

# Dinner Menu

## Chef's Couvert

Bread, butter, tuna paté & marinated carrots

4.50€

Extra bread 1.50€

## Starters

<b>Vegetable Soup</b>	6.50€	<b>Prawns à Guillo</b> olive oil, garlic & coriander	18.50€
<b>Portuguese Fish &amp; Seafood Soup</b> 🌶️🌿	12.00€	<b>Smoked Salmon Avocado &amp; Prawns</b> with a cocktail sauce	20.00€
<b>Bruschetta</b> ; cherry Tomato, Chilli & Avocado	9.50€	<b>Fillet of Beef Tataki</b> edamame beans, white miso dressing, wasabi peas & soya sprouts	20.50€
<b>Salmon Fishcakes</b> on a lime mayo hummus 🌶️	11.50€	<b>Tuna Tataki</b> julienne vegetables, avocado, wasabi peas & white miso ginger dressing	21.50€
<b>Calamari</b> tartar sauce	13.50€	<b>Seared Scallops</b> on parsnip puree	23.00€
<b>Parma Ham &amp; Melon</b>	14.50€	<b>Clams «Bulhão Pato»</b> garlic, white wine & coriander	26.00€
<b>Tempura Prawns</b> sweet chilli dip 🌶️	16.00€	<b>Sandbanks Special Prawns</b> tiger prawns (2units size 10/15), olive oil, butter, ginger, coriander, chilli, orange & lime zest	30.00€
<b>Prawn Cocktail Classic Style</b>	16.50€		
<b>*Grilled Goat Cheese</b> poached pears & caramelized walnuts	18.50€		

## Salads

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

## Vegetarian & Vegan

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

# Mains

## Meat

<b>Sandbanks Chicken Curry</b> 🌶️ basmati rice & poppadom	22.00€	<b>Filet Mignon</b> 250g gratin potato, roasted cherry tomato, pepper or mushroom sauce	38.00€
<b>Deluxe Burger</b> 100% ground prime beef, smashed avocado, bacon, cheese, egg, caramelised onion relish & fries	26.00€	<b>Make it a Prawn (10/15) Surf &amp; Turf</b> +12.50€	
<b>Chicken Cordon</b> Bleu panko crust, gratin potato, spinach & gorgonzola sauce	26.00€	<b>Fillet Steak Portuguese style</b> (250g) in a meat stock with garlic, topped with parma ham & sliced fried potatoes	38.00€
		<b>Herb Crusted Rack of Lamb</b> gratin potato, roasted cherry tomato & port wine sauce	42.00€

## Fish

<b>Fish &amp; Chips</b> battered cod, fries, mushy peas & tartar sauce	23.00€	<b>Prawn &amp; Monkfish OR Grouper Rice</b> (1pax) (30-45 minutes preparation time)	30.50€
<b>Sandbanks Curry</b> 🌶️ basmati rice & poppadom		<b>Prawn</b>	24.50€
		<b>Monkfish</b>	25.00€
<b>Prawn Linguini</b> 🌶️ lemon, ginger, coriander & fresh chilli	26.00€	<b>Prawns &amp; Monkfish Kebab</b> peppers, onion & african rice*	33.50€
<b>Fillet of the Day Portuguese Style</b> tomato sauce, white wine, peppers, onions & sautéed potatoes	28.00€	<b>Tuna Portuguese Style</b> tomato sauce, white wine, peppers, onions & sautéed potatoes	33.50€
<b>Fillet of Salmon</b> panfried, gratin potatoes, sautéed broccoli & lemon butter sauce	28.00€	<b>Sandbanks Special Prawns</b> 🌶️ tiger prawns (3 units size 10/15) in olive oil, butter, ginger, fresh chilli, coriander, orange & lime zest with african rice	49.50€
<b>Smoked Salmon &amp; Prawn Platter</b> potato salad, coleslaw, smoked salmon tartar, cocktail sauce and honey & mustard sauce	30.50€	<b>Cataplana Algarvia</b> portuguese seafood stew (2pax)	77.50€
<b>Pan Fried Fillet of Seabass</b> lime risotto & julienne vegetables	30.50€	<b>Seafood Rice Portuguese Style</b> fish & shellfish cooked with rice (2pax) (30-45 minutes preparation time)	77.50€
		<b>Tiger Prawns Thermidor Style</b> (30-45 minutes preparation time)	135.00€ /Kg

## Grilled Fish & Seafood

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

<b>Seabream</b> 30.50€	<b>Seabass</b> 32.50€
<b>Grouper</b> 33.50€	<b>Salmon</b> 25.50€
<b>Tuna</b> 33.50€	<b>Squid</b> 25.50€

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

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

## Sides

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

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@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.

