








## Starters

<b>Hearty and Wholesome Soup of the Day</b> <i>Crusty Bread and Butter</i>	£4
<b>Buffalo Chicken Wings</b> <i>Fried and Tossed in our Homemade Buffalo Hot Sauce, served with Blue Cheese Mayo</i>	5 for £6   8 for £9
<b>Tempura Battered King Prawns</b> <i>Sweet Chilli Dipping Sauce</i>	£6.5
<b>Creamy Sautéed Wild Garlic Mushrooms</b>  <i>Toasted Sourdough, Rocket and Herb Oil</i>	£5.75
<b>Steamed Shetland Mussels</b>  <i>Small</i> £6.5 <i>Large</i> £11 <i>Creamy White Wine, Garlic and Parsley Sauce</i>	
<b>Haggis and Black Pudding Bonbons</b> <i>Rolled in Crusted Oat Crumb with Whisky Marmalade</i>	£5.75
<b>Bruschetta</b>  <i>Toasted Ciabatta Brushed with Garlic Oil Topped with Cherry Tomatoes, Red Onion and Fresh Basil, Drizzled with Balsamic Glaze</i>	£5

## Light Bites

<b>The Sands Classic Club Sandwich</b> <i>Char-grilled Chicken, Bacon, Cheese, Lettuce, Tomato, Mayo on Toasted Sliced Brown or White Bread</i>	£7
<b>New York Rueben</b> <i>Thin sliced Beef Pastrami, Swiss Cheese, Gherkins Sauerkraut, Russian dressing on Toasted Rye Bread</i>	£7
<b>Prawn and Smashed Avocado Sandwich</b> <i>Open sandwich of Prawn-Marie Rose, Smashed Avocado with Baby Gem and Wild Rocket Salad</i>	£x
<b>Mediterranean Halloumi Melt</b>  <i>Grilled Halloumi, Roasted Mediterranean Vegetables, Homemade Salsa, Rocket on Toasted Ciabatta</i>	£6.5
<b>Cheese Ploughman's</b>  <i>Cheese, Pickle, Lettuce, Apple and Mayo on Bloomer Bread (Vegan cheese and mayo optional) </i> <b>Gluten free bread available as an alternative</b>	£4.75

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

<b>Oven Baked Jacket Potato</b>   <i>Served with Your Choice of Filling, Side Salad and Coleslaw: Cheese, Vegan Cheese, Beans, Tuna Mayo, Prawn Marie-Rose, Beef Chilli or Sweet Chilli Chicken   Add extra filling for £1</i>	£6
<b>Chicken and Bacon Caesar Salad</b> <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
<b>Nachos</b>   <i>Oven Baked Tortilla Chips, loaded with Melted Cheese (Vegan Cheese Option Available) and Jalapenos, finished with Tomato Salsa, Sour Cream and Guacamole</i>	For One £6 To Share £8.5

Add Chilli Beef £2.5 | Add Fajita Chicken £2.5



## Inspired By You, Handmade By Us!

**Sands Sharer £13**  
*Chicken wings, Tempura Battered King Prawns, Haggis and Black Pudding Bonbons, Bruschetta, 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*

## Daily Specials

See our blackboard or a member of staff for today's specials...

Catch of the day  
Butcher's choice

Curry special  
Pasta special

## The Sands Classic Club

**Traditional Steak and Ale Pie £12 | Half £7.5**  
*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**  £9.5 | Half £6  
*Three Cheese Pasta Bake topped with a Parmesan Crumb Garlic Bread and Dressed Salad*

Swap to Chips for £1.5 | Add Chorizo 50p | Add Jalapeños 50p



**Sands Homemade Beef Lasagne £11 | Half £7**  
*Layers of Pasta with Red Wine Bolognese and Creamy Béchamel Sauce Garlic Bread and Dressed Salad*


Swap to Chips for £1.5

## Mains

**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*

**Haggis, Neeps & Tatties £10 | Half £6**  
*A True Taste of Scotland Served with a Whisky Sauce and Highland Oatcakes (Vegan Option Available)*





**Sizzling Spicy Fajitas** *Chicken* £14 | *Vegetable*   £12  
*Mexican Style Spicy Fajitas with Flour Tortillas, Salsa, Homemade Guacamole, Sour Cream and Cheese (GF tortillas available)*

**Chilli Con Carne**  £10  
*Chef's special Chilli, served with Tortilla Chips, Rice, Sour Cream, Cheese and Jalapenos*

**Chicken Chorizo Bravas £14**  
*Roasted Lothian Chicken Breast on a Potato and Chorizo stack with a Piquant sauce*

## 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



<b>8oz Flat Iron</b> 	£15
<b>8oz Sirloin</b> 	£20
<b>8oz Gammon Steak</b>	£12
<b>Add a Sauce for</b>	£2
<i>Garlic and Herb Butter</i>  	
<i>Peppercorn Sauce</i>	
<i>Whisky Sauce</i>  	
<i>Creamy Blue Cheese</i>  	

## Burgers

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

**The Sands Steak Burger** £12  
*6oz Steak Burger on a Toasted Brioche Bun, Crispy Bacon, Monterey Jack Cheese, House Burger Sauce*

**Piri Piri Chicken Burger** £12  
*Piri Piri Spiced Chicken Breast on a Toasted Brioche Bun, Lime Mayo*

**Ultimate Vegan Burger**   £10  
*Spiced Falafel on Toasted Ciabatta Bun, Beetroot Hummus, Monterey Jack Cheese and Lime Mayo (Vegan Cheese and Mayo available)*

## Burger Extras:

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

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

## Sides

Chunky Chips.....	£3.5
Sweet Potato Fries .....	£3.5
Beer Battered Onion Rings.....	£3
Garlic Bread .....	£3
Bread and Olives .....	£3.5
Seasonal Vegetables .....	£3.5
Side Salad with Coleslaw .....	£3.5

Please see reverse for details of our Desserts & Specials

## 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 7 days a week from 9am!**

## 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 £30!

## 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 £5.5  
Vanilla Ice Cream and Toasted Hazelnuts

Pavlova GF £5.25  
Meringue topped with Seasonal Fruits and Raspberry Coulis

Sticky Toffee Pudding £5.5  
Vanilla Ice Cream or Custard

Chef's Ever-Changing Sweet Specials £5.5  
Ask your server for todays...  
Cheesecake | Crumble | Trifle

Selection of Nelsons of Culross Ice Creams GF £4  
Please Ask Your Server for Our Selection of various Ice Creams and topping Sauces

Selection of Sorbets VB GF £3.75  
Ask Your Server for Our Selection Available

Selection of Scottish Cheeses GF £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](http://www.lovefoodhatewaste.com)

### Contact Us

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# Suppliers Map

Only Scotlands finest makes it onto our menu

