

The Burntisland Sands Hotel

Starters

- Soup of the Day** homemade, served with crusty bread & butter £2.65
- Prawn Cocktail** prawns with Marie Rose sauce on brown bread £4.15
- Deep Fried Breaded Mushrooms** coated in breadcrumbs, deep fried and served with your choice of dip and a salad garnish £3.95
- Potato Wedges** skin on potato wedges served with your choice of dip and a salad garnish £3.95
- King Prawns** breaded torpedo prawns served with warmed peking sauce and a salad garnish £4.15
- Moules Mariniere** steamed mussels in their shell and finished with a creamy white wine sauce, served with crusty bread £4.40
- Chilli Nacho's** a bowl of tortilla chips smothered with either beef or vegetable chilli topped with bubbling cheese, served with a sour cream sauce.
For one £4.10
To share £6.95
- Dips** choose from garlic, spicy or BBQ

Main Courses

- Breaded Haddock with Tartar Sauce** served with chips or potatoes, vegetables and garnish £6.95
- Whole Scampi Tails** served with chips or potatoes, vegetables and garnish £7.10
- Seared Tuna Steak with Lemon Butter** served with vegetables or salad, chips or potatoes £7.80
- The Sands Own Beef or Veggie Lasagne** served with salad, chips or both for 80p extra £6.90
- Homemade Steak Pie** tender pieces of steak slow cooked in our own gravy and topped with puff pastry, served with vegetables and chips or potatoes £6.95
- Macaroni Cheese** with creamy mornay sauce and topped with bubbling cheese, served with chips or potatoes £5.40
- Chicken Mexicaine** chicken breast in a medium hot chilli sauce served with rice, chips or both for 80p £6.95
- Chicken Curry** chicken in a mild creamy curry sauce, served with rice, chips or both for 80p extra £6.80
- Haggis, Neeps & Tatties** Scotland's own national dish £6.30
- Crispy Shredded Beef** coated in either Peking, pepper or sweet & sour sauce and served with rice, chips or both for 80p extra £7.10
- Braised Lamb Shank** slow cooked in a rich jus, served with vegetables and chips or potatoes £9.90
- Gammon Steak Hawaii** grilled and served with tomato, onion rings, mushrooms, pineapple, vegetables and chips or potatoes £6.90
- Mixed Grill Deluxe** steak, chicken, gammon, sausage, onion rings, tomato and mushrooms, topped with a fried egg and chips on the side £9.80

Main Courses continued

- Sizzler** Rib-eye steak cooked to your liking, served with tomato, onion rings, mushrooms, vegetables and chips or potatoes. £13.00
- Sizzler Sauce** choose from pepper, whisky or diane sauce £1.75
- Brie & Redcurrant Tart** a light pastry case filled with melting brie and studded with redcurrants served with vegetables or salad, chips or potatoes £6.50
- Mushroom Stroganoff** brandy flamed mushrooms in a cream and french mustard sauce accompanied with rice, chips or both for 80p extra £6.75
- Broccoli & Cauliflower Mornay** steamed white and green vegetables coated with a cheesy sauce and gratinated served with vegetables, chips or potatoes £6.50
- The Sands Cold Meat Salad Platter** various potato, rice and pasta salads, cold meat and leaves served with chips or potatoes £6.95
- Salad Bowl** dressed leaves, tomato, cucumber, peppers and black olives served with crusty bread and either chicken, bacon, tuna or prawn marie rose £5.60
- All Day Gutbuster Breakfast** bacon, sausages, black pudding, potato scone, mushrooms, tomato, beans, dumpling and fried egg with toast and butter £5.60

Sweets

- Hot Naughty Fudge Cake** a rich chocolate cake with melted fudge served with cream, ice-cream or both £3.95
- Caramel Apple Granny** apple pie with a difference. Pastry filled with apples, mixed with a pastry custard topped with crumble and melting toffee, served with cream, ice-cream or both £4.00
- Bread & Butter Pudding** just like Granny's. Bread slices layered with fruit, sprinkled with spices in a boozy egg custard, served with cream, ice-cream or custard £3.95
- Mint Paradise** layers of mint choc chip ice-cream with a Carte D'or chocolate sauce, topped with cream and After Eight mint £4.10
- Pavlova** homemade meringue and filled with whipped double cream and fresh fruits £4.10
- Banana Boat** whole banana surrounding three scoops of vanilla ice-cream topped with chocolate sauce then lashings of skooshy cream, decorated with toasted almonds and a glacee cherry on top £3.95
- The Sands Knickerbocker** £3.90
- Ice-cream Coup** with your choice of sauce from raspberry, strawberry, toffee or chocolate £2.95
- Biscuit & Cheese Selection** if you prefer something savoury £4.15

A selection of Lite Bites, tea & coffees are also served