

# MENU

## CHEF'S COUVERT

Bread, butter, tuna paté & marinated carrots 4.25€

Extra bread 1.00€

## STARTERS

VEGETABLE SOUP	6.00€	*GRILLED GOAT CHEESE poached pears & caramelized walnuts	17.50€
PORTUGUESE FISH & SEAFOOD SOUP	11.50€	PRAWNS À GUILLO olive oil, garlic & coriander	17.50€
CHEF'S TOMATO, CHILLI & AVOCADO BRUSCHETTA	9.00€	SMOKED SALMON avocado, prawns & cocktail sauce	19.00€
SALMON FISHCAKES on a lime mayo hummus	11.00€	FILLET OF BEEF TATAKI edamame beans, white miso dressing, wasabi peas & soya sprouts	19.50€
PARMA HAM & MELON	14.00€	TUNA TATAKI julienne vegetables, avocado, wasabi peas & white miso ginger dressing	20.50€
CRISPY PANKO PRAWNS with a spicy mango sauce	15.00€	CLAMS «BULHÃO PATO» garlic, white wine & coriander	25.00€
PRAWN COCKTAIL CLASSIC STYLE	15.50€	SANDBANKS SPECIAL PRAWNS	28.50€
CHEF'S CEVICHE	16.50€	tiger prawns (2 units size 10/15), olive oil, butter, garlic, ginger, coriander, chilli, orange & lime zest	

## LUNCH SPECIALS

SERVED AT LUNCH TIME ONLY

## SALADS

LUNCH TIME ONLY

CHICKEN CAESAR	17.50€
bacon, mixed salad leaves, croutons, parmesan shavings, caesar dressing	
PRAWN CAESAR	19.50€
bacon, mixed salad leaves, croutons, parmesan shavings, caesar dressing	
SANDBANKS prawns, chicken, bacon, egg, mozzarella, pineapple, mixed salad leaves, cucumber, tomato & cocktail sauce	19.50€

## LIGHT BITES

LUNCH TIME ONLY

GRILLED CHICKEN (PIRI PIRI OR PLAIN) with fries & tomato & onion Salad	18.50€
Up to 30 minutes preparation	
SANDBANKS BURGER 100% beef, cheese, bacon, caramelised onion, lettuce, tomato in a sesame bun, & fries	21.50€
HOUSE CHICKEN BURGER bacon, caramelised onion, garlic mayo, lettuce, tomato, sesame bun & fries	19.50€

## VEGETARIAN E VEGAN

MUSHROOM ARANCINI	22.50€	VEGETABLE CURRY	19.50€
broccoli & cherry tomato chutney		basmati rice & poppadom	
TOFU POKE BOWL	17.50€	VEGETARIAN BURGER	19.50€
Sushi rice, edamame beans, cucumber avocado, cherry tomato		Soya & Beetroot burger, caramelized onion, lettuce, tomato, avocado mayo in a «bolo do caco» bun	

## SIDES

GRATIN POTATO	6.00€	FRIES	5.00€	SWEET POTATO FRIES	6.00€	NEW POTATOES	4.50€
BASMATI RICE	5.00€	*AFRICAN RICE	6.50€	STEAMED VEGETABLES	6.00€	MIXED SALAD	6.00€
TOMATO & ONION SALAD	6.00€	*Our African rice contains nuts					



# MAINS

**SANDBANKS CURRY** basmati rice & poppadom 🌶️

**CHICKEN** 21.50€ **PRAWN** 23.50€ **MONKFISH** 24.00€

**PRAWN LINGUINI** lemon, ginger, coriander 🌶️ & fresh chilli 25.00€

**FILLET OF THE DAY PORTUGUESE STYLE** 27.00€  
tomato sauce, white wine, peppers, onions & sautéed potatoes

**PAN FRIED FILLET OF SEABASS** 29.00€  
lime risotto & julienne vegetables

**SMOKED SALMON & PRAWN PLATTER** 29.00€  
potato salad, coleslaw, smoked salmon tartar, cocktail sauce and honey & mustard sauce

**FILET MIGNON 250G** gratin potato, roasted cherry 36.50€  
tomato, pepper or mushroom sauce

**MAKE IT A PRAWN (10/15) SURF & TURF +12.00€**

**SALMON POKE BOWL** salmon, sushi rice, avocado, cucumber & edamame beans 19.50€

**\*CRISPY PANKO PRAWNS** african rice & spicy 🌶️ mango sauce 25.00€

**FILLET OF SALMON** panfried, gratin potatoes, sautéed broccoli & lemon butter sauce 27.00€

**PRAWN & MONKFISH OR GROUPEL RICE (1PAX)** 29.00€  
(30-45 minutes preparation time)

**TUNA PORTUGUESE STYLE** 32.00€  
tomato sauce, white wine, peppers, onions & sautéed potatoes

**SANDBANKS SPECIAL PRAWNS** 🌶️ 57.00€  
Tiger prawns (4units size 10/15) in olive oil, butter, garlic, ginger, fresh chilli, coriander, orange & lime zest with african rice

**CATAPLANA ALGARVIA** 80.00€  
portuguese seafood stew (2pax)

# GRILLED FISH & SEAFOOD

ALL OUR GRILLED FISH IS SERVED WITH NEW POTATOES & A SELECTION OF STEAMED VEGETABLES.

PLEASE ASK YOUR WAITER FOR OUR DAILY SELECTION OF FISH (SOLD BY €/KG)

SEABREAM	29.00€	SEABASS	31.00€
GROUPEL	32.00€	SALMON	24.50€
TUNA	32.00€	SQUID	24.50€

ALL OF OUR SHELLFISH IS SOLD BY THE KG. DISCOUNTS ARE NOT APPLICABLE.

OUR CRABS & LOBSTERS ARE FROM OUR LIVE AQUARIUM & MAY TAKE 30-45 MINUTES TO PREPARE.

TIGER PRAWNS (GRILLED)	130€/KG	FRESH CRAB	65€/KG
GRILLED LOBSTER	140€/KG	LOBSTER THERMIDOR	145€/KG
OYSTERS (PRE-ORDER)	PV/KG		

**PRE-ORDER ONLY**

SALT BAKED FRESH SEABASS OR SEABREAM (€/KG)

PLEASE ASK YOUR WAITER TO MAKE YOUR RESERVATION 24HR ADVANCE PREPERATION TIME OF 1HR

# EVENING SPECIALS

SERVED AT DINNER ONLY

**SEARED SCALLOPS** on parsnip puree 22.00€

**SEAFOOD RICE PORTUGUESE STYLE** 80.00€  
fish & shelfish cooked with rice (2pax) (30-45 minutes preparation time)

**TIGER PRAWNS THERMIDOR STYLE** 135.00€/KG  
(30-45 minutes preparation time)

**\*DELUXE BURGER 100% GROUND PRIME BEEF,** 25.00€  
smashed avocado, bacon, cheese, egg, caramelised onion relish & fries

**CALAMARI** tartar sauce 13.00€

**\*PRAWNS & MONKFISH KEBAB** 32.00€  
peppers, onion & african rice

**HERB CRUSTED RACK OF LAMB** 40.00€  
gratin potato, roasted cherry tomato & port wine sauce

**CHICKEN CORDON BLEU PANKO CRUST,** 25.00€  
gratin potato, spinach & gorgonzola sauce

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\*SOME OF OUR DISHES MAY CONTAIN NUTS. IN CASE OF ALLERGIES, PLEASE INFORM YOUR WAITER. SOME OF OUR FILLETED FISH MAY CONTAIN BONES.

VEGETARIAN 🌿 SPICY 🌶️  
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 GO DIRECTLY TO THE STAFF.

RESERVATIONS: WWW.SANDBANKSVALEDOLBO.COM

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