

Dinner Menu

Sandbanks
BEACH RESTAURANT - VALE DO LOBO

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€
Calamari tartar sauce	13.50€	Seared Scallops on parsnip puree	23.00€
Parma Ham & Melon	14.50€	Clams «Bulhão Pato» garlic, white wine & coriander	26.00€
Tempura Prawns sweet chilli dip 🌶️	16.00€	Sandbanks Special Prawns 🌶️🌿	30.00€
Prawn Cocktail Classic Style	16.50€	tiger prawns (2units size 10/15), olive oil, butter, ginger, coriander, chilli, orange & lime zest	
*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€

Vegetarian & Vegan

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

Fish & Chips battered cod, fries, mushy peas & tartar sauce	23.00€	Prawn & Monkfish QR Grouper Rice (1pax) (30-45 minutes preparation time)	30.50€
Sandbanks Curry 🌶️ basmati rice & poppadom	Prawn 24.50€ Monkfish 25.00€	Prawns & Monkfish Kebab peppers, onion & african rice*	33.50€
Prawn Linguini 🌶️ lemon, ginger, coriander & fresh chilli	26.00€	Tuna Portuguese Style tomato sauce, white wine, peppers, onions & sautéed potatoes	33.50€
Fillet of the Day Portuguese Style tomato sauce, white wine, peppers, onions & sautéed potatoes	28.00€	Sandbanks Special Prawns 🌶️ tiger prawns (3 units size 10/15) in olive oil, butter, ginger, fresh chilli, coriander, orange & lime zest with african rice	49.50€
Fillet of Salmon panfried, gratin potatoes, broccoli & lemon butter sauce	28.00€	Cataplana Algarvia portuguese fish & seafood stew (2pax)	77.50€
Smoked Salmon & Prawn Platter potato salad, coleslaw, smoked salmon tartar, cocktail sauce and honey & mustard sauce	30.50€	Seafood Rice Portuguese Style fish & shellfish cooked with rice (2pax) (30-45 minutes preparation time)	77.50€
Pan Fried Fillet of Seabass lime risotto & julienne vegetables	30.50€	Tiger Prawns Thermidor Style (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.				All of our shellfish is sold by the Kg. Discounts are not applicable.			
Seabream	30.50€	Seabass	32.50€	Tiger Prawns (Grilled)	130€/Kg	Fresh Crab	65€/Kg
Grouper	33.50€	Salmon	25.50€	Grilled Lobster	140€/Kg	Lobster Thermidor	145€/Kg
Tuna	33.50€	Squid	25.50€	Oysters (pre-order)	PV/KG		

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

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

Meat

Grilled Chicken (Piri Piri or Plain) with fries & Tomato & Onion Salad. (Up to 30 minutes wait)	19.50€
Sandbanks Chicken Curry 🌶️ basmati rice & poppadom	22.00€
Deluxe Burger 100% ground prime beef, smashed avocado, bacon, cheese, egg, caramelised onion relish & fries	26.00€
Chicken Cordon Bleu panko crust, gratin potato, spinach & gorgonzola sauce	26.00€
Smokey BBQ Ribs with fries & coleslaw	26.50€
Prime Beef Stroganoff with basmati rice	25.00€
Filet Mignon 250g gratin potato, roasted cherry tomato, pepper or mushroom sauce	38.00€
Make it a Prawn (10/15) Surf & Turf	+12.50€
Fillet Steak Portuguese style (250g) in a meat stock with garlic, topped with parma ham & sliced fried potatoes	38.00€
Herb Crusted Rack of Lamb gratin potato, roasted cherry tomato & port wine sauce	42.00€

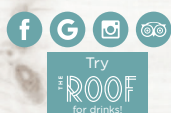
Sides

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**

RESERVATIONS: WWW.SANDBANKSVALEDOLOBO.COM
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Follow us on social media
@sandbanks_vdl



🌿 VEGETARIAN 🌶️ SPICY

*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 go directly to the Staff.

In Association with
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