THE
SAND BAR
SEAFOOD • GRILL • BAR • RESTAURANT

G - Gluten | D - Dairy | E - Eggs | F - Fish
C - Crustaceans | M - Molluscs | S - Sulphites

Starters & Small Plates

Garlic Bread (G) **£4.50**
Ciabatta with Garlic Butter & Parsley.

Bread Selection (G) **£5.00**
Warm Breads, Olive Oil & Balsamic.

Brie (Deep Fried) (G)(D) **£8.95**
Breaded Brie with Cranberry Sauce.

Prawn Cocktail (C)(E) **£8.95**
Lettuce, Peppers & Thousand Island Dressing.

Watermelon & Feta Salad (D) **£8.95**
Watermelon, Crumbled Feta Cheese
& Pomegranate Molasses Salad.

Crispy Duck Salad (G)(S) **£9.95**
Salad Served with Bean Sprouts,
Mixed Leaf, Hoisin & Soya Dressing.

Charred Asparagus (D) **£10.95**
Served with Butter & Olive Oil.
Add Peccorino Cheese for £2.00

Tempura Prawns (G)(C)(E) **£12.95**
Served with Alioli.

Garlic Bread (Cheesy) (G)(D) **£5.00**
Ciabatta with Garlic Butter & Parsley.

Olives (Mixed & Marinated) **£5.00**
Citrus, Garlic & Fresh Herbs.

Tomato & Asparagus **£8.95**
Tomato & Asparagus Vegan Tartare.

Croquettes (G)(D) **£8.95**
Goats Cheese Croquettes.

Bang! Bang! Chicken (E)(S) **£9.95**
Tossed In Mayo, Sweet Chilli, Sriracha & Honey
Sauce, With Spring Onions & Sliced Chillies.

Bang! Bang! Cauliflower (E)(S) **£9.95**
Tossed In Mayo, Sweet Chilli, Sriracha & Honey
Sauce, With Spring Onions & Sliced Chillies.

Scallops (M) **£12.95**
Served with Leek Puree & Chorizo Crisp.

Fish Platter (F)(M)(C)(E) **£14.95**
Whitebait, Calamari & Prawns Served
with Homemade Lemon Zest & Mayonnaise.

Main Dishes

Rigatoni (Pesto & Feta Cheese) (G)(D) **£15.95**
Pasta Served with an Italian Cabbage Dressing.
Vegan Option Available.

Fish Curry (F) **£18.95**
Fish Curry Including: Salmon, Cod & Prawns
with Steamed Rice.

Calves Liver & Bacon (D)(S) **£19.95**
Served with Beef Dripping Glaze,
Lyonaisse Mash & Crispy Bacon.

Seabass (Pan Fried) (F) **£21.95**
Served with Crushed Potatoes,
Crispy Capers & Livoronese Sauce.

Brisket (Slow-Cooked) (S) **£27.95**
Brisket Served with Horseradish Potato
Salad, Coleslaw Mash & Gravy.

Sirloin Steak (D)(S) **£32.95**
Served with Chunky Chips, Crispy Onions
& Peppercorn Sauce.

Tomahawk Steak (D)(S) **£59.95**
Tomahawk Steak For 2 To Share,
Cooked In A Variety of Styles.

Cauliflower Curry **£16.95**
Roasted Romanesco Green Thai Curry
with Onions, Peppers & Steamed Rice.

Chicken Escalope (G)(D) **£18.95**
Served In a Creamy Mascarpone Truffle Sauce,
Sauteed Mushrooms, Garlic & Parsley.

Skate (F)(C) **£21.95**
Flat Fish Skate Served with Small
Shrimp & Capers.

Prawns & Scallops (C)(M) **£27.95**
Prawns & Scallops Served with
Saffron Chablis Sauce.

Sticky Lamb (S) **£29.95**
Served with Carrot, Chilli & Star Anise
Puree & Mint Gel.

Fillet Steak (D)(S) **£35.95**
Served with Chunky Chips, Crispy Onions
& Peppercorn Sauce.

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Side Dishes

Daily Vegetable Selection £6.00
Lightly Steamed & Finished in Olive Oil.

Steamed Broccoli (D) £6.00
Served with A Hint of Garlic Butter.

Sauteed Potatoes (D) £6.00
Cooked in Garlic & Fresh Parsley.

Chips (Chunky & Skinny) (G) £6.00
Crispy, Home Cooked Chunky or Skinny Chips.

Pear & Blue Cheese Salad (D) £7.95
Fresh Pear & Crumbled Blue Cheese
Salad with Mixed Leaves & Balsamic Dressing.

Watermelon & Feta Salad (D) £8.95
Watermelon, Crumbled Feta Cheese
& Pomegranate Molasses Salad.

Spinach (Creamed or Plain) (D) £6.00
Served with A Touch of Seasoning.

New Potatoes (In Butter) (D) £6.00
Citrus, Garlic & Fresh Herbs.

Creamy Mash (D) £6.00
Smooth Buttery Mash.

Edamame £6.00
Edamame & Minted Peas with Lemon Zest.

Truffle Chips (G)(D) £8.00
Parmesan & Truffle Oil Fries.

Desserts

Treacle Sponge Pud (G)(D)(E) £9.00
Served with Brandy Custard.

Chocolate Brownie (G)(D)(E) £9.00
With Chocolate Sauce & Amaerna
Cherry Ice Cream

Sticky Toffee Pud (G)(D)(E) £9.00
With Toffee Sauce & Creme Anglaise.

Cheesecake (Deconstructed) (G)(D) £9.00
Deconstructed New York Style Cheesecake
With a Berry Compote.

Apple Tart (G)(D)(E) £9.00
Served with Treacle Sauce &
Rum & Raisen Ice Cream.

Eton Mess (D)(E) £9.00
Mess of The Day.

Cheese Board (G)(D) £9.00
Continental Cheese Board with
Crackers & Chutney.

Homemade Ice Cream (D) £5.00
Please Ask Your Server for Today's
Selection of Ice Cream & Sorbet's
Vegan Ice Cream Available.

Sunday Roast

Every Sunday 12:30 - 7:30

Roast Dinner with All The Trimmings

Roast Potatoes, Cauliflower Cheese, Yorkshire Pudding, Mixed Seasonal Vegetables,
Pigs In Blankets & Bone-Marrow Gravy.
(G)(D)(E)(S)

Tomahawk (For 2) £80.00
Roast Chicken £30.00
Roast Sirloin of Beef £30.00