

GRAZING

CHARRED PUMPKIN SALAD 22

PUMPKIN – CHARGRILLED AND ROASTED / RED PEPPER HUMMUS / AUTUMN LEAVES / SUNFLOWER & PEPITA / SMOKED PAPRIKA / HONEY LEMON DRESSING (GF, VEG)

ADD GRILLED CHICKEN 6

BEEF BRISKET & GRAVY PIE 24

SLOW COOKED BEEF BRISKET AND GRAVY PIE / COLCANNON MASH / AUTUMN LEAF SALAD

GNOCCHI CHORIZO RAGOUT 29

POTATO GNOCCHI / BRAISED CHORIZO IN A SPICED TOMATO RAGOUT / YOUNG SPINACH / FIOR DI LATTE / BASIL

PESTO & MUSHROOM LINGUINI 28

BASIL PESTO / OLIVE OIL / SAUTEED MUSHROOM / WILD ROQUETTE / LEMON ZEST / LINGUINI (VEG)

ADD GRILLED CHICKEN 6

PUMPKIN & WALNUT RISOTTO 28

ARBORIO RICE BRAISED WITH WHITE WINE / ROASTED PUMPKIN PUREE / CANDIED WALNUT / CRISP SAGE / PERSIAN FETA (GF, VEG)

SHIRLEY'S BURGER 26

CHARGRILLED BEEF BURGER / GLAZED MILK BUN / AMERICAN CHEESE / PICKLES / CARAMELISED ONION / BACON / BURGER SAUCE / HOUSE SALTED CHIPS

- DOUBLE BURGER, DOUBLE CHEESE 8

- VEGAN BURGER 4

- GLUTEN FREE BUN 4

CHICKEN PARMIGIANA 29

CRUMBED CHICKEN BREAST / SMOKED HAM / NAPOLI SAUCE / GRILLED CHEESE / HOUSE SALTED CHIPS / AUTUMN GARDEN SALAD

SOUP OF THE DAY 14

ASK OUR SERVICE TEAM FOR TODAY'S FLAVOUR / WARMED LOCAL SOURDOUGH

CAPRESE CHICKEN PANINI 14

LEMON PEPPER GRILLED CHICKEN / TOMATO / BOCCONCINI / BABY SPINACH / BALSAMIC GLAZE / SERVED WITH A GARDEN SALAD

VEGETABLE & FETTA PANINI 14

GRILLED PUMPKIN / FETTA CHEESE / SUN DRIED TOMATO / ROASTED RED PEPPER / WILD ROCKET / SERVED WITH A GARDEN SALAD

HAM & CHEESE TOASTY 10

SMOKED HAM / TASTY CHEESE / SOURDOUGH BREAD / SERVED WITH A GARDEN SALAD

MEZZE PLATTER TO SHARE 22

3 SELECT DIPS / WARM TURKISH BREAD / HOUSE CONFIT OLIVES / PICKLED FENNEL / DUKKAH / SUNFLOWER & PEPITA

BOWL OF CHIPS 10

HOUSE SALTED CHIPS / TOMATO SAUCE

- ADD AIOLI 3

FROM THE OVEN

HOUSE MADE LAHMUCAN STYLE PIZZAS

BEEF MINCE LAHMUCAN	22
SLOW COOKED BEEF WITH TOMATO / ONIONS / GARLIC / PAPRIKA / CUMIN / CHILLI	
PEPPERONI & MUSHROOM	22
MOZZARELLA / PEPPERONI / SLICED MUSHROOM / ROASTED RED PEPPERS	
HAWAIIAN	20
SLICED WOODHOUSE HAM / MOZZARELLA / DICED PINEAPPLE	
MARGHERITA	20
NAPOLI SAUCE / BOCCONCINI / FRESH PICKED BASIL	
GARLIC & CHEESE	20
MOZZARELLA / CONFIT GARLIC	

SEE OUR SPECIALS BOARD FOR OUR CHEF'S WEEKLY SPECIALITIES

We endeavour to ensure that our menus reflect the best of seasonal and local produce.
The above is an example of that which is currently available, at the time of printing and may be subject to change.
While 'The Sands Torquay' will endeavour to accommodate requests for special meals such as gluten free and other allergies or intolerances, we cannot guarantee completely allergy free meals.

This is due to the potential of trace allergens in the working environment and supplied ingredients.