

MIX THEM UP TO MAKE A MAIN

## LIGHT BITES

### Calamari Rings

In a Japanese Panko crumb coating deep fried served with a sweet Chilli dipping sauce and Lemon garnish.

£7.95 355

### Smoked Haddock, Mozzarella and Spring Onion Cakes

Served with our classic sweet Chilli dipping sauce and mixed leaves

£7.95 389

### Loaded Chips

A large smash of our locally grown 'fresh from the soil' freshly cut homemade chips with melted cheese, bacon and finished with dipping pots of the Sands -by-the-Sea's very own chip shop Curry sauce

£7.95 638

### with Beans (instead of Bacon)

(curry sauce is not vegetarian)

£7.95 647 V gf

### Triple Sliced Sweet Chilli Chicken Sandwich

Roughly cut Chicken Goujons with a sweet Chilli glaze and topped with sliced Cheddar Cheese served with Lettuce, Onion, Tomato and Cucumber. with brown bread

£7.95 603

590

### Triple Sliced Tuna Mayo Sandwich

Delicious tuna fish mayo, topped with sliced cheddar cheese served with lettuce, onion, tomato & cucumber. with brown bread

£7.95 597

480

### Chicken Goujons

5 breast of chicken fillets in a crispy coating served with a Barbeque dip

£7.95 398

### The Sands Burger

4oz 100% beef burger, with fresh mixed leaves, sliced tomato, cut gherkin, shredded raw onion, and served in a lightly toasted brioche bun.

£7.95 494

### Jacket Potato

served with one filling, a Side Salad with or without Butter and Garnish

£7.95 288

#### Baked Beans

VC gf

74

#### Grated Cheese

gf V

140

#### Three Bean Chilli

VC

186

#### Chicken, Bacon & Mayonnaise

247

#### Tuna Mayo

123

#### Egg Mayo

297

For calorie count, add 288 (plain jacket potato) and add your chosen filling calories



For those of you who are watching their calorie intake, we have counted all the main items on the menu, so you can have control over your calorie intake. Just look for the yellow boxes or numbers next to the item on the menu. Other tips would be sharing...or running home afterwards to work off those calories!! We also have options that are gluten free, vegetarian and vegan. These are all indicated on the menu with symbols.

## MAINS

Our main meals are accompanied with our delicious Sands-by-the-Sea freshly cut homemade chips or side salad. Then please choose from either: mushy peas, garden peas, beans, curry sauce or salad garnish or Gravy

### Sands 'Queen Consort' Cod

gfo

Lightly battered deep fried Atlantic Cod. Enjoyed by Camilla, Queen Consort on her recent visit, with Tartare sauce and a 'Wally' (a Gherkin to me and you!) 80p

£15.95 998

### Small Cod option available

gfo

£12.00 845

### Battered Haddock

gfo

Fresh Lightly battered deep fried line caught Haddock.

£15.95 989

### Good Ole Fashion Sausage

Classic battered Sausage (plain sausage or saveloy option)

£11.00 710

Vegan Option available.

678

### Pie of the Day

Todays choice of pie served with a gravy jug on the side.

£12.95 750 - 762

### Lands End Whole Tail Scampi

Golden fried breaded whole tail scampi.

£15.00 784

### Poached Salmon Fillet

Served with either Jacket Potato with mixed leaf salad, Cherry Tomatoes, red onion and sweet Chilli or with Chips and a side of your choice.

£15.00 480 839

### Sands Signature Salad

Freshly cut lettuce, cucumber, cherry tomatoes and onion. Topped with Smokey bacon pieces and crispy fried battered chicken. Finished with a balsamic glaze.

£11.95 414

## BURGERS

How about a Burger! Our burgers come with Salad and are accompanied with our delicious freshly cut homemade chips or side salad. Then please choose from either: beans, mushy peas, garden peas, curry sauce or salad garnish or gravy.

### First choose your burger

#### 1/4 lb Burger

£12.50 934

#### Chicken Fillet Burger

£12.50 871

#### Vegetable Burger

VC

(Vegan with vegan bun)

£12.50 726

#### Double up your burger

£2.00

#### add Bacon

£2.00 86

#### add Cheese

£2.50 83

#### add Onion Rings (x6)

V

£2.50 156

#### Giant Onion Ring Tower

V

served with Mayonnaise and BBQ Sauce

£5.00 468

## ALL VEGAN MENU

DELICIOUS OPTIONS FOR EVERYONE



### Vegetable Burger

and Chips

£12.50 726

### Jacket Potato

gf

with 3 Bean Chilli

£7.95 336

### Jacket Potato

gf

with Beans

£7.95 275

### Vegan Battered Sausage

and Chips

£11.00 678

### Loaded Chips

with Cheese and Beans

gf

£7.95 647

## SIDES

### Sands Freshly cut Chips

VG gf

£3.95 424

### Cheesy Chips

VC gf

£6.00 564

### Garden Peas

VC gf

£2.00 81

### Jug of Gravy

VC

£2.00 24

### Mushy Peas

VC gf

£2.00 87

### Side Salad

VC gf

£2.00 24

### Curry Sauce

£2.50 82

### Baked Beans

VC gf

£2.50 74

### Soft Bread Roll & Butter

£1.20 177

### 2 Slices of Bread & Butter

£1.20 274

### Gherkin

80p 4

gf GLUTEN FREE

gfo GLUTEN FREE OPTION AVAILABLE. PLEASE ASK

VG SUITABLE FOR VEGANS

V SUITABLE FOR VEGETARIANS.

We have information regarding the ingredients of our menu dishes. If you have specific food allergy or preference, please ask the duty manager for details. Please note that fish dishes may contain bones. We welcome your comments, so please contact the duty manager who will be happy to talk to you. All prices are inclusive of V.A.T. All items are subject to availability.

SAVE 20% OFF THESE PRICES WITH ONE OF OUR GREAT VALUE ANNUAL PASSES!



## DESSERTS & CREAM TEAS

### STRAWBERRY SUNDAE £3.95

Vanilla Ice Cream, topped with Cream, Hundreds and Thousands, Strawberry Sauce and a Flake.

### KNICKERBOCKER GLORY £3.95

Named in honour of the Knickerbocker Hotel in New York, we present this famous Sundae... and remember there has to be a cherry at the bottom and the top to truly be a Knickerbocker Glory!

### CHOCOLATE SUNDAE £3.95

Vanilla Ice Cream, topped with Cream, Hundreds and Thousands, Chocolate Sauce and a Flake.

### Kiddibocker Glory

Wow! A childrens size Knickerbocker Glory!

### Childrens Special Sundae

Strawberry or Chocolate Kids size Sundae

### Chocolate Pecan Brownie

V gf

Warmed Chocolate Brownie topped with Mr Whippy Ice Cream and a choice of Strawberry or Chocolate sauce.

### Selection of Mini Cakes

and Ice Cream

### King Kone £3.50

530

### Kiddy Kone £3.00

417

## Afternoon Teas

vegan/dairy free/gluten free options available.

### Afternoon Tea for Two

2 Scones, Cream, Tiptree Jam, Selection of Mini Cakes, Selection of Sandwiches (Ham, Chicken and Bacon Mayonnaise, Egg Mayonnaise, Cream Cheese and Cucumber)

£40.00

3788

### Afternoon Tea for One

1 Scone, Cream, Tiptree Jam, Selection of Mini Cakes, Selection of Sandwiches (Ham, Chicken and Bacon Mayonnaise, Egg Mayonnaise, Cream Cheese and Cucumber)

£20.00

1894

### Childs Afternoon Tea

£10.00

1066

### Cream Tea

Scone, Cream and Tiptree Jam served with either Tea or Coffee

£4.50

746

### Coffee and Cakes

Selection of mini cakes and either a Tea or Coffee

£6.95

1141

### King Charles III Favourite The Royal Tea

Earl Grey Tea with Milk & Honey. As served to His Majesty King Charles III on his recent visit to Sands-by-the-Sea.

£2.50

CHILDRENS MENU £7.00 each

All Childrens meals come with a choice of drink.  
Choose from one of these options.

100% Cod Fish Fingers 

Sausage or Battered Sausage  412  
vegan option available  339

Saveloy  399

100% Chicken Goujons  497  
in a crispy coating

Wholetail Scampi  392

2oz Burger  412














2oz Cheese Burger  463

All above Children’s meals are served with  
chips and Heinz Baked Beans or Peas

Mac ‘n’ Cheese  
served with Bread and Butter  603









DRINKS

Soft Drinks

Pepsi Max  0.6	/ R.Whites Lemonade  85	/ Tango Orange  140	£3.50
Pepsi  187			£3.75
Pepsi Max  107	/ R.Whites Lemonade  106	/ Tango Orange  176	(pint) £4.00
Pepsi  234			(pint) £4.25
Robinsons Real Fruit			£3.50
Rockstar			£3.75
Lime and Soda  4			£1.75
Orange and Lemonade  142			£3.25
Florida Orange  196			£3.50
Orange  153	/ Apple  156	/Cranberry juice  156	£2.75
Apple or Orange Juice drink (carton)			£1.75
Still or Sparkling Water			small £2.00
			large £3.50

Tonic/ Slimline Tonic	£2.25
Ginger Ale	£2.25
Coffee Cool Iced Coffee  159	£3.95
Lipton Ice Tea	£3.50

Hot Drinks




Americano  3	£3.35	Hot Choc Supreme  297	£3.95
Cappuccino  35		English Tea / Herbal Tea  297	
Cappuccino  100	£3.50	The Royal Tea (Earl Grey)  297	£2.50
Latte  143	£3.50	Syrups  20-21	75p

Decaffeinated Coffee and Tea available

All our food is freshly prepared and made to order. Cooking times may vary.  
We have information regarding the ingredients of our dishes. Some ingredients  
may contain traces of nut. If you are sensitive to or allergic to any of our  
ingredients then please ask us for help and information.

We do not apply a service charge to your bill. Tips are not expected but any left are gratefully received  
and shared equally among all the staff, whether you can see them or not.

WINE LIST

Cortestrada Catarratto Pinot Grigio - Italy 12.0%  
Fuller flavoured than most Pinot Grigios. A delightful, open, generous and fruity wine.  
125ml glass  93 £4.75 /250ml glass  186 £7.75 /Bottle  558 £22.50

Chenin Blanc South Africa 13% vol.  
125ml glass  94 £4.75 /250ml glass  188 £7.75 /Bottle  564 £22.50







Arcano Pinot Grigio Rosé - Italy 12.0%  
Light and fresh Pinot with delicate strawberry hints.  
125ml glass  101 £4.75 /250ml glass  202 £7.75 /Bottle  606 £22.50

Euca Hill Shiraz - Australia 13.5%  
Medium-bodied with ripe dark red fruit flavours and underlying hints of black pepper.  
125ml glass  98 £4.75 /250ml glass  196 £7.75 /Bottle  588 £22.50

That’s the Spirit!

Smirnoff Vodka (37.5 vol.)	£3.50	 52
Bacardi (37.5% vol.)	£3.50	 54
Gordons Gin (37.5% vol.)	£3.50	 52
Gordons Pink Gin (37.5%)	£3.50	 56
Jack Daniels (40% vol.)	£3.50	 56
Whiskey (28% vol.)	£3.50	 62
Courvoisier (40% vol.)	£3.50	 67
Malibu (21% vol.)	£3.50	 51
Disaronno (28% vol.)	£3.50	 110
Archers (18% vol.)	£3.50	 61
Sambuca (38% vol.)	£3.50	 84
Tequila Rose (15% vol.)	£3.50	 69
Baileys (17% vol.)	£3.50	 82

Bottled Beers, Ales and Ciders

Budweiser (330ml – 4.5% ABV)  132	£4.25
Carlsberg (3.8% vol.)	
pint £5.50  256	half pint  128 £3.00
4 pint jug  1024	£18.50
Bulmers Cider (4.5%vol.)  210	£5.25
Baileys Hot Chocolate  379	£7.15

Celebrate with some bubbles!

Cortestrada Prosecco  
Italy 11.0%  
Restrained aromatics with a touch of acacia honey  
and white pears. This is an easy drinking, off-dry  
Prosecco with fresh citrus acid and a lively mousse.

bottle  473 £27.95  
200ml  126 £9.75

...or a delicious Pimms?

Pimms (25% vol.)  156 £6.75  
or jug  624 £22.50

Have you tried our new.  
COFFEE COOL  
REFRESHING ICED COFFEE



ESPRESSO ON ICE, SPLASH OF SYRUP  
SYRUPS: CHOOSE FROM VANILLA, HAZLENUT, CARAMEL, ORANGE OR MINT  
TOPPED WITH WHIPPY CREAM, A WAFER  
AND A SPRINKLE OF CHOCOLATE DUST!

We value your views and comments



tripadvisor



Thank you for ordering at the bar



SANDS  
BY THE SEA

HERITAGE FISH AND CHIPS

A RIGHT ROYAL RESTAURANT

Tel. 01702 468123

www.sandsbythesea.co.uk

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if you have a specific food allergy, please ask the duty manager and  
he/she will be happy to help.