

Lunch Menu

Chef's Couvert

Bread, butter, tuna paté & marinated carrots 4.50€

Extra bread 1.50€

Starters

Vegetable Soup	6.50€	Prawns à Guillo olive oil, garlic & coriander	18.50€
Portuguese Fish & Seafood Soup	12.00€	Smoked Salmon Avocado & Prawns with a cocktail sauce	20.00€
Bruschetta ; cherry Tomato, Chilli & Avocado 	9.50€	Fillet of Beef Tataki edamame beans, white miso dressing, wasabi peas & soya sprouts	20.50€
Salmon Fishcakes on a lime mayo hummus 	11.50€	Tuna Tataki julienne vegetables, avocado, wasabi peas & white miso ginger dressing	21.50€
Parma Ham & Melon	14.50€	Clams «Bulhão Pato» garlic, white wine & coriander	26.00€
Tempura Prawns sweet chilli dip 	16.00€	Sandbanks Special Prawns tiger prawns (2 units size 10/15), olive oil, butter, garlic, ginger, coriander, chilli, orange & lime zest	30.00€
Prawn Cocktail Classic Style	16.50€		
*Grilled Goat Cheese poached pears & caramelized walnuts	18.50€		

Salads

Chicken Caesar bacon, mixed salad leaves, croutons, parmesan shavings, caesar dressing	18.50€	Sandbanks prawns, chicken, bacon, egg, mozzarella, pineapple, mixed salad leaves, cucumber, tomato & cocktail sauce	20.50€
Prawn Caesar bacon, mixed salad leaves, croutons, parmesan shavings, caesar dressing	20.50€	Salmon Poke Bowl salmon, sushi rice, avocado, cucumber & edamame beans	21.50€

Light Bites

Wrap Tuna & Mayo Lettuce & tomato served with fries	17.00€	Welsh Rarebit mature cheddar cheese, mustard & worcestershire sauce on toasted sourdough	9.50€
Wrap Chicken Caesar ; Bacon, lettuce, parmesan shaving & caesar dressing served with fries	17.00€	Club Sandwich Chicken, bacon, cheese, egg, lettuce, tomato, mayo & fries	20.50€
Wrap Prawn Caesar ; Bacon, lettuce, parmesan shaving & caesar dressing served with fries	18.00€	Sandbanks Burger 100% beef, cheese, bacon, caramelised onion, lettuce, tomato in a sesame bun, & fries	22.50€
Wrap Chicken, Bacon & Avocado ; Mayo & lettuce served with fries	18.00€	House Chicken Burger bacon, caramelised onion, garlic mayo, lettuce, tomato, sesame bun & fries	20.00€

Mains

Grilled Chicken (Piri Piri or Plain) with fries & tomato & onion Salad Up to 30 minutes preparation	19.50€	Pan Fried Fillet of Seabass lime risotto & julienne vegetables	30.50€
Sandbanks Curry basmati rice & poppadom 		Prawn & Monkfish OR Grouper Rice (1pax) (30-45 minutes preparation time)	30.50€
Chicken 22.00€ Prawn 24.50€ Monkfish 25.00€			
Fish & Chips battered cod, fries, mushy peas & tartar sauce	23.00€	Tuna Portuguese Style tomato sauce, white wine, peppers, onions & sautéed potatoes	33.50€
Prawn Linguini 	26.00€	Fillet Mignon 250g gratin potato, roasted cherry tomato, pepper or mushroom sauce	38.00€
Fillet of Salmon panfried, gratin potatoes, sautéed broccoli & lemon butter sauce	28.00€	Make it a Prawn (10/15) Surf & Turf +12.50€	
Fillet of the Day Portuguese Style tomato sauce, white wine, peppers, onions & sautéed potatoes	28.00€	Sandbanks Special Prawns 	49.50€
Smoked Salmon & Prawn Platter with potato salad, coleslaw, smoked salmon tartar, cocktail sauce and honey & mustard sauce	30.50€	Tiger prawns (3units size 10/15) in olive oil, butter, ginger, fresh chilli, coriander, orange & lime zest with african rice	
		Cataplana Algarvia portuguese seafood stew (2pax)	77.50€

Grilled Fish & Seafood

All our grilled fish is served with new potatoes & a selection of steamed vegetables.

Seabream 30.50€	Seabass 32.50€
Grouper 33.50€	Salmon 25.50€
Tuna 33.50€	Squid 25.50€

All of our shellfish is sold by the Kg.
Discounts are not applicable.

Tiger Prawns (Grilled) 130€/Kg	Fresh Crab 65€/Kg
Grilled Lobster 140€/Kg	Lobster Thermidor 145€/Kg
Oysters (pre-order) PV/KG	

Our crabs & lobsters are from our live aquarium & may take 30-45 minutes to prepare.

PRE-ORDER
ONLY

SALT BAKED
FRESH SEABASS OR SEABREAM (€/KG)

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

Please ask your waiter for our daily selection of fish (sold by €/Kg)

Vegetarian & Vegan

Mushroom Arancini 	23.50€	Vegetable Curry 	20.50€
broccoli & cherry tomato chutney		basmati rice & poppadom	
Tofu Poke Bowl 	18.50€	Soya & Beetroot burger 	20.50€
Sushi rice, edamame beans, cucumber avocado, cherry tomato		caramelized onion, lettuce, tomato, avocado mayo in a «bolo do caco» bun	

Sides

Gratin Potato 6.50€	Fries 5.25€	Sweet Potato Fries 6.50€	New Potatoes 5.00€
Basmati Rice 5.25€	*African Rice 7.00€	Steamed Vegetables 6.50€	Mixed Salad 6.50€
Tomato & Onion Salad 6.50€	*Our African rice contains nuts		

Follow us on social media

@sandbanks_vdl



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

 VEGETARIAN  SPICY

Some of our filleted fish may contain bones.

RESERVATIONS: WWW.SANDBANKSVALEDOLOBO.COM

+351 289 398 429 / +351 913 338 697

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.

