

SANDS ON THE BEACH

Food menu

Snacks and starters

Homemade soup £5.95
Served with freshly baked bread

Anchovy fritters £6.95
Aioli, rocket, vanilla salt

Croque monsieur £6.95
Devon haytor cheese, cured ham, rocket and parmesan salad

Traditional French sandwich
"Pan bagnat" £8.75
French boule roll, tuna, anchovies, egg, tomato, garlic, olive oil

Bruschetta £8.75
Duck livers, red chickory, hazelnuts, rocket, aged balsamic, truffle oil

Eggs benedict £8.95
Cured ham or smoked salmon, poached eggs, hollandaise, English muffin

Scrambled eggs £8.95
Smoked salmon, black pepper, sourdough toast

Cornish sardines on toast £8.95
Rocket pesto, marinated tomatoes, parmesan, shaved fennel

Fish soup £8.95
Local seafood, tomato, saffron, pernod, wild garlic, rouille, crusty bread

Antipasto board £9.95
Cured meats, olives, marinated artichokes, Sardinian music bread, buffalo mozzarella, houmous

Smoked fish board £9.95
Plaistow smoked trout, mackerel, smoked salmon, sourdough bread, salad, pickles

From the sea

All fish dishes are served with a rocket, pinenut and parmesan salad

Moules marinière £9.25/£12.25
White wine, parsley, shallots, garlic, cream

Campania mussels £9.75/£12.75
Amalfi lemon, pancetta, basil, garlic

Grilled mackerel £12.95
Tomato and aubergine caviar tart, gremolata, shaved fennel, parmesan, aged balsamic

Deep fried pollock £7.55/£12.55
Devon ale batter, chips, mushy peas, tartar sauce

Aged carnaroli risotto £15.95
Scallops, clams, truffle, rocket

Goan fish kebab £9.95/£17.95
Monkfish, prawns, tuna, zucchini, curry spices, coconut, ginger

From the land

All grills are served with triple cooked chips and a side salad

Sands' homemade beef burger £10.95
Devon haytor cheese, caramelised red onion chutney

Chargrilled chicken burger £10.95
Pastrami, caramelised red onion chutney

Sirloin steak £10.95/£18.95
Tomato, mushroom, caramelised red onion

Smoked chicken risotto £14.95
Almonds, parmesan crisp, watercress, smoked chicken salad

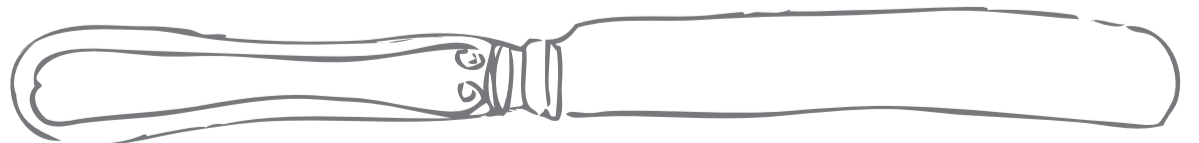
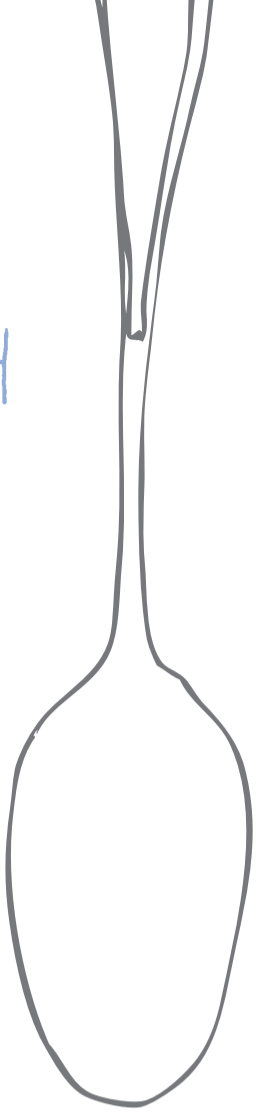
Chargrilled half chicken £15.95
Breast, thigh, drumstick, tomato, mushroom, caramelised onion chutney

Lamb kofta kebab £9.95/£17.95
Apricots, cumin, ras el hanout, garlic, coriander

Spiced chicken kebab £9.95/£17.95
Piri piri spices, pimentos, red onion, smoked paprika

Barbecue beef kebab £9.95/£17.95
Mushrooms, green pepper, red onion, spices

Honey mustard and lemon halloumi kebab (v)
£9.95/£17.95
Pimentos, courgettes, mushrooms, artichokes, red onion



SANDS ON THE BEACH



Open sandwiches £9.25

Create your own individual sandwich. Served on a wooden board with the choice of freshly baked black olive, tomato and olive oil bread, malted grain and honey loaf or organic white bloomer plus pickles, celeriac remoulade and side salad

Select any three ingredients from the following:

Honey roast ham, roast beef, pastrami, prosciutto, salami milano, grilled chicken, montgomery cheddar, buffalo mozzarella, pecorino, somerset brie, devon haytor cheese, blue cheese, smoked salmon, chilli prawns, soused mackerel, marinated anchovies, sun blushed tomatoes, mixed roasted peppers, red onion chutney, roast artichokes, egg, houmous

Salads

Tomato and mozzarella £8.75

Black olives, basil, rocket, aged balsamic, smoked olive oil

Grilled chicken caesar £12.95

Cos lettuce, white anchovies, egg, parmesan, croutons

Grilled tuna niçoise £12.95

Green beans, egg, tomato, potato, black olives, saffron

Prosciutto and pear £12.95

Rocket, pine nuts, pecorino, croutons, smoked olive oil, aged balsamic

Side orders

French fries £3.55

Garlic bread £3.55

Cheesy garlic bread £3.95

Cheesy fries £3.95

Tomato and red onion salad £3.55

Rocket and parmesan salad £3.55

Sardinian music bread and houmous £4.55

Marinated olives, feta and tomato £6.25

Pasta

Spaghetti bolognese £7.55/£12.55

Waytown Farm aged beef, tomato, garlic, oregano, red wine

Spaghetti carbonara £7.55/£12.55

Cream, pancetta, mushrooms, garlic, parsley, parmesan

Linguine alla vongole £8.55/£14.55

Clams, mussels, prawns, garlic, parsley, lemon

Macaroni arrabiata £9.55/£12.55

Slow cooked pork belly, tomato chilli sauce, smoked olive oil, parmesan

Pappardelle (v) £7.55/£12.55

Peas, broad beans, rocket, mint, pecorino

Potato gnocchi (v) £8.55/£14.55

Wild mushrooms, spinach, basil and walnut pesto, parmesan

Desserts and afternoon tea

Devon cream tea £6.75

Pot of tea, two homemade scones, clotted cream, strawberry jam

Sands' cream tea £10.75

Pot of tea, homemade scone, clotted cream, strawberry jam, smoked salmon and cucumber sandwich on sourdough bread

Chocolate tart £5.95

Cherry ice cream, cookie crumbs, pistachios

Amalfi lemon and ricotta cheesecake £5.95

Lemon curd ice cream, almonds

Strawberry Eton mess £5.95

Vanilla meringue, mascarpone, hazelnuts

West Country cheeses £6.95

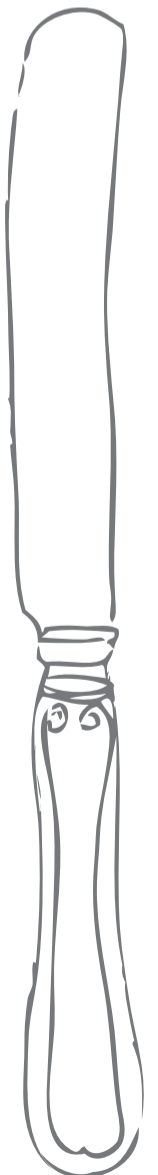
Devon blue, montgomery cheddar, somerset brie, chutney, biscuits, watercress

Devon strawberries £5.95

Clotted cream, only available in season

Devon ice cream £5.95

Sourced from Langage Farm in Devon



Contemporary dining • Sea views • Local produce • Chilled wine • Chilled out

Mon-Sun, 9am-11pm (food served from 9am-9.30pm)
Saunton Beach, North Devon. Tel. 01271 891288.