THE SAND BAR
SEAFOOD • GRILL • BAR • RESTAURANT

LUNCH MENU

2 COURSES £19.95 PER PERSON

INCLUDES A GLASS OF HOUSE WINE (RED, WHITE OR ROSÉ) 125ML
OR A HALF PINT OF BEER OR A SOFT DRINK 330ML

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

Starters & Small Plates

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

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

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

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

Tomato & Asparagus
Tomato & Asparagus Vegan Tartare.

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

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

Main Dishes

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

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

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

Minute Steak (G)(E)(D)
Minute Steak Served with Skinny Fries & Béarnaise Sauce.

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

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

Cod & Chips (G)(F)
Traditional Cod In Beer Batter with Chunky Chips.

Side Dishes

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

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

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

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

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

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

Edamame £6.00
Edamame & Minted Peas with Lemon Zest.

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

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

Creamy Mash (D) £6.00
Smooth Buttery Mash.

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

Desserts

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

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

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

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.

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

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

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

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