

ALL DAY BREAKFAST DISHES

- **Full English Breakfast**
pork sausages, black pudding, dry cured back bacon, free range egg, mushrooms, roasted tomato & brown or white toast **£6.50**
- **Vegetarian Breakfast** (V)
mushrooms, tomato, baked beans, free range egg, brown or white toast **£5.25**
- **Smoked haddock**
poached egg, wilted spinach and mustard cream on toast **£5.95**
- **Bacon or pork sausage sandwich**
in brown or white thick sliced bread **£3.95**
- **Toasted currant teacake or white/brown toast**
with butter & jam **£1.50**

BRUSCHETTA

lightly toasted ciabatta topped with

- **Basil pesto** **£1.95**
- **Mozzarella & pesto** **£2.95**
- **Mozzarella, pesto, mushroom & sliced tomato** **£3.95**

APPETISERS & SIDE ORDERS

- **Tasting Platters**
any three of the following appetisers for **£7.00**
or any five for **£12.00** (also available individually)

Hummous & flatbread	£2.95
Marinated olives & feta	£2.50
Tortilla chips & salsa	£2.95
Bowl of handcut chips	£2.25
with Aoli dip	£2.75
Rocket & Parmesan salad	£2.25
Garlic bread	£2.50
Mixed salad	£2.75
Crusty bread	
with extra virgin olive oil & balsamic	£2.50
Homemade onion rings	£2.00

SPECIALS

Don't forget to check the blackboards for our range of homemade soups and specials!

We are open Monday to Saturday from 9am. Food is served from 9am till 3pm and until 4pm on Saturdays.

COFFEES & TEAS

- **Cappuccino** **£2.00**
- **Large cappuccino** **£2.20**
- **Latte** **£2.00**
- **Large latte** **£2.20**
- **Flat white** **£2.00**
- **Long black** **£1.85**
- **Large long black** **£2.00**
- **Mocha** **£2.20**
- **Macchiato** **£1.85**
- **Espresso** **£1.75**
- **Double espresso** **£2.00**
- **Hot chocolate with cream** **£2.20**
- **Childrens hot chocolate** **£1.10**
- **Tea** **£1.75**
- **Earl Grey** **£1.80**
- **Herbal/fruit tea** **£1.85**

SELECTION OF SWEETS

- **Carrot cake** **£2.25**
- **Assorted cookies** **£1.60**
- **Caramel shortbread** **£0.99**
- **Flapjacks** **£1.75**
- **Biscotti** **£0.60**

CHILDRENS PORTIONS

We think your children should be able to enjoy the same food as you, so we'll try wherever possible to prepare a child sized portion of your favourite dish at a child sized price!

BUFFETS & FUNCTIONS

You can reserve areas of Sandbar for your party or function, anything from a baby shower to an anniversary! We can cater for you from our regular menu, or put together an evening buffet to suit your budget. There is no hire charge at all Monday to Thursday, or Friday and Saturday daytime, so why not hold your celebration here at Sandbar. Ask staff for details.

SANDWICHES & PANNINIS

All served with salad & house dressing

- **Tuna Pannini**
with cheddar, red onion & mayonnaise **£6.95**
- **Melted creamy Brie Baguette** (V)
with cranberry, walnuts & mixed leaves **£6.50**
- **Croque Monsieur;**
French style grilled ham & cheese sandwich,
with Dijon crème fraiche in thick sliced bread **£6.25**
- **Vegetarian Croque Monsieur;** (V)
cheese, mushroom, tomato, red onion & Dijon crème **£6.50**
- **Sandbar Fish Finger Sandwich;** (V)
haddock goujons in beer batter in ciabatta bread,
served with a lemon wedge and tartare sauce **£6.85**
- **Double Decker Club Sandwich;**
marinated chicken and crispy bacon, confit tomato,
mayo, mixed leaves and a Caesar dressing in
thick sliced toasted white bread **£7.20**
- **Grilled Halloumi Cheese** (V)
in an open sandwich with hummous, roasted peppers
& pesto on toasted ciabatta **£6.95**
- **Chicken Pannini**
with mozzarella, pesto & sunblushed tomato **£6.75**

HOT DISHES

- **Thai spiced fish cakes**
with a crisp oriental salad & vegetable rice and a sweet chilli
dipping sauce **£7.75**
- **Catalan style rustic stew**
slow cooked with chorizo, black olives and white beans in a thick
tomato ragout, served with warm crusty bread and a pot of
crème fraiche **£7.95**
- **Steak & Guinness Pie;**
with a puff pastry top and served with handcut chips **£7.95**
- **Vegetable Lasagne** (V)
made with mushrooms, spinach, pine nuts, broccoli, onion & garlic
and a creamy cheese sauce, served with a mixed salad **£7.50**
- **Skewered lamb koftas**
served in a flatbread, with hummous, salad & minted
yoghurt dressing **£7.95**
- **Mushroom Crostini** (V)
garlic field mushroom with goats cheese and chive cream,
set on toasted ciabatta served with a mixed salad **£7.50**

Flatbread Sharing Platter for 2
Antipasti style selection of cold meats,
marinated vegetables and cheeses,
with rocket leaf salad, served on an oven
baked flatbread "platter" **£8.25**

SALADS

- **Warm chorizo & black pudding salad**
poached free range egg, red peppers, onion, fresh mozzarella,
mixed leaves & Dijon crème fraiche **£7.75**
- **Classic Sandbar chicken salad**
marinated lemon & garlic chicken, thyme roasted tomato,
olives, hummous, leaves, Caesar dressing & Parmesan **£7.75**
- **Deep fried halloumi** (V)
with thick cut rustic roasted vegetables & cous cous,
with rocket and a minted yoghurt dressing **£7.50**

GOURMET BURGERS

Homemade 10 oz, 100% beef burgers, served with any one of
the following toppings, in a cross hatched bread bun,
with handcut chips & mixed salad **£9.75**

- **Bacon, cheese & hickory BBQ sauce**
- **Blue cheese & tangy pickle**
- **Garlic mushrooms & caramelised onion**

Sandbar DOUBLE BURGER

as above, but with TWO 10 oz burgers and extra
onion rings. Not for the faint hearted! **£13.95**

SOUFFLE JACKET POTATOES

We bake our potatoes, halve them and scoop out the fluffy middles.
Then we mix in beaten free range egg, stir through the ingredients of
your choice, refill the jackets and bake till crispy

- **Chorizo & sunblushed tomato** **£6.75**
- **Welsh rarebit** (V) **£6.65**
- **Chicken & mushroom** **£6.75**
- **Smoked haddock & spinach** **£6.75**