Style</b> a mixture of fish & shelfish cooked with rice (2pax) .....	75.00€
<b>*Sandbanks Special Prawns</b> tiger prawns (4units size 10/15) in olive oil, butter, garlic, ginger, coriander, orange & lime zest with african rice 🍷 .....	51.00€
<b>Tiger Prawns Thermidor Style</b> .....	135.00€/Kg



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## Grilled Fish

**Seabream** 29.00€ **Grouper** 32.00€ **Tuna** 27.50€ **Seabass** 29.00€ **Salmon** 24.50€

All our grilled fish is served with potatoes & a selection of steamed vegetables.  
Please ask your waiter our daily selection of fish (sold by €/Kg)

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 & steam 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) 120€/Kg | **Fresh Crab** 65€/Kg | **Oysters** (pre-order)

**Grilled Lobster** 140€/Kg | **Lobster Thermidor** 145€/Kg

All of our shellfish is sold by the Kg. Discounts are not applicable.  
Our crabs & lobsters are from our live aquarium and may take 30-45 minutes to prepare.

## Meat

**\*Filet Mignon** 250g of beef, gratin potato, roasted cherry tomato, pepper or mushrooms sauce. . . . 34.00€  
Make it a Scallop or Prawns Surf & Turf. . . . +12.00€

**Herb Crusted Rack of Lamb** gratin potato, roasted cherry tomato & port wine sauce. . . . 39.50€

**\*Chicken Curry** basmati rice & poppadom 🍛 . . . . . 19.50€

**\*Deluxe Burger** 100% ground prime beef, smashed avocado, bacon, cheese, egg,  
caramelised onion relish & fries . . . . . 24.50€

**Chicken Cordon Bleu** panko crust, mashed potato, spinach & gorgonzola sauce. . . . . 22.50€

## Vegetarian & Vegan

**Vegetable Curry** basmati rice & poppadom 🍛🌱 . . . . . 18.50€

**Mushroom Arancini** sautéed baby broccoli & cherry tomato chutney 🍄🌱 . . . . . 21.50€

**\*Burrata** basil tomato & sweet chilli sauce 🌱 . . . . . 17.00€

## Sides

**\*Gratin Potato** . . . . 5.50€ **Sweet Potato Fries** . . . . 6.00€ **New Potatoes** . . . . 4.00€

**Mixed Salad** . . . . 6.00€ **\*African Rice** . . . . 6.50€ **Basmati Rice** . . . . 5.00€

**Fries** . . . . 4.50€ **Baby Broccoli** . . . . 5.50€ **Mashed Potato** . . . . 5.50€

**Tomato & Onion Salad** . . . . 6.00€ **Steamed Vegetables** . . . . 5.00€

Some of our dishes may contain nuts. In case of allergies, please inform your waiter.  
Some of our filleted fish may contain bones.

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.

All tips goes directly to the Staff.

Follow us on social media

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Price of call according the nacional rate for mobile and phone numbers



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