The **Sand Bar** & Seafood Co.

Sample Menu

Two courses anytime £14.99 (start/main or main/dessert, marked with an *) Meatless Mondays, three course veggie menu £9.99

Small Plates £4.99 (good for sharing)

Hot Octopus Kebab marinated in piri piri with roasted pepper Sautéed Spicy Squid with roasted peppers and beans Jumbo Prawn in sweet pepper and garlic butter Cheese and onion croquettes with olive tapenade (also part of #Meatless Monday menu) Marinated Anchovies Cold Meat Board with onion jam Salt Cod Fritters served with olive and jalapeno tapenade Garlic Bread with olive and pepper salsa (also part of #Meatless Monday menu)

First course

Fish & Seafood

Oysters Rockefeller with Cajun spiced, spinach and a gratin top £6.99* Whitebait with chilli mayo £6.99* Potted Prawn and Smoked Mackerel with warm bread £6.99* Spanish Salt Cod and Clam Stew potatoes, lentils and paprika £6.99* Sweet Marinated Herrings with new potato and sweet beetroot salad, finished with a must ard dressing £6.99* Bouillabaisse with cod, clams and tiger prawn £6.99* £6.99* Cajun Spiced Crab Cake with pea and lentil purée Tiger Prawns with chorizo, peppers in Rockefeller sugo £6.99* Soft Shell Crab with sweet chilli mayonnaise £7.99

Meat

Spanish Chorizo Sausage Risotto in a spicy pepper sugo $\pounds 6.99^*$ Polish Smoked Sausage served with cheese and onion potato croquette, roasted sweet potato and red cabbage purée $\pounds 6.99^*$

Vegetarian

Homemade Soup with warm bread £6.99* Stilton & Red Onion Tart topped with crushed walnuts £6.99* Pea & Sweet Potato Pearl Barley Risotto with spinach pesto £6.99*

Second course

Fish & Seafood

Crayfish & Prawn Risotto in a spicy sugo (can have as a starter) 9.99* Pappardelle Pasta with Tiger Prawns in Rockefeller pesto 9.99* Salmon & Cod Kebabs marinated in turmeric and chilli served with a jambalaya rice 9.99* Spanish Salt Cod & Clam Stew with potatoes, lentils and paprika 9.99* Cajun Spiced Crab Cakes served with pea and lentil purée 9.99* Trout Fillet pan roasted and served with spinach in horseradish butter 9.99* Black Bream with roasted sweet potato and butter bean salsa 9.99* Jambalaya with Prawns, Crayfish & Smoked Sausage in spicy rice 9.99* Bouillabaisse with Cod, Clams and Jumbo Prawn served with grated gruyere cheese 9.99*

Vegetarian

Linguine in an arrabiatta sugo 9.99* Warm Sweet Potato and Goat's Cheese Salad roasted peppers, onion, toasted breadcrumbs with mixed leaves with balsamic 9.99* Pea and Sweet Potato Pearl Barley Risotto with spinach pesto 9.99*

Meat

Polish Smoked Sausage served with cheese and onion potato croquette, roasted sweet potato and red cabbage purée 9.99* Sirloin Steak served with buttered garlic and pepper spinach 18.99

Side Orders all 3.99

Fat chips Spinach in garlic butter Tomato and onion salad Buttered garden peas Green salad, croutons and parmesan

Dessert all 5.99*

French Lemon Tart with Limoncello Ice Cream Chocolate Ice Cream Sandwich with Baileys and chocolate chip ice cream Coffee Crème Brûlée Sticky Toffee Pudding and caramel sauce Brandy Bread and Butter Pudding and cream Vanilla Macaroon and Tia Maria ice cream Four Scoops of Homemade Ice Cream with homemade buttery shortbread Frozen Berries with hot white chocolate sauce Cherry Bakewell Panna Cotta topped with toasted almonds

Homemade ice creams £1.50 per scoop

Tia Maria, choccy fruit and nut Vanilla Limoncello Baileys and chocolate chip Coffee and walnut Blueberry and Frangelico with white chocolate chips Liquorice and sambucca

Homemade shortbread or cake with coffee of your choice 3.99 Cheeseboard with onion jam 7.99