

MIX THEM UP TO MAKE A MAIN

## LIGHT BITES

### Calamari Rings **C** 355

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

**£8.95** **£7.16**

### Smoked Haddock, Mozzarella and Spring Onion Cakes **C** 389

Served with our classic sweet Chilli dipping sauce and mixed leaves

**£8.95** **£7.16**

### Cod Bites **gf** **C** 354

Lightly battered deep fried Atlantic cod bites.

Served with tartare sauce and a wedge of lemon.

**£8.95** **£7.16**

### Loaded Chips **C** 638

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.

**£8.95** **£7.16**

### with Beans (instead of Bacon) **C** 647

(curry sauce is not vegetarian) **V** **gf**

**£8.95** **£7.16**

### Triple Sliced Sweet Chilli Chicken Sandwich **C** 603

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 **C** 590

**£8.95** **£7.16**

### Triple Sliced Tuna Mayo Sandwich **C** 597

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

with brown bread **C** 480

**£8.95** **£7.16**

### Chicken Goujons **C** 398

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

**£8.95** **£7.16**

### The Sands Burger **C** 494

4oz 100% beef burger, with fresh mixed leaves, sliced tomato, cut gherkin, shredded raw onion, and served in a lightly toasted brioche bun with or without cheese. (chicken or vegetable option available)

**£8.95** **£7.16**

### Crumpet Brunch

2x crumpets with butter, topped with avocado smash, sliced boiled eggs, rocket and drizzled with hot honey.

**£8.95** **£7.16**

### Jacket Potato **VG** **gf**

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

**C** 288

**£8.95** **£7.16**

### Baked Beans **VG** **gf**

**C** 74

### Grated Cheese **gf** **V**

**C** 140

### Three Bean Chilli **VG**

**C** 186

### Chicken, Bacon & Mayonnaise **gf**

**C** 247

### Tuna Mayo **gf**

**C** 123

### Egg Mayo **gf**

**C** 297

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

## 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, salad garnish or Gravy

### Sands 'Queen Consort' Cod **gf** **C** 998

Lightly battered deep fried Atlantic Cod. Enjoyed by Her Majesty Queen Camilla on her recent visit, with Tartare sauce and a 'Wally' (a Gherkin to me and you!) **£1.00**

**£16.50** **£13.20**

### Small Cod option available **gf** **C** 845

**£13.95** **£11.16**

### Battered Haddock **gf** **C** 989

Fresh Lightly battered deep fried line caught Haddock.

**£16.50** **£13.20**

### Good Ole Fashion Sausage **C** 710

Classic battered Sausage (plain sausage or saveloy option)

**£12.50** **£10.00**

Vegan Option available. **C** 678

### Lands End Whole Tail Scampi **C** 784

Golden fried breaded whole tail scampi.

**£16.50** **£13.20**

### Poached Salmon Fillet **gf**

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.

**C** 480

**C** 839

**£16.50** **£13.20**

### Sands Signature Salad **C** 414

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

**£13.95** **£11.16**

## BURGERS

How about a Burger! Our burgers come with or without cheese, 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 **C** 934

**£13.95** **£11.16**

#### Chicken Fillet Burger **C** 871

**£13.95** **£11.16**

#### Vegetable Burger **VG** **C** 726

(Vegan with vegan bun)

**£13.95** **£11.16**

### Double up your burger

**£2.50** **£2.00**

#### add Bacon **C** 86

**£2.50** **£2.00**

#### add Cheese **C** 83

**£2.75** **£2.20**

#### add Onion Rings (x6) **VG** **C** 156

**£3.50** **£2.80**

#### Giant Onion Ring Tower **VG** **C** 468

served with Mayonnaise and BBQ Sauce

**£6.00** **£4.80**



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.

## PIE AND A PINT

### Pie and a Pint

A tasty pie served with chips or jacket potato, gravy, side with a choice of a large glass of wine or lager

**£15.00** **£12.00**

### Pie and a soft drink

A tasty pie served with chips or jacket potato, gravy, side with a choice of a Pepsi, Pepsi Max, Tango, R.Whites-lemonade, Tea or Coffee

**£12.00** **£9.60**

#### -Chicken, Ham Hock & Leek

#### -Beef, Pancetta & Rosemary

#### -Celeria, Parsnip & Emmental **V**

#### -Steak & Ale

#### -Chicken & Wild Mushroom

#### -Steak & Devon Blue

#### -Mince Beef & Onion

#### -Mushroom & Spinach with truffle oil **V**

#### -Cheese & Onion **V**

## SIDES

### Sands Freshly cut Chips **VG** **gf** **C** 424

**£4.25** **£3.40**

### Cheesy Chips **VG** **gf** **C** 564

**£6.00** **£4.80**

### Garden Peas **VG** **gf** **C** 81

**£2.25** **£1.80**

### Jug of Gravy **VG** **C** 24

**£2.75** **£2.20**

### Mushy Peas **VG** **gf** **C** 87

**£2.75** **£2.20**

### Side Salad **VG** **gf** **C** 24

**£2.25** **£1.80**

### Curry Sauce **C** 82

**£2.75** **£2.20**

### Baked Beans **VG** **gf** **C** 74

**£2.75** **£2.20**

### Soft Bread Roll & Butter **C** 177

**£2.00** **£1.60**

### 2 Slices of Bread & Butter **C** 274

**£2.00** **£1.60**

### Gherkin **C** 4

**£1.00** **80p**

**gf** GLUTEN FREE

**gf** 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!**

\*ALL ANNUAL PASS PRICES ARE HIGHLIGHTER IN ORANGE



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.

## DESSERTS & CREAM TEAS



SUNDAE **£4.95** **£3.96**

Vanilla Ice Cream, topped with Cream, Hundreds and Thousands, Sauce and a Flake.  
Choose your sauce- Strawberry, Chocolate, Bubblegum, White Chocolate, Salted Caramel, Biscoff.  
(Vegan option available)



**C** 426

KNICKERBOCKER GLORY **£4.95**

A delicious strawberry sundae with a sweet fruity layer and a cherry on top. This delightful dessert comes with whipped cream, sprinkles, flake and a wafer. **£3.96**

**C** 483

### Kiddibocker Glory **C** 242

Wow! A childrens size Knickerbocker Glory!

**£3.95** **£3.16**

### Childrens Special Sundae **C** 313

Kids size Sundae, with a choice of sauce- Strawberry, Chocolate, Bubblegum, Biscoff, White Chocolate or Salted Saramel.

**£3.95** **£3.16**

### Chocolate Pecan Brownie **V** **gf** **C** 612

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

**£5.50** **£4.40**

### Banana Fritter **C** 530

With 2 scoops of Ice Cream and a choice of sauce.

**£5.95** **£4.76**

King Kone **£4.25** **£3.40**

Kiddy Kone **£3.75** **£3.00**

**C** 417

### Scoop Ice Cream-

1 scoop **£4.00** **£3.20**

2 scoop **£4.50** **£3.60**

3 scoop **£5.00** **£4.00**

### Add Sauce to your Ice Cream

**£1.00** **80p**

Sauce options:  
Strawberry, Chocolate, Bubblegum, White Chocolate, Salted Caramel, Biscoff

## Afternoon Teas

vegan/dairy free/gluten free options available.

### Afternoon Tea for Two **C** 3788

**£55.00** **£44.00**

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

### Afternoon Tea for One **C** 1894

**£27.50** **£22.00**

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

### Childs Afternoon Tea **C** 1066

**£13.75** **£11.00**

### Cream Tea **C** 746

**£4.50** **£3.60**

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

### 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.

**£3.00**

**£2.40**

# CHILDRENS MENU £8.00 ~~£6.40~~ each

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

## Fish Fingers

Sausage or Battered Sausage **£4.12**  
vegan option available **VG** **£3.39**

Saveloy **£3.99**

100% Chicken Goujons **£4.97**  
in a crispy coating

Wholetail Scampi **£3.92**

2oz Burger **£4.12**

2oz Cheese Burger **£4.63**

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

Mac 'n' Cheese  
served with Bread and Butter **£6.03**

Drinks available  
with your Kids Meal



Orange/ Apple  
Juice

Bottled Water

Milk

Tea

Coffee

Hot Chocolate

## DRINKS

### Soft Drinks

Pepsi Max <b>£10.6</b> / R.Whites Lemonade <b>£8.5</b> / Tango Orange <b>£14.0</b>		£3.75	£3.00
Pepsi <b>£1.87</b>		£4.00	£3.20
Pepsi Max <b>£10.7</b> / R.Whites Lemonade <b>£10.6</b> / Tango Orange <b>£17.6</b>	(pint)	£4.25	£3.40
Pepsi <b>£2.34</b>	(pint)	£4.50	£3.60
Slush		£3.95	£3.16
Robinsons Real Fruit		£3.75	£3.00
Rockstar		£3.95	£3.16
Lime and Soda <b>£4</b>		£2.00	£1.60
Orange and Lemonade <b>£14.2</b>		£3.50	£2.80
Florida Orange <b>£1.96</b>		£3.75	£3.00
Orange <b>£1.53</b> / Apple <b>£1.56</b> /Cranberry juice <b>£1.56</b>		£3.75	£3.00
Apple or Orange Juice drink (carton)		£2.00	£1.60
Still or Sparkling Water	small	£2.50	£2.00
	large	£3.50	£2.80
Tonic/ Slimline Tonic		£2.50	£2.00
Ginger Ale		£2.50	£2.00
Coffee Cool Iced Coffee <b>£1.59</b>		£4.50	£3.60
Lipton Ice Tea		£3.75	£3.00
Yazoo		£3.00	£2.40



### STARBUCKS' CHILLED CLASSICS

CAFFÈ LATTE	£4.25	£3.40
CARAMEL MACCHIATO	£4.25	£3.40
SKINNY LATTE	£4.25	£3.40



### Hot Drinks

Americano <b>£3</b>	£3.50	£2.80
Cappuccino <b>£35</b>	£3.95	£3.16
Latte <b>£14.3</b>	£3.95	£3.16

Decaffeinated Coffee and Tea available

Hot Choc Supreme <b>£2.97</b>	£4.75	£3.80
English Tea / Herbal Tea <b>£2.97</b>	£3.00	£2.40
The Royal Tea (Earl Grey) <b>£2.97</b>	£3.00	£2.40
Syrups <b>£20-21</b>	£1.00	80p

## 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** **£3.80** /250ml glass **£186** **£7.75** **£6.20** /Bottle **£558** **£22.50** **£18.00**

**Chenin Blanc South Africa 13% vol.**  
125ml glass **£94** **£4.75** **£3.80** /250ml glass **£188** **£7.75** **£6.30** /Bottle **£564** **£22.50** **£18.00**

**Arcano Pinot Grigio Rosé - Italy 12.0%**  
Light and fresh Pinot with delicate strawberry hints.  
125ml glass **£101** **£4.75** **£3.80** /250ml glass **£202** **£7.75** **£6.20** /Bottle **£606** **£22.50** **£18.00**

**Euca Hill Shiraz - Australia 13.5%**  
Medium-bodied with ripe dark red fruit flavours and underlying hints of black pepper.  
125ml glass **£4.75** **£3.80** /250ml glass **£7.75** **£6.20** /Bottle **£22.50** **£18.00**

### That's the Spirit!

Smirnoff Vodka (37.5 vol.) <b>£52</b>	£3.95	£3.16
Bacardi (37.5% vol.) <b>£54</b>	£3.95	£3.16
Bacardi Spiced Rum (35% vol.) <b>£3.95</b>	£3.95	£3.16
Gordons Gin (37.5% vol.) <b>£52</b>	£3.95	£3.16
Gordons Pink Gin (37.5%) <b>£56</b>	£3.95	£3.16
Jack Daniels (40% vol.) <b>£56</b>	£3.95	£3.16
Whiskey (28% vol.) <b>£62</b>	£3.95	£3.16
Courvoisier (40% vol.) <b>£67</b>	£3.95	£3.16
Malibu (21% vol.) <b>£51</b>	£3.95	£3.16
Disaronno (28% vol.) <b>£110</b>	£3.95	£3.16
Archers (18% vol.) <b>£61</b>	£3.95	£3.16
Sambuca (38% vol.) <b>£84</b>	£3.95	£3.16
Tequila Rose (15% vol.) <b>£69</b>	£3.95	£3.16
Baileys (17% vol.) <b>£82</b>	£3.95	£3.16

### Bottled Beers, Ales and Ciders

Budweiser (330ml - 4.5% ABV) <b>£132</b>	£4.50	£3.60
Carlsberg (3.8% vol.)		
pint <b>£256</b> <b>£5.95</b> <b>£4.76</b> half pint <b>£128</b>	£3.00	£2.40
4 pint jug <b>£1024</b>	£20.00	£16.00
Peroni (330ml - 5% ABV)	£5.00	£4.00
Guinness (440ml - 4.1% ABV)	£7.25	£5.80
Bulmers Cider (4.5% vol.) <b>£210</b>	£5.95	£4.76
Baileys Hot Chocolate <b>£379</b>	£7.75	£6.20

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

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### 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** **£22.36**  
200ml **£126** **£9.75** **£7.80**

#### ...or a delicious Pimms?

Pimms (25% vol.) **£156** **£7.95** **£6.36**  
or jug **£624** **£22.50** **£18.00**

Have you tried our new..

## COFFEE COOL

REFRESHING ICED COFFEE



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

**£4.75**  
**£3.80**

We value your views and comments



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

We have the information regarding the ingredients of all our dishes,  
if you have a specific food allergy, please ask the duty manager and  
he/she will be happy to help.