

DINING

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

PUMPKIN & WALNUT RISOTTO 28

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

DUCK CONFIT & PURPLE CARROT 39

SLOW COOKED DUCK CONFIT / SMOKED PURPLE CARROT / KALE CRISP / BARLEY SOFRITO / ORANGE DUCK JUS (GF)

SLOW COOKED PORK LOIN 36

8HR SLOW COOKED THEN CHARRED / BRAISED RED CABBAGE / CARAMELISED APPLE / BUTTERSCOTCH JUS / FENNEL TOPS (GF)

MARKET FISH OF THE DAY 38

FRESH PAN FRIED FISH — ASK OUR SERVICE TEAM FOR TODAY'S CATCH / AUTUMN LEAF SALAD / YOUNG HERBS / GRIBICHE & LEMON (GF)

CHICKEN COTOLETTA 36

HOUSE CRUMBED CHICKEN BREAST WITH PARSLEY, PARMESAN & LEMON / BUTTER & SAGE / CRISP CAPER & DRIED OLIVE / AUTUMN LEAVES / LEMON

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

'BLACK ANGUS' SCOTCH 300GM 48

CERTIFIED 'BLACK ANGUS' / GMO & ANTIBIOTIC FREE / FREE RANGE / COLCANNON MASH / AUTUMN LEAVES / RED WINE JUS (GF)

MEZZE PLATTER TO SHARE 22

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

CRISP POTATOES 10

BUTTER & VEGEMITE / YOUNG HERBS

AUTUMN LEAF SALAD 10

BROCCOLINI & ALMONDS 10

SAUTEED BROCCOLINI / SLIVERED ALMONDS / PARMESAN / LEMON DRESSING

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.