



Sands BISTRO

MAIN MENU



TABLE ORDERING
AVAILABLE...
Scan to order

STARTERS

Garlic Bread  398 kcal 4.95

Mac and Cheese

Bites  510 kcal

Served with a spicy tomato ketchup. **6.95**

Southern Fried Crispy

Chicken Strips 432 kcal

Lightly coated, seasoned chicken fillet strips with sweet chilli and honey BBQ dips. **8.15**

Mozzarella Dippers  589 kcal

Served with a rich tomato and basil sauce, and garlic mayo. **6.95**

Garlic Mushrooms  420 kcal

Served with garlic mayo. **6.45**

Crispy Panko Coated


Calamari 534 kcal

Served with sweet chilli jam and garlic mayo. **7.45**

Cheese Nachos  1348 kcal

(Serves 2)

Smothered in guacamole, jalapeños, salsa, sour cream and cheese. **9.95**

 **Vegan option available**

BBQ Wings 609 kcal

Sticky BBQ chicken wings with BBQ dip. **8.70**

Spicy Wings 588 kcal

Spicy chicken wings covered in Frank's Xtra Hot Sauce. **8.70**

SANDWICHES

Served with dressed salad leaves.

Ham and Cheese Croque

Monsieur 416 kcal

Our twist on the classic French Croque Monsieur. A grilled cheese topped sandwich filled with ham, cheddar and a delicious cheese sauce. **7.45**

Cheese and Tomato Croque

Monsieur  380 kcal

A grilled cheese topped sandwich filled with tomato, cheddar and a delicious cheese sauce. **7.45**

Chicken and Pesto Panini 525 kcal

Baked panini filled with marinated chicken, cheese and our favourite pesto dressing. **7.45**

Chicken, Chorizo and

Roasted Pepper Panini 503 kcal

Baked panini filled with marinated chicken, cheese, chorizo and roasted red peppers. **7.45**

Mozzarella Pesto and

Sun-Dried Tomato

Panini  523 kcal

Baked panini filled with cheese and our favourite pesto dressing and sun-dried tomatoes. **7.45**

BURGERS

Served in a toasted bun with chips.

Hamburger 1295 kcal

A juicy beef burger with crispy lettuce, sliced beef tomato and burger sauce. **12.95**

Cheeseburger 1389 kcal

A juicy beef burger topped with melted Cheddar cheese, lettuce, beef tomato and burger sauce. **13.95**

Bacon Cheeseburger 1518 kcal

A juicy beef burger with melted Cheddar cheese, crispy bacon, fresh lettuce, beef tomato and burger sauce. **14.45**

Mexican Burger 1346 kcal

A juicy beef burger with jalapeños, guacamole and melted Cheddar cheese. **15.45**

BBQ Pulled Pork Burger 1541 kcal

Tender pulled pork with BBQ sauce and melted cheese. **15.95**

'Chick*n' Burger  1294 kcal

A fried vegan 'chick*n' burger served with garlic mayo and BBQ sauce. **14.95**

SIDES

Chips  404 kcal 3.95

Onion Rings  382 kcal 4.45

Garlic Bread  398 kcal 4.95

MAINS

Crispy Chicken Strips 1001 kcal

Tender chicken strips served with fries, coleslaw and honey BBQ and sweet chilli dips. **14.20**

Chicken Wings 1185 kcal

Crispy chicken wings served with chips, coleslaw, sweet BBQ sauce and Frank's Xtra Hot Sauce. **14.20**

Chef's Tuna Salad 242 kcal

Mixed salad leaves, tomato, cucumber, peppers and sweetcorn with French dressing, topped with tuna chunks. **12.95**

Penne Arrabbiata  522 kcal

Penne pasta in a rich, spiced tomato sauce. **12.85**

Fish and Chips 1001 kcal

Battered white fish with chips, peas and tartare sauce. **15.25**

PIZZAS

Margherita  957 kcal

Rich tomato base topped with grated mozzarella. **13.45**

Pepperoni 967 kcal

Rich tomato base topped with grated mozzarella and loads of pepperoni. **14.95**

Salami 968 kcal

Rich tomato base topped with mozzarella and salami. **14.95**

BBQ Chicken and Bacon 935 kcal

BBQ base topped with tender chicken, bacon and grated mozzarella. **14.95**

Vegan Margherita  794 kcal

Rich tomato base topped with dairy free cheese. **13.45**

DESSERTS

Salted Caramel

Waffle  772 kcal 7.50

Chocolate Fudge

Brownies  690 kcal 7.50

Chocolate and Orange

Cake  492 kcal 7.50

Knickerbocker

Sundae  657 kcal 7.50

Millionaire's

Sundae  814 kcal 7.00

Sticky Toffee

Pudding  538 kcal 6.60

 **Suitable for vegetarians**  **Suitable for vegans**

Calories shown are per serving. Each dish is one serving unless otherwise stated. Adults need around 2000 kcal a day. Allergen menus are available on request. Please inform your server of any allergies or intolerances before you order. Unfortunately, it is not possible to guarantee that any product is 100% free from any allergen due to the risk of cross contamination in our busy kitchens. All menu items may contain ingredients not listed in the menu description. Weights are approximate and uncooked. Some meat/fish dishes may contain small bones. Menu items are subject to availability. All prices include VAT. All card and cash tips are shared out to all employees through a system controlled by a team representative. No monies are deducted by Away Resorts. Tips are paid on top of a team member's wage. If you have any queries about how tips are distributed, please ask.



If you have a food allergy, intolerance or coeliac disease, please speak to a team member about the ingredients in your food and drink before you order. Thank you.

CATCH
SOME WAVES