

Starters

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| Hearty and Wholesome Soup of the Day <i>Crusty Bread and Butter</i> | £4 |
| Buffalo Chicken Wings <i>Fried and Tossed in our Homemade Buffalo Hot Sauce, served with Blue Cheese Mayo</i> | 5 for £6 8 for £9 |
| Tempura Battered King Prawns <i>Sweet Chilli Dipping Sauce</i> | £6.5 |
| Creamy Sautéed Wild Garlic Mushrooms V <i>Toasted Sourdough, Rocket and Herb Oil</i> | £5.75 |
| Haggis and Black Pudding Bonbons <i>Rolled in Oat Crumb with Whisky Marmalade</i> | £5.75 |
| Chef's Pâté of the Day <i>Red Onion Chutney, Oatcakes and Salad</i> | £5.75 |
| Bruschetta VF <i>Toasted Ciabatta Brushed with Garlic Oil Topped with Cherry Tomatoes, Red Onion and Fresh Basil, Drizzled with Balsamic Glaze</i> | £5 |

Light Bites

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

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

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

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 GF
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

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

Add Chorizo £0.5 Add Jalapeños £0.5

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| Sands Homemade Beef Lasagne £11 Half £7 <i>Layers of Pasta with Red Wine Bolognese and Creamy Bechamel Sauce, Garlic Bread and Dressed Salad</i> |
| Beer Battered Scottish Haddock £12 Half £7.5 <i>Fresh Fillet of Haddock Cooked in Crispy Beer Batter, Chunky Chips, Mushy Peas and Homemade Tartare Sauce</i> |
| Chilli Con Carne GF £10 <i>Chef's special Chilli, served with Tortilla Chips, Rice, Sour Cream, Cheese and Jalapenos</i> |
| Haggis, Neeps & Tatties £10 Half £6 <i>A True Taste of Scotland Served with a Whisky Sauce and Highland Oatcakes (v Vegetarian Option Available)</i> |

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

Sides

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| 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

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

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| 8oz Flat Iron Steak GF | £15 |
| 8oz Sirloin Steak GF | £20 |
| 8oz Gammon Steak (Steak garni plus fried egg) GF | £12 |

Add a Sauce for £2

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| Garlic and Herb Butter V GF |
| Peppercorn Sauce |
| Whisky Sauce V GF |
| Creamy Blue Cheese V GF |

Burgers

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

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| The Sands Steak Burger <i>6oz Steak Burger, Crispy Bacon, Monterey Jack Cheese</i> | £12 |
| Piri Piri Chicken Burger <i>Monterey Jack Cheese, Avocado and Light Mayo</i> | £12 |
| Pork & Chorizo Burger <i>Smoked Cheese, Grilled Apple and Salsa</i> | £12 |
| The Sands Ultimate Vegan Burger V VF <i>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</i> | £10 |

Burger Extras:

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| 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!

Sands Platters!

Sit-in £12pp including tea/coffee
Takeaway £18 for platter for two then £9pp thereafter
Afternoon Tea Platter- Selection of Petit Fours Cakes, Macarons, Plain and Fruit Scones, Selection of Freshly Cut Sandwiches

Ploughman's Platter...A Trio of Cold Cut Meats, Chicken Liver Pate with Oatcakes and Red Onion Chutney, Trio of Cheese and Biscuits, Melton Mowbray Pork Pies, Assorted Quiche Slices, Scotch Eggs, Crusty Bread, Salad, Coleslaw & Branston Pickle.
Advanced Booking is essential!

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



Inspired By You, Handmade By Us!

Desserts

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

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| Chocolate and Hazelnut Brownie Vanilla Ice Cream and Toasted Hazelnuts | £5.5 |
| Homemade Cheesecake of the Day Ask your server for todays | £5.25 |
| Sticky Toffee Pudding Vanilla Ice Cream or Custard | £5.5 |
| Chef's Fruit Crumble of the Day Ask your server for todays | £5.5 |
| Pavlova Meringue Topped with Seasonal Fruits and Raspberry Coulis | £5.25 |
| Selection of 'Nelson's of Culross' Ice Creams Ask Your Server for Our Selection of various Ice Creams and topping Sauces | £4 |
| Selection of Sorbets Ask Your Server for Our Selection Available | £3.75 |
| Selection of Scottish Cheeses Caramelised Red Onion Chutney, Grapes and Highland Oatcakes | £6.5 |

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...

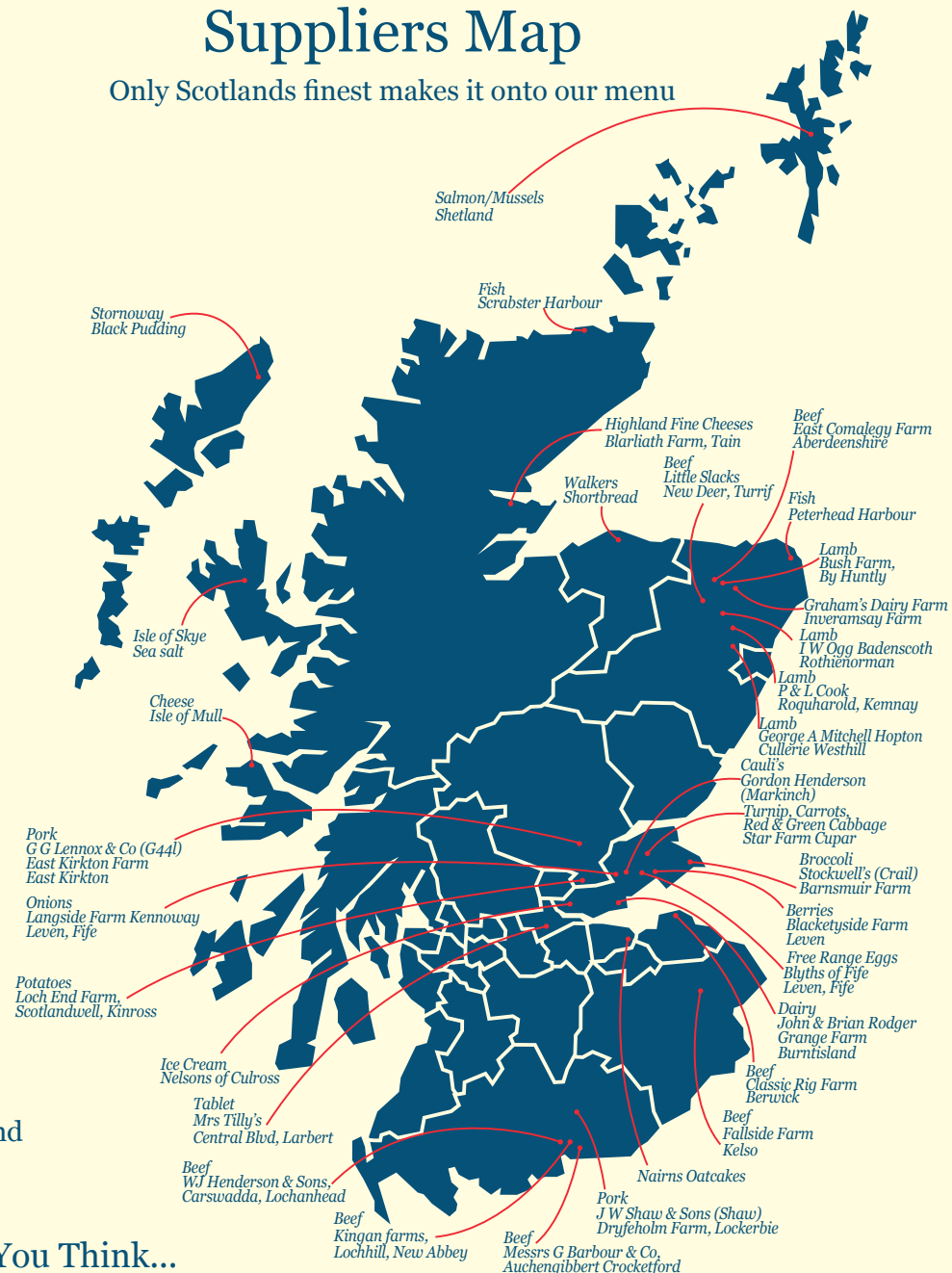
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Suppliers Map

Only Scotlands finest makes it onto our menu



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.