

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.

Smoked Haddock, Mozzarella and Spring Onion Cakes

Served with our classic sweet Chilli dipping sauce and mixed leaves

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

with Beans (instead of Bacon)

(curry sauce is not vegetarian)

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

Triple Sliced Tuna Mayo Sandwich

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

with brown bread

Chicken Goujons

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

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.

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

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!) 75p

Small Cod option available

Battered Haddock

Fresh Lightly battered deep fried line caught Haddock.

Good Ole Fashion Sausage

Classic battered Sausage (plain sausage or saveloy option)

Vegan Option available.

Pie of the Day

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

Lands End Whole Tail Scampi

Golden fried breaded whole tail scampi.

Poached Salmon Fillet

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

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

Chicken Fillet Burger

Vegetable Burger

(Vegan with vegan bun)

Double up your burger

add Bacon

add Cheese

add Onion Rings (x6)

Giant Onion Ring Tower

served with Mayonnaise and BBQ Sauce

GLUTEN FREE  
SUITABLE FOR VEGANS  
GLUTEN FREE OPTION AVAILABLE. PLEASE ASK  
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.

Jacket Potato

served with a Side Salad with without Butter and Garnish

Now add a delicious filling!

Baked Beans  
Grated Cheese  
Three Bean Chilli  
Chicken, Bacon & Mayonnaise  
Tuna Mayo

ALL VEGAN MENU  
DELICIOUS OPTIONS FOR EVERYONE

Vegetable Burger

and Chips

Jacket Potato

with 3 Bean Chilli

Jacket Potato

with Beans

Vegan Battered Sausage

and Chips

Loaded Chips

with Cheese and Beans

SIDES

Sands Freshly cut Chips  
Cheesy Chips  
Garden Peas  
Jug of Gravy  
Mushy Peas  
Side Salad  
Curry Sauce  
Heinz Baked Beans  
Soft Bread Roll & Butter  
2 Slices of Bread & Butter  
Pickled Onion  
Gherkin

DESSERTS & CREAM TEAS



STRAWBERRY SUNDAE

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

KNICKERBOCKER GLORY

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

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

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  
Kiddy Kone

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)

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)

Childs Afternoon Tea

Cream Tea

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

Coffee and Cakes

Selection of mini cakes and either a 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 our restaurant.



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



# CHILDRENS MENU £7.00

each

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

100% Cod Fish Fingers   425

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  603  
served with Bread and Butter

Drinks available  
with your Kids Meal



Orange/ Apple  
Juice

Bottled Water

Milk

Tea

Coffee

Hot Chocolate

## DRINKS

### Soft Drinks

Diet Coke/ Schweppes Lemonade/ Fanta	£3.25
Coca Cola	£3.50
Diet Coke/ Schweppes Lemonade/ Fanta (pint)	£3.75
Coca Cola (pint)	£3.95
Oasis	£3.50
Monster	£3.75
Lime and Soda	£1.75
Orange and Lemonade	£3.25
Florida Orange	£3.50
Orange/Apple/Cranberry juice	£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
Lemonade / Ginger Ale	£2.25
Coffee Cool Iced Coffee	£3.75

### Hot Drinks

Americano	£3.10	Hot Choc Supreme	£3.75
Cappuccino	£3.25	English Tea	£2.50
Latte	£3.25	The Royal Tea (Earl Grey)	£2.50
CoffeeCool	£3.75	Herbal Tea	£2.50
		Syrups	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 £4.75 / 250ml glass £7.75 / Bottle £22.50

**Chenin Blanc** (South Africa) 13% vol.  
125ml glass £4.75 / 250ml glass £7.75 / Bottle £ 22.50

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

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

WHITE

ROSE

RED

### That's the Spirit!

Smirnoff Vodka (37.5 vol.)	£3.40
Bacardi (37.5% vol.)	£3.40
Gordons Gin (37.5% vol.)	£3.40
Gordons Pink Gin (37.5%)	£3.40
Jack Daniels (40% vol.)	£3.40
Whiskey (28% vol.)	£3.40
Courvoisier (40% vol.)	£3.40
Malibu (21% vol.)	£3.40
Disaronno (28% vol.)	£3.40
Archers (18% vol.)	£3.40
Sambuca (38% vol.)	£3.40
Tequila Rose (15% vol.)	£3.40
Baileys (17% vol.)	£3.40

### Bottled Beers, Ales and Ciders

<b>Budweiser</b> (330ml - 4.5% ABV)	£4.25
<b>Carlsberg</b> (3.8% vol.)	
pint	£5.50
half pint	£3.00
4 pint jug	£18.50
<b>Bulmers Cider</b> (4.5%vol.)	£5.25
<b>Baileys Hot Chocolate</b>	£7.15

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



### 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 **£27.95** 200ml **£8.50**

### ...or a delicious Pimms?

Pimms (25% vol.) **£6.50**  
or jug **£22.00**

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!

£3.75

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](http://www.sandsbythesea.co.uk)

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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.



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.