

BREAKFAST

(Served from 9.30 – 12.30)

All of our dishes are freshly made to Order

BREAKFAST SPECIALS

(Discounts not applicable on these dishes)

English Breakfast Special

Full English Breakfast with 1 Egg Fried or Scrambled, Sausage, 2 Rashers of Bacon, Hash Browns, Tomato, Baked Beans & Toast.

Served with Coffee or Tea & Orange Juice

Breakfast Wrap

A flour tortilla packed with sausage, bacon, tomato & egg. Ideal for beach & take-away.

Eggs Benedict Special

2 poached eggs served on a toasted muffin with sliced ham, generously topped with hollandaise sauce.

Scrambled Eggs with Bacon & Toast

Scrambled Eggs with Sausage & Toast

Poached, Scrambled or Fried Eggs
on Toast

Beans on Toast

Bacon & Fried Egg Sandwich

Bacon or Sausage Sandwich

Toast (2 Slices) with Butter & Jam

Stacked American Style Pancakes

with Maple syrup & whipped Cream
(served all day)

Classic Morning “Pick Me Up”

The Barman’s own “Bloody Mary”

MAIN DISHES

COVER CHARGE

Bread, Butter, Tuna Paté and Carrots with Garlic

SOUP OF THE DAY

Homemade Soup served with Ciabata

CHEESEBURGER

Prime Beef Burger with Cheese, Lettuce & Tomato. Served with Fries.

SANDBANKS BURGER

Prime Beef Burger with Cheese, Bacon, Caramelised Onion, Lettuce & Tomato loaded into a sesame bun. Served with Fries.

CLUB SANDWICH

Chicken Breast, Bacon, Cheese, Fried Egg, Lettuce, Tomato & Mayo on Toasted Bread. Served with Fries.

STEAK SANDWICH

Prime Steak, Lettuce & Tomato served in a freshly baked Ciabata. Served with Fries.

SCAMPI WITH FRIES

Breaded Scampi served Fries & Tartar Sauce

SPAGHETTI BOLOGNESE

Freshly cooked Pasta served with a Homemade Bolognese Sauce.

GRILLED CHICKEN (Piri Piri or Plain)

With Fries & a Tomato & Onion Salad

OMELETTES Served with French Fries.

Plain	Ham <u>or</u> Cheese
Ham & Cheese	Mushroom
Cheese & Mushroom	Prawn

FISH & SEAFOOD

FISH SOUP

Traditional Fresh Fish & Seafood Bisque
Finished with fragrant herbs.

PRAWNS A' GUILHO

Pan Fried Prawns in Olive Oil, Garlic
& Coriander.

CLAMS "BULHÃO PATO"

Fresh Baby Clams cooked traditional Portuguese
style in Garlic & Coriander.

SARDINES (1/2 Portion)

Grilled Sardines served on Fresh Bread.

MUSSELS

Cooked in Garlic, Onions & White Wine finished
with coriander.

GRILLED SQUID

Served with new Potatoes

MONKFISH & PRAWN KEBAB

With a Lemon Butter Sauce & African Rice*

* Please note our African Rice contains nuts

FISH & SEAFOOD

STONEBASS “À PORTUGUESA”

With Tomato, Peppers & Onion, White Wine
& Coriander, topped with Sauté Potatoes.

CATAPLANA Á ALGARVIA (2 Pax)

A Traditional Portuguese Fish Seafood &
Cataplana Stew.

GRILLED FISH PLATTER

A Selection of Fresh Fish & Seafood served with
a Lemon Butter Sauce & New Potatoes.

CATCH OF THE DAY

All of our Grilled Fish is served with New Potatoes.

SARDINES

SALMON STEAK

SEABREAM

SEABASS

STONEBASS

Please ask your waiter for our full selection of
fish & Seafood

*Some of our filleted fish may contain small bones.

SALADS

TUNA SALAD

Tuna Fish with Sweetcorn, Egg, Mixed leaves, Cucumber, Cherry Tomatoes & Black Olives.

SWEET CHILLI & GINGER

PRAWN SALAD

Prawns in a Sweet Chilli & Ginger sauce on a bed of Mixed Thai salad

OCEAN SALAD

Prawns with Lettuce, Onion & Cucumber, Served with a Lemon Mayonnaise Dressing.

CAESAR SALAD

The original one with Chicken, Bacon, Mixed Green Leaves, Croutons, Shaves of Parmesan & tossed with a Caesar dressing.

THAI BEEF SALAD

Succulent strips of Sirloin marinated in a mild Thai dressing. Served on a Mixed Thai salad.

PRAWN & PINEAPPLE SALAD

Prawns & Pineapple on mixed leaves, Cucumber & Cherry Tomatoes
Served with our Cocktail Dressing

SANDBANKS SALAD

Prawns, Chicken, Bacon, Mozzarella, Pineapple & Egg on a bed of salad leaves with Cucumber, Cherry Tomatoes & Cocktail dressing.

COLD WRAPS

All of our wraps are served in a Flour Tortilla with Spicy Wedges.

TUNA MAYO WRAP

Tuna & Sweetcorn in Mayonnaise with lettuce, Cucumber & Tomato.

CHICKEN BACON & GUACAMOLE WRAP

Pieces of Chicken Breast, Bacon & Guacamole in Mayonnaise with Lettuce.

CHICKEN CAESAR WRAP

Succulent Pieces of Chicken Breast with Bacon, Romaine lettuce, Shavings of Parmesan Cheese & a traditional Caesar Dressing.

THAI BEEF WRAP

Marinated strips of Sirloin in a Thai Sauce with a mixed Thai Salad.

SWEET CHILLI & GINGER

PRAWN WRAP

Prawns marinated in a sweet chilli & ginger sauce With Thai Salad leaves & mixed peppers.

WARM WRAPS

All of our wraps are served in a Flour Tortilla with Spicy Wedges

BBQ WRAP

Chicken, Bacon, BBQ Sauce, Onion & Tomato

CHICKEN TANDOORI

Strips of Homemade Chicken Tandoori, Onion & Cucumber with a Mint Yoghurt sauce.

CHICKEN FAJITA

Strips of Marinated Chicken Breast with Peppers, Onions, Garlic & a Tomato salsa.

CRISPY CHICKEN

With lettuce, tomato & Chef's Special Sauce

ORIENTAL DUCK

Shredded Oriental Duck, Strips of Spring Onion & Cucumber with Peking Sauce.

CIABATAS

All of Our Bread is Freshly Baked Daily

HAM & CHEESE

Ham, Cheese, Lettuce & Tomato.

CHICKEN SALAD

Succulent Pieces of Chicken, Mayonnaise,
Lettuce & Tomato.

TUNA & SWEETCORN

With Lettuce, Tomato & Mayonnaise.

CHICKEN, BACON & GUACOMOLE

With Mayonnaise & Lettuce.

TOMATO MOZZARELLA

With a Fresh Basil & Olive Oil Dressing.

SIDE ORDERS

FRIES

*AFRICAN RICE

SPICY WEDGES

GREEN LEAF SALAD

MIXED SALAD

ROCKET SALAD

TOMATO & ONION SALAD

* Some of our dishes may contain nut

Tax included at 23%

Service is not included

We regret to inform you that we do not accept
American Express

DESSERTS

CHOCOLATE MOUSSE

A rich chocolate mousse served in a cup with a sweet biscuit.

CRÈME BRULÉE

Chilled Vanilla Custard dusted with Sugar & Glazed.

TIRAMISU

Layers of Coffee Soaked Sponge & Creamed Mascarpone. Finished with Rich Cocoa Powder.

SELECTION OF CARTE D'OR ICE-CREAMS

A choice of Vanilla, Strawberry or Chocolate.

Please ask for our special desserts of the day.

SANDBANKS BREAKFAST SPECIALS

Eat your breakfast every morning and enjoy the sea views from Sandbanks deck.

Choose from a wide range of breakfast specials including our Full English & Eggs Benedict.

Please ask your waiter for our Breakfast Menu.
(Served until 12.30pm)

FISH & SEAFOOD

Pre-Reserve your Fresh Fish or Seafood for that Special Occasion.

Please speak with your waiter or telephone

289398429/289353424

RESERVATIONS

Tel: 289398429 or 289353434

Email: www.sandbanksrestaurant@mail.telepac.pt

Website: www.sandbanks-algarve.com



www.facebook.com/sandbanksvdl

