

Monday

Nibbles

Mixed bread rolls

Salted butter £3.25

Warm focaccia bread (v)

Olive oil-balsamic vinegar £3.50

Antipasti (v/gf)

Sweet peppers - cornichons - halkidhiki - kalamata olives - garlic cloves £4.00

Marinated olives (v/gf)

£3.50

Hummus (v/gf)

Warm pitta bread £4.00

Add: pesto or harissa

Starters

Roasted sweet potato - parsley - celeriac soup (v/gf)

£5.00

Cajun chicken (gf)

Chilli lime mango salsa - rocket - radish £6.00

Mixed seafood fritto misto

Lemon dill garlic mayonnaise £6.00

Smoked salmon - lemon - dill - prawn roulade (gf)

Rocket - radish salad £6.50

Warm Mediterranean salad (gf)

Braised fennel - roasted beetroot - halloumi croutons - french dressing £5.50

(v)=vegan (gf)=gluten free

Please let us know if you have any dietary requirements and we will try our best to accommodate you.

Monday

Mains

Sweet potato - spinach - chickpea curry (v/gf)

Red amaranth - kachumber salsa - poppadum £12.50

Pan fried duck breast (gf)

Vine tomatoes - dauphinoise potatoes - chervil baby carrots - griddled asparagus tips
- juniper berry jus £14.00

Grilled Cornish sea bream fillets (gf)

Pilaf rice - pak choi - tomato ginger chutney £14.00

Panko breaded monkfish tails

Garlic aioli - sweet potato wedges - leaves £14.00

Sands Buddha bowl (v/gf)

Roasted vegetables - avocado - vine roasted tomatoes - squash - seeds - antipasti -
beetroot - hummus £12.50

Add either: Chicken - mackerel - prawns - halloumi

6oz Angus burger

Bacon - cheddar - baby gem salad - BBQ sauce - brioche bun - coleslaw - chips or
wedges £13.50

Cranberry pork belly burger

Bacon - brie – cranberry sauce - honey mustard mayo - brioche bun - coleslaw - chips
or wedges £13.50

Spicy bean halloumi and avocado burger

Tomato chutney - brioche bun - coleslaw - chips or wedges £12.50

7oz Fillet steak

Tomato - flat mushroom - chunky chips - onion rings - peppercorn sauce £20.00

8oz Rib Eye steak

Sweet potato pomme puree - wilted spinach - green beans - olive and pancetta salad-
chimichurri sauce £18.00

Rib Eye Surf and Turf

King prawn and chorizo skewer £22.00

Sides

Chunky chips (v/gf) £3.50

Cheesy chunky chips (gf) £4.50

Baby leaf salad (v/gf) £3.50

Spiced wedges (v/gf) £4.00

Bowl of steamed vegetables (v/gf) £4.00

Monday

Kids Menu

Starters

Breaded chicken goujons

Cucumber - tomato - Mayo dip £4.50

Mozzarella sticks

Salsa dip £4.00

Mains

Spaghetti Bolognese

Parmesan - garlic bread £6.00

Cauliflower - broccoli - butternut squash

Cheesy gnocchi bake £5.50

Scampi bites

Fries - peas £6.00

Monster cheese burger

Fries - ketchup £6.50

Desserts

Warm Chocolate brownie

Chocolate Ice cream £4.00

Mini doughnuts

Strawberry sauce - whipped cream £4.00

Fruit Salad

£3.50

Cheese and crackers

Grapes £3.50

2 scoops ice cream

Wafer - chocolate sauce £4.00

Choose from: Chocolate - Strawberry - Vanilla

Ice Cream Extravaganza

Choc chip cookie - vanilla Ice cream - popping candy - chocolate sauce - mini marshmallows - smarties £6.00

Tuesday

Nibbles

Mixed bread rolls

Salted butter £3.25

Warm focaccia bread (v)

Olive oil - balsamic vinegar £3.50

Antipasti (v/gf)

Sweet peppers - cornichons - halkidhiki - kalamata olives - garlic cloves £4.00

Marinated olives (v/gf)

£3.50

Hummus (v/gf)

Warm pitta bread £4.00

Add: pesto or harissa

Starters

Curried parsnip soup (v/gf)

Crispy parsnip skins £5.00

Apricot ham hock terrine

Piccalilli - charred parma ham - toasted bread £6.00

Grilled Cornish mackerel (gf)

Pickled carrot apple salad - harissa hummus £6.00

Cornish yarg rarebit

Poached egg - dijon dressing £6.00

Classic prawn cocktail

Baby gem - marie rose sauce - granary bread £6.00

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Tuesday

Mains

Wild mushroom risotto (gf)

Cornish blue - spring onions - lemon balm £12.50

Chicken Satay (gf)

Peanut sauce - saffron rice - vietnamese salad £14.00

Cornish mussels (gf)

Cornish rattler pancetta sauce - fries - salad £14.00

Panko honey glazed salmon fillet

Coriander - lime - egg noodles - soy sauce - pineapple £14.00

Sands Buddha bowl (v/gf)

Roasted vegetables - avocado - vine roasted tomatoes - squash - seeds - antipasti - beetroot – hummus £12.50

Add either: Chicken - mackerel - prawns - halloumi

6oz Angus burger

Fried egg - onion ring - brioche bun - coleslaw - chips or wedges £13.00

Pork belly burger

Blue cheese - apple cider chutney - brioche bun - coleslaw - chips or wedges £13.50

Horseradish - Beets - carrot burger (v)

Tomato chutney - brioche bun - vegan slaw - chips or wedges £12.00

7oz Fillet Steak

Tomato - flat mushroom - chunky chips - onion rings - peppercorn sauce £20.00

8oz Rib Eye Steak

Sweet potato pomme puree - wilted spinach - green beans - olive and pancetta salad - chimichurri sauce £18.00

Rib Eye Surf and Turf

King prawn and chorizo skewer £22.00

Sides

Chunky chips (v/gf) £3.50

Cheesy chunky chips (gf) £4.50

Baby leaf salad (v/gf) £3.50

Spiced wedges (v/gf) £4.00

Bowl of steamed vegetables (v/gf) £4.00

Tuesday

Kids Menu

Starters

Cocktail sausages

Cheese bites - apple - tomato dip £4.00

Cheese - pineapple - apple kebabs

Honey yogurt dip £3.50

Mains

Sausages

Mashed potato - peas - gravy £6.00

Pea and parmesan carbonara

Garlic bread £5.50

Fish finger wrap

Fries - beans - ketchup £6.00

Monster cheese burger

Fries - ketchup £6.50

Desserts

Warm chocolate brownie

Chocolate ice cream £4.00

Mini doughnuts

Strawberry sauce - whipped cream £4.00

Fruit salad

£3.50

Cheese and crackers

Grapes £3.50

2 scoops ice cream

Wafer - chocolate sauce £4.00

Choose from: Chocolate - strawberry - vanilla

Ice Cream Extravaganza

Choc chip cookie - vanilla ice cream - popping candy - chocolate sauce - mini marshmallows - smarties £6.00

Wednesday

Nibbles

Mixed bread rolls

Salted butter £3.25

Warm focaccia bread (v)

Olive oil - balsamic vinegar £3.50

Antipasti (v/gf)

Sweet peppers - cornichons - halkidhiki - kalamata olives - garlic cloves £4.00

Marinated olives (v/gf)

£3.50

Hummus (v/gf)

Warm pitta bread £4.00

Add: pesto or harissa

Starters

Minted pea soup (gf)

Watercress - sour cream £5.00

Chicken liver parfait

Melba toast - red onion sloe gin marmalade £6.00

Garlic king prawn (gf)

Roasted red pepper tomato skewers - harissa mayo £6.50

Breaded whitebait

Mixed salad - tartar sauce £6.00

Mezze platter

Grains - hummus - leaves - olives - falafel £5.50

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Wednesday

Mains

Roasted roots - apricot - chickpea tagine (v)

Citrus bulgur wheat - baba ganoush dip £12.50

Roasted Cornish pork belly

Crackling - sweet potato fondant - salsa verde - iberico black pudding - caramelised apple sauce £14.00

Bouillabaisse (gf)

Rainbow chard - Purple sprouting broccoli - trout - hake - saffron aioli £14.00

Soda battered cod goujons

Asian infused salad - chilli - lime - ginger - soy dressing £14.00

Sands Buddha bowl (v/gf)

Roasted vegetables - avocado - vine roasted tomatoes - squash - seeds - antipasti - beetroot - hummus £12.50

Add either: Chicken - mackerel - prawns - halloumi

Cajun chicken Texan burger

Tomato salsa - guacamole - cheese - baby gem salad - brioche bun - coleslaw - chips or wedges £14.00

Pork belly burger

Blue cheese - apple cider chutney - brioche bun - coleslaw - chips or wedges £13.50

Spicy bean halloumi and avocado burger

Tomato chutney - brioche bun - coleslaw - chips or wedges £12.50

7oz Fillet Steak

Tomato - flat mushroom - chunky chips - onion rings - peppercorn sauce £20.00

8oz Rib Eye Steak

Sweet potato pomme puree - wilted spinach - green beans - olive and pancetta salad - chimichurri sauce £18.00

Rib Eye Surf and Turf

King prawn and chorizo skewer £22.00

Sides

Chunky chips (v/gf) £3.50

Cheesy chunky chips (gf) £4.50

Baby leaf salad (v/gf) £3.50

Spiced wedges (v/gf) £4.00

Bowl of steamed vegetables (v/gf) £4.00

Wednesday

Kids Menu

Starters

Scampi bites
Mayo dip £4.00

Cheesy garlic bread
£3.50

Mains

Mini beef tacos
Cheddar - carrot sticks - salsa dip £6.00

Pan fried gnocchi
Tomato sauce - cheddar £5.50

Tempura battered fish
Chips - peas £6.00

Monster cheese burger
Fries - ketchup £6.50

Desserts

Warm chocolate brownie
Chocolate Ice cream £4.00

Mini doughnuts
Strawberry sauce - whipped cream £4.00

Fruit Salad
£3.50

Cheese and crackers
Grapes £3.50

2 scoops ice cream
Wafer - chocolate sauce £4.00
Choose from: Chocolate - Strawberry - Vanilla

Ice Cream Extravaganza
Choc chip cookie - vanilla Ice cream - popping candy - chocolate sauce - mini
marshmallows - smarties £6.00

Thursday

Nibbles

Mixed bread rolls

Salted butter £3.25

Warm focaccia bread (v)

Olive oil-balsamic vinegar £3.50

Antipasti (v/gf)

Sweet peppers - cornichons - halkidhiki - kalamata olives - garlic cloves £4.00

Marinated olives (v/gf)

£3.50

Hummus (v/gf)

Warm pitta bread £4.00

Add: pesto or harissa

Starters

Butternut squash soup (v/gf)

Root vegetable crisps £5.00

Lemon soy sesame seed chicken

Vietnamese salad (contains nuts) £6.00

Crispy squid

Leaves - green peppercorn - chilli soy dressing £6.00

Melon – strawberry - halloumi salad (gf)

Pomegranate - balsamic glaze £5.50

Classic prawn cocktail

Baby gem - marie rose sauce - granary bread £6.00

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Thursday

Mains

Pan fried gnocchi (gf)

Arrabiata sauce - crumbled feta – pea shoots - balsamic glaze £12.50

6oz Rump Steak

Garlic mash - green bean olive pancetta salad - peppercorn sauce £15.00

Seafood chowder

Toasted ciabatta - red pepper aioli £14.00

Tempura battered haddock

Crushed peas with chilli mint garlic - chips - tartar sauce £13.50

Sands Buddha bowl (v/gf)

Roasted vegetables - avocado - vine roasted tomatoes - squash - seeds - antipasti - beetroot - hummus £12.50

Add either: Chicken - mackerel - prawns - halloumi

New Yorker peri chicken burger

Bacon - mozzarella - BBQ sauce - brioche bun - coleslaw - chips or wedges £13.50

Cranberry pork belly burger

Bacon - brie - honey mustard mayo - brioche bun - coleslaw - chips or wedges £13.50

Horseradish - beets - carrot burger (v)

Tomato chutney - brioche bun - vegan slaw - chips or wedges £12.00

7oz Fillet steak

Tomato - flat mushroom - chunky chips - onion rings - peppercorn sauce £20.00

8oz Rib Eye steak

Sweet potato pomme puree - wilted spinach - green beans - olive and pancetta salad - chimichurri sauce £18.00

Rib Eye Surf and Turf

King prawn and chorizo skewer £22.00

Sides

Chunky chips (v/gf) £3.50

Cheesy chunky chips (gf) £4.50

Baby leaf salad (v/gf) £3.50

Spiced wedges (v/gf) £4.00

Bowl of steamed vegetables (v/gf) £4.00

Thursday

Kids Menu

Starters

Breaded chicken goujons

Mayo dip £4.00

Toasted nachos

Tomato sauce - grated cheddar £3/50

Mains

Beef lasagne

Salad - fries £6.00

Fusilli pasta

Roasted red pepper sauce £5.50

Scampi bites

Fries - peas £6.00

Monster cheese burger

Fries - ketchup £6.50

Desserts

Warm Chocolate brownie

Chocolate ice cream £4.00

Mini doughnuts

Strawberry sauce - whipped cream £4.00

Fruit salad

£3.50

Cheese and crackers

Grapes £3.50

2 scoops ice cream

Wafer - chocolate sauce £4.00

Choose from: Chocolate - strawberry - vanilla

Ice Cream Extravaganza

Choc chip cookie - vanilla ice cream - popping candy - chocolate sauce - mini marshmallows - smarties £6.00

Friday

Nibbles

Mixed bread rolls

Salted butter £3.25

Warm focaccia bread (v)

Olive oil - balsamic vinegar £3.50

Antipasti (v/gf)

Sweet peppers - cornichons - halkidhiki - kalamata olives - garlic cloves £4.00

Marinated olives (v/gf)

£3.50

Hummus (v/gf)

Warm pitta bread £4.00

Add: pesto or harissa

Starters

Parsnip apple soup (v/gf)

Micro fennel £5.00

Iberico black pudding - pistachio - chicken terrine

Apple cider chutney - focaccia bread £6.00

Grilled Cornish seabream (gf)

Roasted red pepper salsa - sour cream £6.00

Falafels (v)

Tomato harissa salsa - baba ghanoush - toasted pitta £5.50

Classic prawn cocktail

Baby gem - marie rose sauce - granary bread £6.00

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Friday

Mains

Panko breaded fried halloumi

Poached egg - grilled vegetables - roasted cherry tomatoes - chickpeas - romesco sauce £12.50

Slow cooked shoulder of lamb tagine

Citrus bulgur wheat - raita dressing £14.00

Grilled Cornish hake fillet (gf)

Tomato olive chorizo bean cassoulet - saffron aioli £14.00

Tempura battered haddock

Crushed peas with chilli mint garlic - chips - tartar sauce £13.50

Sands Buddha bowl (v/gf)

Roasted vegetables - avocado - vine roasted tomatoes - squash - seeds - antipasti - beetroot - hummus £12.50

Add either: Chicken - mackerel - prawns - halloumi

Beefy blue 6oz Angus burger

Cornish blue - baby gem salad - mustard mayo - brioche bun - coleslaw - chips or wedges £13.50

Peking pork belly burger

Cucumber - spring onion - hoisin sauce - brioche bun - coleslaw - chips or wedges £14.00

Spicy bean halloumi and avocado burger

Tomato chutney - brioche bun - coleslaw - chips or wedges £12.50

7oz Fillet steak

Tomato - flat mushroom - chunky chips - onion rings - peppercorn sauce £20.00

8oz Rib Eye steak

Sweet potato pomme puree - wilted spinach - green beans - olive and pancetta salad - chimichurri sauce £18.00

Rib Eye Surf and Turf

King prawn and chorizo skewer £22.00

Sides

Chunky chips (v/gf) £3.50

Cheesy chunky chips (gf) £4.50

Baby leaf salad (v/gf) £3.50

Spiced wedges (v/gf) £4.00

Bowl of steamed vegetables (v/gf) £4.00

Friday

Kids Menu

Starters

Cocktail sausages

Cheese bites - apple - tomato dip £4.00

Cheese and tomato pizza bread

£4.00

Mains

Roast turkey

Roast potatoes - vegetables - gravy £6.00

Macaroni cheese bake

Parmesan cheese topped - leaves £5.50

Fish fingers

Fries - beans £6.00

Monster cheese burger

Fries - ketchup £6.50

Desserts

Warm Chocolate brownie

Chocolate Ice cream £4.00

Mini doughnuts

Strawberry sauce - whipped cream £4.00

Fruit Salad

£3.50

Cheese and crackers

Grapes £3.50

2 scoops ice cream

Wafer - chocolate sauce £4.00

Choose from: Chocolate - Strawberry - Vanilla

Ice Cream Extravaganza

Choc chip cookie - vanilla Ice cream - popping candy - chocolate sauce - mini marshmallows - smarties £6.00

Saturday

Nibbles

Mixed bread rolls

Salted butter £3.25

Warm focaccia bread (v)

Olive oil - balsamic vinegar £3.50

Antipasti (v/gf)

Sweet peppers - cornichons - halkidhiki - kalamata olives - garlic cloves £4.00

Marinated olives (v/gf)

£3.50

Hummus (v/gf)

Warm pitta bread £4.00

Add: pesto or harissa

Starters

Carrot and cumin soup (v/gf)

Coconut milk - chilli flakes £5.00

Smoked duck breast (gf)

Waldorf salad - toasted walnuts £6.00

Sautéed creamy garlic mushrooms

Bruschetta - roasted cherry vine tomatoes £6.00

Chilli lime king prawns

Baby spinach leaves - avocado - pomegranate - focaccia bread £6.50

Hake salmon orange sweet potato fishcakes

Leaves - chilli dip £6.50

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Saturday

Mains

Mexican five bean chilli (v)

Lemon - cauliflower cucumber couscous - lime pickle - rocket £12.50

Chicken supreme (gf)

Fondant potatoes - caramelised seasonal vegetables - tarragon mushroom sauce -
crispy sweet potato skins - micro herbs £14.00

Fish curry - Korma spices (gf)

Basmati rice - mango chutney - red onion salsa - poppadum £14.00

Cornish Korev battered hake

Lemon mash - caper and samphire butter sauce £14.00

Sands Buddha bowl (v/gf)

Roasted vegetables - avocado - vine roasted tomatoes - squash - seeds - antipasti -
beetroot - hummus £12.50

Add either: Chicken - mackerel - prawns - halloumi

6oz Angus burger

Cheese - bacon - baby gem salad - BBQ sauce - brioche bun - coleslaw - chips or
wedges £13.50

Cajun chicken breast burger

Baby gem salad - piri piri sauce - brioche bun - coleslaw - chips or wedges £13.50

Spicy bean halloumi and avocado burger

Tomato chutney - brioche bun - coleslaw - chips or wedges £12.50

7oz Fillet steak

Tomato - flat mushroom - chunky chips - onion rings - peppercorn sauce £20.00

8oz Rib Eye steak

Sweet potato pomme puree - wilted spinach - green beans - olive and pancetta salad -
chimichurri sauce £18.00

Rib Eye Surf and Turf

King prawn and chorizo skewer £22.00

Sides

Chunky chips (v/gf) £3.50

Cheesy chunky chips (gf) £4.50

Baby leaf salad (v/gf) £3.50

Spiced wedges (v/gf) £4.00

Bowl of steamed vegetables (v/gf) £4.00

Saturday

Kids Menu

Starters

Scampi bites

Leaves - mayonnaise £4.00

Cheesy garlic bread

£3.50

Mains

Cottage Pie

Cheddar topped - greens £6.00

Vegetable lasagne

Lightly spiced wedges £5.50

Tempura battered haddock

Fries - peas £6.00

Monster cheese burger

Fries - ketchup £6.50

Desserts

Warm chocolate brownie

Chocolate ice cream £4.00

Mini doughnuts

Strawberry sauce - whipped cream £4.00

Fruit salad

£3.50

Cheese and crackers

Grapes £3.50

2 scoops ice cream

Wafer - chocolate sauce £4.00

Choose from: Chocolate - strawberry - vanilla

Ice Cream Extravaganza

Choc chip cookie - vanilla ice cream - popping candy - chocolate sauce - mini marshmallows - smarties £6.00

Sunday

Nibbles

Mixed bread rolls

Salted butter £3.25

Warm focaccia bread (v)

Olive oil - balsamic vinegar £3.50

Antipasti (v/gf)

Sweet peppers - cornichons - halkidhiki - kalamata olives - garlic cloves £4.00

Marinated olives (v/gf)

£3.50

Hummus (v/gf)

Warm pitta bread £4.00

Add: pesto or harissa

Starters

Tomato and Basil Soup (v)

Parmesan croutons £5.00

Sticky BBQ ribs (gf)

Apple slaw – pea shoot salad £6.00

Potted mackerel pate

Toasted sourdough - pea and watercress salad £6.00

Sunblush and parmesan Caesar salad

Panko breaded poached egg £5.50

Roasted salmon fillet wrapped in parma ham (gf)

Griddled asparagus - lemon mayonnaise £6.50

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Sunday

Mains

Vegetarian thai broth (v/gf)

Saffron rice - chillies - spring vegetables £12.50

Turkey and pancetta conchiglie carbonara (gf)

Shaved parmesan £14.00

Cornish sea trout fillet

Caper and fennel risotto - samphire - radish - red onion £14.00

Deep fried plaice

Spiced wedges - pak choi - red pepper aioli £13.00

Sands Buddha bowl (v/gf)

Roasted vegetables - avocado - vine roasted tomatoes - squash - seeds - antipasti - beetroot - hummus £12.50

Add either: Chicken - mackerel - prawns - halloumi

Sunday best 6oz Angus burger

Bacon - mushroom - cheese - horseradish sauce - brioche bun - coleslaw - chips or wedges £13.00

New Yorker peri chicken burger

Bacon - mozzarella - BBQ sauce - brioche bun - coleslaw - chips or wedges £13.50

Horseradish - beets - carrot burger (v)

Tomato chutney - brioche bun - vegan slaw - chips or wedges £12.00

7oz Fillet steak

Tomato - flat mushroom - chunky chips - onion rings - peppercorn sauce £20.00

8oz Rib Eye steak

Sweet potato pomme puree - wilted spinach - green beans - olive and pancetta salad - chimichurri sauce £18.00

Rib Eye Surf and Turf

King prawn and chorizo skewer £22.00

Sides

Chunky chips (v/gf) £3.50

Cheesy chunky chips (gf) £4.50

Baby leaf salad (v/gf) £3.50

Spiced wedges (v/gf) £4.00

Bowl of steamed vegetables (v/gf) £4.00

Sunday

Kids Menu

Starters

Ham - hummus - carrots - cucumber
£4.50

Fruit Salad
Grapes - melon - pineapple - strawberries £4.00

Mains

Roast chicken
Carrots - peas - potatoes - gravy £6.00

Penne pasta
Tomato sauce - garlic bread £5.50

Haddock bites
Smiley faces - cucumber - leaves £6.00

Monster cheese burger
Fries - ketchup £6.50

Desserts

Warm chocolate brownie
Chocolate ice cream £4.00

Mini doughnuts
Strawberry sauce - whipped cream £4.00

Fruit Salad
£3.50

Cheese and crackers
Grapes £3.50

2 scoops ice cream
Wafer - chocolate sauce £4.00
Choose from: Chocolate - strawberry - vanilla

Ice Cream Extravaganza
Choc chip cookie - vanilla Ice cream - popping candy - chocolate sauce - mini
marshmallows - smarties £6.00