

Lunch Menu

Chef's Cover bread, butter, chef's daily speciality	4.00€
Extra bread	1.00€

Starters

Roasted Vegetable Soup	6.00€
Portuguese Fish & Seafood Soup	11.00€
Cherry Tomato, Chilli & Avocado Bruschetta 🌿🌶️	8.50€
*Grilled Goat Cheese poached pears & caramelized walnuts	16.50€
Parma Ham & Melon	13.00€
Chef's Ceviche 🌶️	15.50€
Smoked Salmon with avocado, prawns and cocktail sauce	17.50€
Fillet of Beef Tataki with edamame beans, miso dressing, wasabi peas & soya sprouts	17.50€
Salmon Fishcakes on a limemayo hummus 🌶️	10.00€
Crispy Panko Prawns with mango sauce 🌶️	14.50€
Prawn Cocktail Classic Style	14.50€
Prawns À Guilho with olive oil, garlic & coriander	16.50€
Clams "Bulhão Pato" garlic, white wine & coriander	23.00€
Lime & Ginger Coconut Mussels with fresh bread	18.50€
Sandbanks Special Prawns tiger prawns (2units size 10/15), olive oil, butter, garlic, ginger, coriander, orange & lime zest 🌶️	26.50€

Main Dishes

Sandbanks Curry: Vegetable 🌿 18.50€	Chicken 19.50€	Prawn 23.00€	Monkfish 23.00€
basmati rice & poppadom 🌶️			
Grilled Chicken (Piri Piri or Plain) Up to 30 minutes wait	18.00€		
House Chicken Burger bacon, caramelised onion, garlic mayo, lettuce, tomato, sesame bun & fries	18.50€		
Sandbanks Burger 100% beef in a sesame bun with cheese, bacon, caramelised onion, lettuce, tomato, fries	20.50€		
*Crispy Panko Prawns african rice & spicy mango sauce 🌶️	23.50€		
Mushroom Arancini sautéed baby broccoli & cherry tomato chutney 🌿	21.50€		
Steak Bitoque rice, fries & fried egg	19.50€		
*Sandbanks Special Prawns tiger prawns (4 units size 10/15) in olive oil, butter, garlic, ginger, coriander, chilli, orange & lime zest with african rice 🌶️	51.00€		
Prawn Linguini lime, coriander, ginger, fresh chilli 🌶️	22.50€		
Monkfish OR Grouper & Prawn Rice	28.00€		
Cataplana Algarvia portuguese seafood stew (for 2pax)	75.00€		
**Salmon Fillet with gratin potatoes, sautéed baby broccoli, lemon butter sauce	24.50€		
Fillet of the Day Portuguese Style	25.00€	Tuna Portuguese Style	27.50€
Pan Fried Seabass Fillet lime risotto & julienne vegetables	27.50€		

Lunch Menu

Grilled Fish & Seafood

Salmon Fillet	24.50€	Seabream	29.00€	Seabass	29.00€
Grilled Tuna	27.50€	Grill Squid	24.50€		

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

Tiger Prawns Grilled	120€/Kg	Tiger Prawns Thermidor	135€/Kg
Lobster Grilled or Thermidor	145€/Kg	Fresh Crab	65€/Kg

All our shellfish is sold by €kg. Discounts are not available on Shellfish. We recommend to pre-order your own selection & size of fresh fish or seafood for that extra special meal. Please ask your waiter to make your reservation. 24h notice required.

Salads

Burrata basil tomato & sweet chilli sauce 🌿 (suggested starter to share)	17.50€		
Chicken Caesar	16.50€	Prawn Caesar	18.50€
bacon, mixed salad leaves, croutons, parmesan shavings, caesar dressing			
Sandbanks prawns, chicken, bacon, burrata, pineapple, egg, mixed salad leaves, cucumber, tomato & cocktail sauce	17.00€		
Salmon Poke Bowl sushi rice, avocado, cucumber & edamame beans	17.50€		
Tuna Tataki with julienne vegetables, avocado, wasabi peas & white miso ginger dressing	18.50€		
Chef's Salad with smoked salmon, prawn, potato salad, coleslaw, smoked salmon tartar, cocktail sauce and honey & mustard sauce	26.50€		

Sides

Fries	4.50€	Gratin Potatoes	5.50€	Basmati Rice	5.00€
African Rice	6.50€	Tomato & Onion Salad	6.00€	Mixed Salad	6.00€
Green Leaf Salad	5.00€	Sautéed Baby Broccoli	5.50€		

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

@sandbanks_vdl



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



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