

Smaller Dishes

WARM MARINATED LOCAL OLIVES (GF/VG)	8
HOUSEMADE FOCACCIA & DIPS (GFO/V)	16
SEARED TUNA TATAKI (GF)	19
yuzu soy, white truffle oil, avocado & shiso	
CRISPY FRIED POPCORN CHICKEN (GFO)	14
house-made beer hot sauce, gorgonzola cream & coriander	
TEMPURA CAULIFLOWER (GF/VG)	17
chickpea hummus & harissa aioli	
ANTIPASTI (GFO)	35
selection of cured meats, pickles, olives & crispbread	
add 2 cheeses + \$15	

Woodfired Pizzas

Available:
Thursday & Friday 5pm-8pm
Saturday 2pm-8pm

Hand stretched, traditional Italian pizzas

Please note: our pizzas are prepared separately to our main kitchen, therefore will be served at a different time to kitchen dishes

MARGHERITA (V/VGO)	23
The Classic Italian One: Napoli, mozzarella, basil, extra virgin olive oil, a sprinkle of parmesan & love	
MEATLOVERS	28
The Aussie One: Napoli, mozzarella, Italian sausage, shaved ham & hot salami	
CAPRICCIOSA	28
The Inevitable One: Napoli, mozzarella, shaved ham, sliced mushrooms, olives & artichokes	
ORTOLANA (V/VGO)	26
The Veggie One: Napoli, mozzarella, capsicum, zucchini & eggplant	
MEZZANOTTE	28
The Late Night One: Napoli, mozzarella, hot salami, gorgonzola cheese & olives	
SWOONCH	28
The Hangover Cure One: Napoli, mozzarella, Italian sausage, capsicum, mushroom & smoked provola cheese	
HAWAIIAN	26
The Un-Italian One: Napoli, mozzarella, shaved ham & pineapple	
NUTELLINA (V)	18
The Dessert One: Nutella & strawberries	

Gluten Free* Bases Available + \$5

*Please note that The Sands is unable to guarantee that any of our meals are completely free from gluten

All Day Menu

12pm-8pm

Larger Dishes

FLASH FRIED LOCAL CALAMARI (GF)	29
served on a cos lettuce salad w/ avocado, cherry tomato, Meredith feta, cucumber, radish, lemon dressing & oregano	
CRISPY CHICKEN VIETNAMESE SALAD (GF/VGO)	28
w/ butter lettuce, shredded carrot, cucumber, Asian herbs & nuoc cham, crispy shallots	
HERB & PARMESAN CHICKEN SCHNITZEL	25
with a leaf salad & chips	
make it a parma + \$4	
WAGYU BEEF BURGER (GFO)	25
American cheese, special sauce, pickles, lettuce & tomato in a brioche bun, chips	
SHEPHERDS PIE (GF)	36
braised lamb shoulder, winter vegetable & black truffle pot pie, duchesse potato & a baby cos wedge salad	
HANDMADE POTATO GNOCCHI (V)	30
sauteed wild mushrooms, spinach puree, brown butter & parmesan	
12HR PORK BELLY (GF)	38
carrot & ginger puree, smoked apple, pickled fennel, broad bean & radish	
BEEF SIRLOIN (GF)	39
pasture fed black angus Riverine beef sirloin, potato & leek terrine & garlic green beans & your choice of truffle butter or peppercorn cream	
BATTERED MARKET FISH (GFO)	30
St Andrews beach pale ale battered market fish, leaf salad, chips & house-made tartare	

THE SANDS | torquay

Side Dishes

ROASTED POTATOES (GF)	13
duck fat roasted kipfler potatoes, crispy rosemary & parsley	
STEAMED WINTER GREENS (GF/V/VGO)	14
almonds & feta	
CHIPS (GFO/V)	13
bbq spice & aioli	
HOUSE LEAVES (GF/VG)	12
lemon & mustard dressing	

Desserts

DARK CHOCOLATE FONDANT (V)	14
raspberry sauce, whipped creme fraiche, chocolate sesame snap	
BAKED WINTER FRUIT CRUMBLE (V)	14
apple, pear & rhubarb compote, spiced brown butter oat crumble & vanilla bean ice cream	
CHEESE PLATTER (GFO/V)	34
selection of Victorian cheeses, grapes, Lavosh crackers & quince paste	

Kids Dishes

POPCORN CHICKEN, CHIPS & KETCHUP (GF)	15
JUNIOR BURGER & CHIPS (GFO)	15
PENNE PASTA BOLOGNESE	15
BATTERED FISH, CHIPS & KETCHUP	15

GF - gluten friendly | V - Vegetarian | VG - Vegan

Please note that our kitchen contains allergens including gluten, therefore we cannot guarantee that meals will be completely free of allergens, traces may be present