

## Starters

|  |      |
|--|------|
| Hearty and Wholesome Soup of the Day<br><i>Crusty Bread and Butter</i>   | £4   |
| Chicken Liver Parfait <sup>GF</sup><br><i>Served with Highland Oatcakes or Toasted Sourdough and Caramelised Red Onion Chutney</i>                               | £5   |
| Tempura Battered King Prawns<br><i>Bloody Mary Mayo Dipping Sauce</i>  | £6   |
| Creamy Sautéed Wild Garlic Mushrooms <sup>V</sup><br><i>Toasted Sourdough, Rocket and Truffle Oil</i>  | £5   |
| Steamed Shetland Mussels <sup>GF</sup> <i>Small</i> £6.5 <i>Large</i> £11<br><i>Creamy White Wine, Garlic and Parsley Sauce</i>                                  |      |
| Haggis and Black Pudding Bonbons<br><i>Rolled in Crusted Oat Crumb with Creamy Whisky Sauce</i>  | £5   |
| Bruschetta <sup>VB</sup><br><i>Toasted Ciabatta Brushed with Garlic Oil Topped with Cherry Tomatoes, Red Onion and Fresh Basil, Drizzled with Balsamic Glaze</i> | £4.5 |

## Light Bites

*Sandwiches served on your choice of white, malted brown or gluten free bread:*

|   |       |
|---|-------|
| The Sands Classic Club Sandwich<br><i>Char-grilled Chicken, Bacon, Cheese, Lettuce, Tomato, Mayo</i>  | £6    |
| Ham 'n' Cheese<br><i>Honey Roast Ham, Cheese and Mustard Mayo</i>   | £4.25 |
| Tuna Delight<br><i>Tuna Mayo, Rocket and Red Onion</i>  | £4.25 |
| Smoked Salmon<br><i>Thinly Sliced Smoked Salmon, Cream Cheese and Cracked Black Pepper</i>  | £4.75 |
| Egg 'n' Cress <sup>V</sup><br><i>Free Range Egg Mayo and Baby Watercress</i>  | £4    |
| Cheese Ploughman's<br><i>Cheese, Pickle, Lettuce, Apple and Mayo (Vegan cheese and mayo optional <sup>VB</sup>)</i>   | £4.25 |
| <b>Add Chef's soup of the day or chips to any sandwich for £2</b>   |       |
| Oven Baked Jacket Potato <sup>V GF</sup><br><i>Served with Your Choice of Filling, Side Salad and Coleslaw: Cheese, Vegan Cheese, Beans, Tuna, Beef Chilli or Sweet Chilli Chicken</i><br><i>Add extra filling for £1</i>   | £5.5  |
| Chicken and Bacon Caesar Salad<br><i>Grilled Chicken Breast and Bacon Lardons with Lettuce, Cherry Tomato, Boiled Egg, Herbed Croutons and Parmesan Shavings with a Classic Caesar Dressing</i>   | £8.5  |
| Nachos <sup>V GF</sup> <i>For One</i> £5.5 <i>To Share</i> £7.5<br><i>Oven Baked Tortilla Chips, loaded with Melted Cheese (Vegan Cheese Option Available) and Jalapenos, finished with Tomato Salsa, Sour Cream and Guacamole</i><br><b>Add Chilli Beef £2   Add Fajita Chicken £2  </b> |       |
| Ham and Cheese Board <sup>GF</sup> <i>Per Person</i> £7.5 <i>To Share</i> £12.5<br><i>Honey Roast Ham with a Selection of Sottish Cheeses, Bread, Olives and Chutney</i>  |       |



Inspired By You, Handmade By Us!

### The Sands Classic Club

Traditional Steak and Ale Pie £10 | *Half* £6.5  
*Tender Pieces of Border's Beef Braised in a Rich Ale Gravy Topped with Puff Pastry. Choice of Chunky Chips or New Potatoes and Seasonal Vegetables*

Mac 'n' Cheese <sup>V</sup> £9 | *Half* £5.5  
*Three Cheese Pasta Bake topped with a Parmesan Crumb Garlic Bread and Dressed Salad*  
**Add Chorizo 50p Add Jalapeños 50p**

Sands Homemade Beef Lasagne £10 | *Half* £6.5  
*Layers of Pasta with Red Wine Bolognese and Creamy Béchamel Sauce Garlic Bread and Dressed Salad*

Authentic Chicken or Vegetable Curry <sup>V</sup> £9.5 | *Half* £6.5  
*A Medium Spiced Curry Sauce with a Touch of Cream Boiled Rice and Poppadum's*

## Mains

Beer Battered Scottish Haddock £11 | *Half* £7  
*Fresh Fillet of Haddock Cooked in Crispy Beer Batter, Chunky Chips, Mushy Peas and Homemade Tartare Sauce*

Haggis, Neeps & Tatties £9 | *Half* £5.5  
*A True Taste of Scotland Served with a Whisky Sauce and Highland Oatcakes (V Vegetarian Option Available)*

Sizzling Spicy Fajitas *Chicken* £13.25 | *Vegetable* <sup>V VB</sup> £11.5  
*Mexican Style Spicy Fajitas with Flour Tortillas, Salsa, Homemade Guacamole, Sour Cream and Cheese (GF GF tortillas available)*

Chilli Con Carne <sup>GF</sup> £9  
*Chef's special Chilli, served with Tortilla Chips, Rice, Sour Cream, Cheese and Jalapenos*

Pan-Roasted Chicken Supreme £13.5  
*Wrapped in Smoked Pancetta with Crushed New Potatoes, Sautéed Kale, Chorizo and Red Pepper Purée*

Chef's Speciality Pasta <sup>VB</sup> £8  
*Penne Pasta tossed in a rich spicy Tomato sauce with Courgettes, Aubergines, Capers and roasted Cherry Tomatoes, topped with Pine Nuts and drizzled with Basil oil*

**Add Chicken £2 | Add Bacon £2 |**

<sup>V</sup> Suitable for Vegetarians <sup>GF</sup> Gluten Free <sup>VB</sup> Vegan

## On The Grill

*All Our Steaks are prime Scotch, matured for a minimum of 28 days and served with Tomato, Beer Battered Onion Rings, Mushroom and Chunky Chips*

|   |      |
|---|------|
| 8oz Flat Iron <sup>GF</sup>                   | £14  |
| 8oz Sirloin <sup>GF</sup>                     | £18  |
| Add a Sauce for                               | £1.5 |
| <i>Garlic and Herb Butter</i> <sup>V GF</sup> |      |
| <i>Peppercorn Sauce</i>                       |      |
| <i>Whisky Sauce</i> <sup>V GF</sup>           |      |
| <i>Creamy Blue Cheese</i> <sup>V GF</sup>     |      |

## Burgers

*Our Homemade Burgers are all served with Lettuce, Tomato and Pickle. Accompanied with Chunky Chips and Homemade Coleslaw*

The Sands Steak Burger £10  
*6oz Steak Burger on a Toasted Brioche Bun Crispy Bacon, Monterey Jack Cheese*

Piri Piri Chicken Burger £10  
*Piri Piri Spiced Chicken Breast on a Toasted Brioche Bun, Lime Mayo*

Falafel Burger <sup>V VB</sup> £8  
*Spiced Falafel on a Toasted Ciabatta Bun, Baba Ganoush, Vegan Cheese, Vegan Lime Mayo,*

## Burger Extras:

**Swap chunky chips to sweet potato fries for an extra 50p**

|                            |     |
|----------------------------|-----|
| Jalapenos.....             | 50p |
| Beef Chilli .....          | £1  |
| Haggis .....               | £1  |
| Mustard Mayo.....          | 25p |
| Monterey Jack Cheese ..... | 50p |
| Blue Cheese.....           | 75p |

## Sides

|                                |       |
|--------------------------------|-------|
| Chunky Chips.....              | £3    |
| Sweet Potato Fries .....       | £3.25 |
| Beer Battered Onion Rings..... | £2.5  |
| Garlic Bread.....              | £2.5  |
| Bread and Olives .....         | £2.75 |
| Seasonal Vegetables .....      | £2.75 |
| Side Salad with Coleslaw ..... | £2.75 |

Please see reverse for details of our Desserts & Specials

## Weekly Specials

Every week, our amazing chefs come up with delicious specials that are guaranteed to excite your taste buds

Ask a member of staff about today's specials:  
Catch of the Day  
Butchers Choice

## High Tea

We offer High Tea with any Main Course for only £5  
A selection of Cakes, Traybakes, Scones, Tea/Coffee, Toast, Butter & Preserves  
Advance Booking is essential!

## Full Scottish & Vegetarian Breakfast

Available until 3pm on Saturday's & Sunday's!  
Our full breakfast menu is available 9A.M-12P.M  
7 days per week!

## Thursday Steak Night

Two 28 day Matured Steaks served with Tomato, Mushroom, Onion Rings and Chunky Chips, plus a bottle of quality bin-end wine from only £35!  
Two 8oz Flat Iron Steaks £35  
Two 8oz Sirloin Steaks £40

## Fish Friday

Two Fish Dishes and Bottle of Bin-End Wine for only £28!

## Sunday Roast

Traditional Sunday Roast with all the Trimmings £12.5



Inspired By You, Handmade By Us!

## Desserts

All our desserts are made in-house with love by our talented chefs

|   |       |
|---|-------|
| Chocolate and Hazelnut Brownie<br>Vanilla Ice Cream and Toasted Hazelnuts   | £5.5  |
| Cheesecake of the Day<br>Ask your Server for Today's Cheesecake   | £5.25 |
| Pavlova 🍷<br>Meringue topped with Seasonal Fruits and Raspberry Coulis  | £5.25 |
| Sticky Toffee Pudding<br>Vanilla Ice Cream or Custard   | £5.5  |
| Selection of Nelsons of Culross Ice Creams 🍷<br>Please Ask Your Server for Our Selection of various Ice Creams and topping Sauces | £4    |
| Selection of Sorbets 🍷 🍷<br>Ask Your Server for Our Selection Available   | £3.75 |
| Selection of Scottish Cheeses 🍷<br>Caramelised Red Onion Chutney, Grapes and Highland Oatcakes                                    | £6.5  |

Let Us Know What You Think...

- 🐦 Tweet @sandshotelx
- 📘 Like us on Facebook
- 🗣️ Review us on Trip Advisor

Contact Us

- 📞 01592 872230
- ✉️ mail@burntislandsands.co.uk
- 🌐 www.burntislandsands.co.uk

# Suppliers Map

Only Scotlands finest makes it onto our menu

