

Starters

- Hearty and Wholesome Soup of the Day £4
Crusty Bread and Butter
- Buffalo Chicken Wings 5 for £6 | 8 for £9
Fried and Tossed in our Homemade Buffalo Hot Sauce, served with Blue Cheese Mayo
- Tempura Battered King Prawns £6.5
Sweet Chilli Dipping Sauce
- Creamy Sautéed Wild Garlic Mushrooms  £5.75
Toasted Sourdough, Rocket and Herb Oil
- Haggis and Black Pudding Bonbons £5.75
Rolled in Oat Crumb with Whisky Marmalade

Light Bites

- The Sands Classic Club Sandwich £7
Char-grilled Chicken, Bacon, Cheese, Lettuce, Tomato, Mayo on Toasted Sliced Brown or White Bread
- Cheese Ploughman's  £4.75
Cheese, Pickle, Lettuce, Apple and Mayo on Bloomer Bread (Vegan cheese and mayo optional )

Add Chef's soup of the day or chips to any sandwich for £2

- Chicken and Bacon Caesar Salad £9
Grilled Cajun Chicken Breast and Bacon Lardons with Lettuce, Cherry Tomato, Poached Egg, Herbed Croutons and Parmesan Shavings with a Classic Caesar Dressing
- Nachos   For One £6 To Share £8.5
Oven Baked Tortilla Chips, loaded with Melted Cheese and Jalapenos, finished with Tomato Salsa, Sour Cream and Guacamole (Vegan Cheese option available)

Add Chilli Beef £2.5 | Add Fajita Chicken £2.5

- Sands Sharer £13
Chicken wings, Tempura Battered King Prawns, Haggis and Black Pudding Bonbons, Tortilla Chips and dips

- Ham and Cheese Board 
Per Person £8 To Share £13 Honey Roast Ham with a Selection of Scottish Cheeses, Bread, Olives and Chutney



Inspired By You, Handmade By Us!

Mains

- Traditional Steak and Ale Pie £12 | Half £7.5
Tender pieces of Borders Beef Braised in a Rich Ale Gravy, Topped with Puff Pastry, choice of Chunky Chips or Potatoes & Vegetables
- Mac n Cheese, Garlic Bread & Salad  £9.5 | Half £6
Three Cheese Pasta Bake topped with a Parmesan Crumb, Garlic Bread and Dressed Salad

Add Chorizo £0.5 Add Jalapeños £0.5







- Sands Homemade Beef Lasagne £11 | Half £7
Layers of Pasta with Red Wine Bolognese and Creamy Bechamel Sauce, Garlic Bread and Dressed Salad
- Beer Battered Scottish Haddock £12 | Half £7.5
Fresh Fillet of Haddock Cooked in Crispy Beer Batter, Chunky Chips, Mushy Peas and Homemade Tartare Sauce
- Chilli Con Carne  £10
Chef's special Chilli, served with Tortilla Chips, Rice, Sour Cream, Cheese and Jalapenos

Chef's Curry of the day- Ask your server for today's

Sides

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

On The Grill

- Full Scottish Breakfast £7.5
Four Item Breakfast £5.5
Bacon, Pork Sausage, Free Range Egg, Haggis, Black Pudding, Tattie Scone, Tomato, Mushrooms, Baked Beans and Toast
- 8oz Flat Iron  £15
Prime Scotch, matured for a minimum of 32 days, and served with Tomato, Beer Battered Onion Rings, Mushroom and Chunky Chips
- Add a Sauce for £2
Garlic and Herb Butter  
Peppercorn Sauce
Whisky Sauce  
Creamy Blue Cheese  

Burgers

Our Homemade 6oz Burgers are served on a Toasted Brioche Bun with Lettuce, Tomato and Pickle, Accompanied with Chunky Chips and Homemade Coleslaw

- The Sands Steak Burger £12
6oz Steak Burger, Crispy Bacon, Monterey Jack Cheese
- Piri Piri Chicken Burger £12
Monterey Jack Cheese, Avocado and Light Mayo
- Pork & Chorizo Burger £12
Smoked Cheese, Grilled Apple and Salsa
- The Sands Ultimate Vegan Burger   £10
Golden, crisp-fried Spiced Pattie of Butternut Squash, Puy Lentils & Capsicum with Sands own Craft Burger Relish, Vegan Mayo & Cheese. Served with Lettuce, Tomato, Pickle and Chunky Chips

Burger Extras:

- Caramelised Onions.....50p
Mac 'n' Cheese.....£1
Jalapenos.....50p
Beef Chilli£2
Monterey Jack Cheese.....50p
Blue Cheese.....75p

Please see reverse for details of our Desserts & Specials

High Tea

We offer High Tea with any Main Course for an additional £6

A selection of Cakes, Traybakes, Scones, Tea/Coffee, Toast, Butter & Preserves
Advanced Booking is essential!



Inspired By You, Handmade By Us!

Desserts

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

Chocolate and Hazelnut Brownie £5.5
Vanilla Ice Cream and Toasted Hazelnuts

Homemade Cheesecake of the Day £5.25
Ask your server for todays

Sticky Toffee Pudding £5.5
Vanilla Ice Cream or Custard

Selection of 'Nelson's of Culross' Ice Creams 6P £4
Ask Your Server for Our Selection of various Ice Creams and topping Sauces

Selection of Sorbets 16P 6P £3.75
Ask Your Server for Our Selection Available

Selection of Scottish Cheeses 6P £6.5
Caramelised Red Onion Chutney, Grapes and Highland Oatcakes

Too Good To Leave?

Ask for a box to go. We have recycled boxes and paper bags and are happy for you to take home your food to enjoy it later.

www.lovefoodhatewaste.com

Contact Us

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www.burntislandsands.co.uk

Let Us Know What You Think...

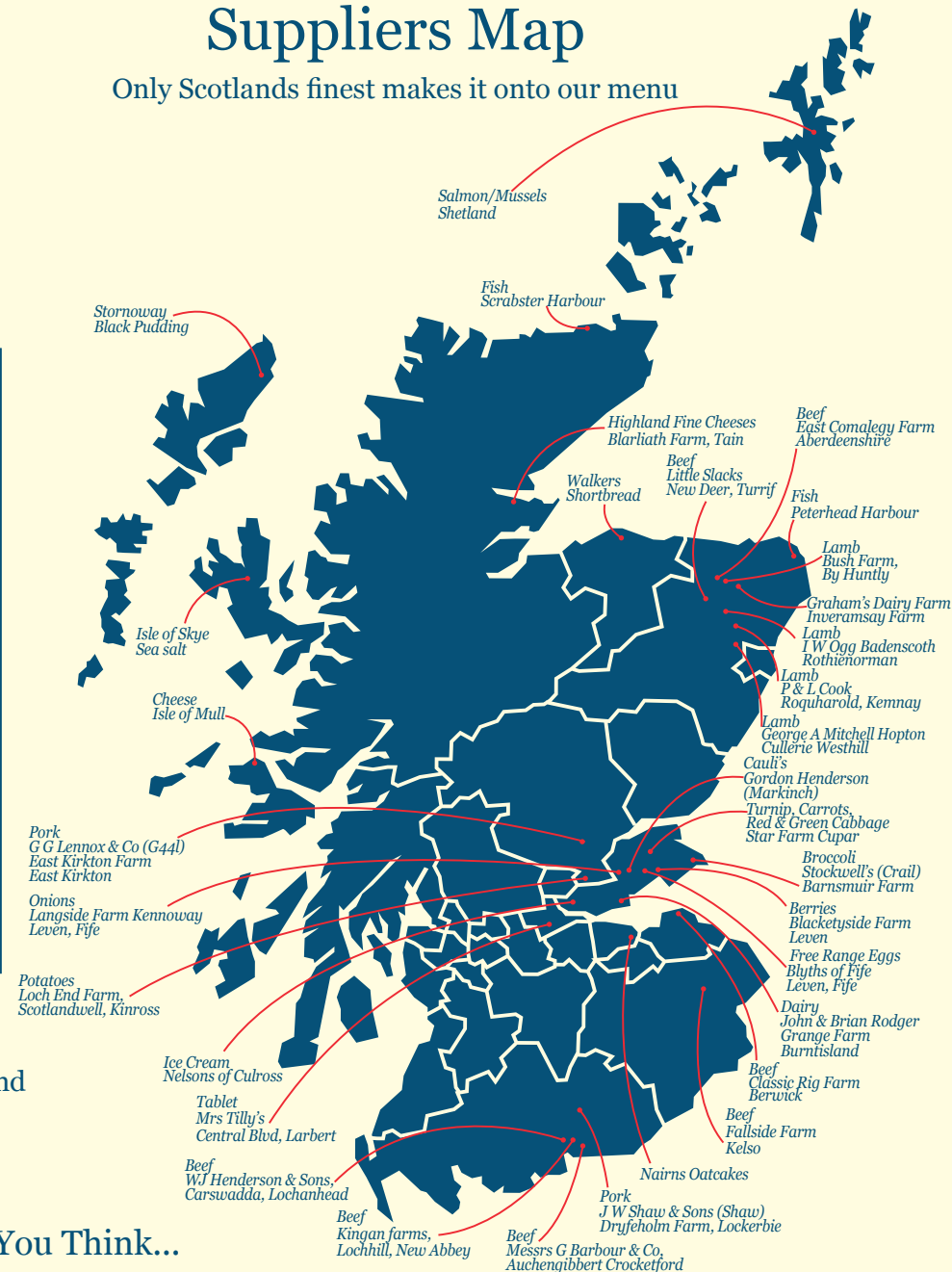
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Suppliers Map

Only Scotlands finest makes it onto our menu



Fish Friday

Two Seafood Specials and a Bottle of Bin-End Wine for only £30

Saturday Steak Night

Two Matured Scotch Steaks served with Tomato, Mushrooms, Onion Rings and Chunky Chips, plus a bottle of wine from only £35!

Sunday Roast

Traditional Sunday Roast with all the Trimmings served every week £12.5

All weights of our meat are approximate uncooked. All meals may contain nuts or nut derivatives. Fish may contain small bones. All our food is prepared in a kitchen where nuts, gluten and other allergens are present and our menu descriptions do not include all ingredients.

If you have a food allergy, please let us know before ordering. Full allergen information is available on request.