

# THE SANDS HOTEL

## STARTERS

<b>SOUP OF THE DAY</b>	<b>5.00</b>
See chefs suggestions for today soup	
<b>GARLIC BREAD</b>	<b>5.50</b>
<b>CHEESE AND GARLIC BREAD</b>	<b>6.50</b>
<b>BRUSCHETTA</b>	<b>10.00</b>
Toasted ciabatta with roma tomatoes, Spanish onion, basil, olive oil and balsamic glaze. Finished with parmesan cheese	
<b>SAGANAKI</b>	<b>14.00</b>
Grilled Greek cheese on a bed of rocket, drizzled with a lemon vinaigrette	

## SALADS AND LIGHT MEALS

<b>CAESAR SALAD</b>	<b>15.00</b>
Cos lettuce, crispy bacon, croutons, shaved parmesan and a poached egg bound with our Caesar dressing. Anchovies available upon request	
<b>WITH WARM CHICKEN</b>	<b>18.00</b>
<b>SALT &amp; PEPPER CALAMARI</b>	<b>19.90</b>
Pineapple cut squid tubes, dusted in salt & pepper flour. Lightly fried & served above a rocket, mango, cucumber & tomato salad. Dressed with a citrus aioli	
<b>HONEY &amp; SOY CHICKEN STIR-FRY</b>	<b>22.00</b>
Chicken breast tossed with chilli, garlic, onion, capsicum, bok choy, cashews, hokkien noodles & a honey soy blend. Garnished with fried rice noodles	
<b>GREEK LAMB SALAD</b>	<b>23.00</b>
Moroccan spiced lamb sitting above fetta, cucumber, sun dried tomatoes, kalamata olives, red onion and mesculin with a minted yoghurt dressing	
<b>SANDS BURGER</b>	<b>17.50</b>
Grilled beef pattie with lettuce, tomato, cheese, bacon, onion, egg and tomato chilli jam. Served with chips	

## PASTA

<b>FETTUCINI CARBONARA</b>	<b>19.00</b>
Bacon, onion & garlic in a cream sauce finished with cracked black pepper & parmesan	
<b>SMOKED SALMON RISOTTO</b>	<b>22.50</b>
Smoked salmon, baby spinach, diced tomato, capers, Arborio rice & dill in a cream sauce	
<b>VEGETABLE LASAGNE</b>	<b>19.50</b>
Roasted pumpkin, spinach, capsicum and zucchini layered between pasta sheets, mozzarella & napoli sauce, served with chips and salad	
<b>FETTUCINI BOLOGNAISE</b>	<b>20.00</b>
Homemade bolognese sauce served with fettuccini pasta. Shaved parmesan available upon request	

## SEAFOOD

<b>GARLIC PRAWNS</b>	<b>24.00</b>
12 Garlic prawns with spring onions in a white wine & cream reduction. Served on coconut rice with prawn crackers	
<b>TRADITIONAL FISH AND CHIPS</b>	<b>19.00</b>
Beer battered fish fillets, cooked golden brown, served with fresh lemon wedges, house made tartare, chips and salad	
<b>SEAFOOD CATCH</b>	<b>24.50</b>
Beer battered fish fillet, crumbed calamari, prawn twisters, seafood claw, battered scallops and tempura battered prawns cooked golden brown, served with chips and salad	
<b>CRUMBED CALAMARI RINGS</b>	<b>ENT 14.50 MAIN 21.00</b>
Squid tubes coated in Japanese breadcrumbs served on chips with a garden salad, house made tartare and a lemon wedge	
<b>FISH OF THE DAY</b>	<b>P.O.A</b>
See chefs suggestions for todays catch	

## MAIN SELECTION

<b>ROAST OF THE DAY</b>	<b>19.00</b>
See chefs suggestions for the daily cooked roast	
<b>CHICKEN SCHNITZEL</b>	<b>19.00</b>
Juicy chicken breast grilled and served with a lemon wedge	
<b>CHICKEN PARMIGIANA</b>	<b>20.00</b>
Chicken schnitzel topped with ham, napoli sauce and cheese	
<b>GRAZIERS BEEF PIE</b>	<b>15.90</b>
Tender chunks of graziers beef, slow cooked in silky onion gravy, encased in pastry, served with mashed potato, mushy peas and gravy	
<b>CHICKEN AND CAMEMBERT FILO</b>	<b>23.50</b>
Chicken breast and camembert cheese encased in filo pastry, oven baked & smothered with a sun dried tomato cream sauce. Served with seasonal vegetables	
<b>HONEY MUSTARD PORK CUTLET</b>	<b>23.50</b>
Moisture infused marinated pork cutlet grilled and served on a seeded mustard champ with seasonal vegetables	
<b>CHICKEN SATAY SKEWERS</b>	<b>ENT 16.00 MAIN 22.00</b>
Marinated chicken tenders oven baked & served on a bed of rice with cassava crackers. Try as a main with chips and salad	

## SENIORS MENU

<b>MAIN COURSE</b>	<b>12.00</b>
Roast of the day	
Fish & chips	
Fettuccini bolognese	
Lams fry and bacon	
Chicken parmigiana	
Chicken schnitzel	
Sands steak	

Add Soup	<b>1.50</b>
Add Dessert	<b>1.50</b>

All meals are served with vegetables or chips and salad with the exception of fettuccini bolognese

# THE SANDS HOTEL

## PREMIUM CHAR GRILLED STEAKS

ALL OF OUR QUALITY GRAZIERS BEEF CUTS ARE AGED FOR A MINIMUM OF 28 DAYS TO ENSURE ULTIMATE TENDERNESS, FLAVOUR AND TEXTURE.

ALL STEAKS ARE GRILLED TO YOUR LIKING WITH YOUR CHOICE OF SAUCE AND SIDES.

YOUR CHOICE OF SAUCES:

GRAVY, PEPPERCORN, MUSHROOM, BÉARNAISE OR GARLIC BUTTER

ADD FIVE GRILLED TIGER PRAWNS FOR ONLY \$6.00

### RUMP STEAK 250 GRAMS

This classic primal cut is full in flavour & comes from QLD meatworks. The primals are off small yearlings with a fat depth of no more than 7mm. Aged to our specification with a supplier guarantee of ultimate flavour & tenderness.

“Full of flavour”

### PORTERHOUSE 300 GRAMS

Also known as Sirloin this primal cut is aged for a minimum of 6 weeks to ensure tenderness & taste satisfaction. The cattle are fed on a cereal grain diet for the last 100 days, known for its clean fresh flavour with no fatty after taste.

“Melt in your mouth”

### RUMP STEAK 500 GRAMS

This classic primal cut is full in flavour & comes from QLD meatworks. The primals are off small yearlings with a fat depth of no more than 7mm. Aged to our specification with a supplier guarantee of ultimate flavour & tenderness.

“Simply delicious”

### SCOTCH FILLET 300 GRAMS

Known as one of the better eating primal cut of beef, the scotch fillet also known as Cube Roll will exceed your eating expectations. With a marble score of 2 or more it is raised on natural pastures in South East Queensland & grain finished for the last 100 days at selected feedlots.

“Simply superb”

### GRAZIERS EYE FILLET 250 GRAMS

This delightful cut of beef is the tenderest of them all & is best described as succulent, lean & tender. Sourced from the QLD outback and aged by our butcher for a minimum 6 weeks these steaks will not disappoint.

“Simply sensational”

## SIDES

Bowl of vegetables	6.00
Bowl of mashed potato	6.00
Bowl of chips	5.00
Fresh garden salad	6.00
Potato wedges with sour cream	9.50

100 DAYS 23.00  
GRAIN FINISHED



100 DAYS 30.00  
GRAIN FINISHED



100 DAYS 32.00  
GRAIN FINISHED



100 DAYS 31.50  
GRAIN FINISHED



GRASS FED 33.00



## \$15 LUNCH MENU

INCLUDES A GLASS OF HOUSE WINE, BEER OR SOFT DRINK. FREE DRINK CANNOT BE UPGRADED.

### RUMP STEAK

250gm rump steak served with chips and salad with your choice of sauce

### VEGETABLE LASAGNE

Roasted pumpkin, spinach, capsicum and zucchini layered between pasta sheets & napoli sauce

### CHICKEN WRAP

With lettuce, tomato, cheese and raita served with salad

### SANDS BURGER

Beef Pattie with lettuce, tomato, cheese, bacon, egg, onion, and tomato relish served with chips

### FISH AND CHIPS

Served with tartare sauce and garden salad

### CHICKEN PARMIGIANA OR SCHNITZEL

Served with chips and salad

### GREEK LAMB SALAD

Moroccan spiced lamb sitting above fetta, cucumber, sun dried tomatoes, kalamata olives, red onion and mesculin with a minted yoghurt dressing

LUNCH MENU NOT AVAILABLE ON WEEKENDS OR PUBLIC HOLIDAYS

## KIDS MENU

For children 12 years & under. Includes a soft drink or juice 8.00

### Chicken nuggets and chips

### Fish and chips

### Chicken schnitzel or Parmigiana with chips

### Roast of the day

### Fettuccini bolognese

### Chicken salad

Vegetables or salad are available as an alternative with each kids meal with the exception of the chicken salad and the fettuccini bolognese

## DESSERTS

Small chocolate mousse	3.00
Large chocolate mousse	4.00
Small jelly	3.00
Large jelly	4.00
Slice of cake	5.95
Coffee and cake	6.95

Please see our dessert cabinet for today's range of delicious cakes