

SANDS

bistro

• MENU •

LUNCH & DINNER 7 DAYS

ALL DAY WEEKEND DINING FROM 11:30am

Monday to Thursday

11:30am - 2:30pm

5:00pm - 8:30pm

Friday

11:30am - 2:30pm

5:00pm - 9:00pm

Saturday

11:30am - 9:00pm

Sunday

11:30am - 8:00pm

We take allergies seriously and do our best to avoid cross-contamination. However, please note our kitchen handles a variety of ingredients, so we can't guarantee allergen-free meals.

Public Holiday Surcharge 15%

ENTREES & STARTERS

M | NM

GARLIC BREAD (V) add cheese +2 add chilli & honey +1	10 13
BOWL OF CHIPS (V/GF) w/ tomato sauce upgrade to truffle parmesan chips w/ aioli +6	9 12
DIRTY CAULIFLOWER (VGO) crispy cauliflower bites, minted yoghurt, pickles & fresh herbs	17 20
SALT & PEPPER CALAMARI (GFO/I) tossed w/ lemon pepper, garlic & dill mayonnaise add chips & salad +6	22 25
KING PRAWNS & CHORIZO (GF/I) chargrilled head-on king prawns, smoky chorizo, romesco sauce, rocket, orange & shaved fennel salad	30 33
MEZZE BOARD (FOR 2... MORE LIKE 4) (VO) cheese & meat sambousek, spinach triangles, falafel, olives, pickles, tzatziki, hummus & pita	35 38
SEASONED WEDGES (V) w/ sour cream & sweet chilli	14 17
CHAMPAGNE OYSTERS (GF/A) Freshly shucked oysters w/ champagne vinaigrette, shallots and lemon	5 each
SEOUL STREET CHICKEN (12 PIECES) crispy panko-crusted chicken drummets & winglets dusted w/ Korean seasoning, toasted sesame seeds & spring onion add blue cheese sauce +2	21 24

BURGERS & SANDWICHES

all served w/ chips

AMERICAN CHEESEBURGER smashed beef patties, American cheese, onion, dill pickles, ketchup & American mustard	25 28
PERI PERI CHICKEN BURGER flame-grilled peri peri chicken, crunchy slaw, pickles, red onion & peri peri sauce	24 27
SANDS STEAK SANGA rump steak w/ rocket, beetroot relish, cheese, tomato & mayonnaise on Turkish bread add egg or bacon +3, add grilled pineapple +2	26 28

Kids menu (12 years & under)

15 | 17

includes kids drink & vanilla ice cream

BATTERED FISH & CHIPS (A)

MINI MARGHERITA PIZZA (V)

WAGON WHEEL PASTA (V)
w/ Napolitana sauce & parmesan

CHICKEN NUGGETS & CHIPS

KIDS CHEESE BURGER & CHIPS
w/ tomato sauce

SIDES

CREAMY MASH (GF/V)	9 11
SEASONAL VEGETABLES (GF/V)	9 11
GARDEN SALAD (GF/V)	8 10
SLAW (GF/V)	6 8
SIDE OF CHIPS (GF/V)	6 8
CHAT POTATOES (GF/V)	9 11

SANDS

Bistro

FROM THE PAN / PASTA

M | NM

SPAGHETTI MARINARA (M)

prawns, calamari, half a blue swimmer crab, mussels & barramundi fish tossed w/ spaghetti, garlic, chilli, cherry tomatoes, white wine, Napoli sauce & fresh herbs

35 | 38

PRAWN LINGUINI (I)

six prawns, cherry tomato sugo, garlic, chilli & basil

31 | 34

TRUFFLE MUSHROOM CHICKEN LINGUINI (VO)

chicken, mushroom, truffle paste, creamy white wine sauce & parmesan

29 | 32

TIBETAN CHOW MEIN (V)

noodles w/ vegetables, soy, ginger & chilli
add chicken +6 | prawns +6 (I) | beef +8 | combo +12

22 | 25

Club Classics

BEER BATTERED FISH & CHIPS (A)

Australian battered Hoki fillets w/ chips, salad, tartare sauce & lemon

26 | 29

300G CHICKEN SCHNITZEL

hand crumbed chicken breast lightly fried w/ chips, salad & gravy
add a topper: *parmi* | *hawaiian* | *Texas bacon BBQ* +6

25 | 28

BANGERS & MASH (GFO)

grilled pork sausages served over creamy mashed potatoes w/ caramelised onions, peas & gravy

22 | 25

FROM THE SEA

GRILLED BARRAMUNDI & PRAWNS (GF/M)

w/ crushed potatoes, sautéed spinach & mango salsa

42 | 45

FISHERMAN'S CATCH (M)

Australian battered Hoki fillet, fried prawns, S&P calamari, chips, lemon & tartare sauce

28 | 31

THAI PRAWN RED CURRY (GF/I)

w/ kaffir lime, vegetables & jasmine rice

29 | 32

CRISPY SKIN SALMON (GF/I)

grilled Atlantic salmon w/ gremolata, rocket, fennel, orange salad, creamy mash and lemon wedge

39 | 42

SEAFOOD PLATTER FOR 2

grilled barramundi, prawns, grilled salmon, fried calamari, battered hoki, mussels Provençal, chips, tartare & lemon.

120 | 135

add cold seafood plate +40

natural oysters (4), smoked salmon, blue swimmer crab (1 whole), fruit, Thousand Island dressing & lemon wedge

V VEGETARIAN • VO VEGETARIAN OPTION AVAILABLE • VG VEGAN

VGO VEGAN OPTION AVAILABLE • GF GLUTEN FREE • GFO GLUTEN FREE OPTION AVAILABLE

M MIXED SEAFOOD ORIGIN • I INTERNATIONAL SEAFOOD ORIGIN • A AUSTRALIAN SEAFOOD ORIGIN

From the grill

GRAIN-FED RUMP FILLET 300G (GFO)	36 39
grilled to your liking w/ chips, salad & your choice of sauce: gravy, pepper, creamy mushroom (GF) & Diane add surf'n'turf (l) +8, extra sauce +2	
300G MB2+ TRUE NORTH SCOTCH FILLET (GFO)	46 49
grilled to your liking w/ chips, salad & your choice of sauce: gravy, pepper, creamy mushroom (GF) & Diane add surf'n'turf (l) +8, extra sauce +2	
300G GRILLED PORK CUTLET (GF)	33 39
w/ kipfler potatoes, sautéed peas, slaw & gravy	
LAMB SOUVLAKI (GFO)	34 37
chargrilled lamb w/ chips, salad, tzatziki & pita	
250G GRILLED CHICKEN (GF)	30 33
lemon herb marinated w/ creamy mash, vegetables & mushroom sauce	
SANDS GYRO PLATE	29 32
grilled chicken, chips, pita, tzatziki, tomato, onion & lemon dressing <i>any dish change to mash & veg +2</i>	

please order at our pizza counter Cheesy Grin Pizza

PIZZAS

	+4 gluten free base
MARGHERITA (V)	20 23
Napolitana base, fior di latte, basil, oregano & olive oil	
PEPPERONI	25 28
Napolitana base, fior di latte, pepperoni & oregano	
HAWAIIAN	23 26
Napolitana base, fior di latte, double-smoked ham & pineapple	
MEAT LOVERS	28 31
BBQ base, fior di latte, ham, beef mince, pepperoni & pork sausage	
VEGETARIAN DELIGHT (V)	26 29
Napolitana base, fior di latte, eggplant, zucchini, tomato, capsicum, olives & feta	

GOURMET PIZZAS

	+4 gluten free base
SOPRESSA	28 31
Napolitana base w/ ricotta, Italian salami, honey, toasted pistachio & mozzarella	
TRUFFLE MUSHROOM (V)	28 31
Napolitana base w/ truffle mushrooms, chives & mozzarella	
PERI PERI CHICKEN	28 31
Napolitana base w/ chicken, onion, capsicum, jalapeños, mozzarella & peri peri sauce	
PROSCIUTTO & PARMESAN	29 31
Napolitana base w/ prosciutto, parmesan, rocket & extra virgin olive oil	

SALADS

SUMMER ORCHARD SALAD (GF/VGO)	26 29
rocket, shaved fennel, orange, peaches, cherry tomatoes, red onion, candied walnuts & blue cheese dressing	
CAESAR SALAD (VO/GFO)	22 25
baby cos lettuce, croutons, crispy bacon, egg, parmesan & Caesar dressing	
WATERMELON & RICOTTA SALAD (GF/VGO)	25 28
fresh watermelon, creamy ricotta cheese, cherry tomatoes, cucumber, crumbled feta, mint, red onion, toasted pistachio & house dressing	
add chicken, prawns (l) or falafel +6	

\$20* LUNCH

Specials

AVAILABLE
MONDAY TO FRIDAY
11:30am - 2:30pm

TIBETAN CHOW MEIN (V)

noodles w/ vegetables, soy, ginger & chilli

200G RUMP STEAK

grilled to your liking w/ chips, salad & your
choice of sauce: gravy, pepper, creamy
mushroom (GFO) or Diane

200G CHICKEN SCHNITZEL

w/ chips, salad & gravy

BEER BATTERED FISH & CHIPS (A)

w/ chips, salad & tartare sauce

*MEMBERS PRICE
NON MEMBERS \$22

Dessert **MENU**

\$14 | \$16

APPLE CRUMBLE

w/ warm custard & vanilla ice cream

STICKY DATE

w/ butterscotch & vanilla ice cream

BELGIAN CHOCOLATE WAFFLES

w/ icing sugar, vanilla ice cream & berries

Coffee & Cake **DEAL**

\$12 | \$14

any regular sized coffee & cake slice
check our daily selections on display

(alternative milks +1)

SANDS
bistro

SENIORS LUNCH & DINNER SPECIALS

MONDAY TO THURSDAY

200G
RUMP

\$17



200G
SCHNITZEL

\$17



Tibetan
CHOW MEIN

\$17



Battered Fish
& CHIPS

\$17



CELEBRATE WITH US!

BOOK YOUR NEXT EVENT WITH US!

BISTROSANDS@GMAIL.COM

+\$2

NON-
MEMBERS

WEEKLY SPECIALS

MONDAY NIGHT

Schnitzel
NIGHT

\$20

ADD ANY TOPPER TO YOUR SCHNITZEL +6



TUESDAY NIGHT

Steak
NIGHT

\$20



WEDNESDAY NIGHT



\$17

Classic Pizza
NIGHT

DINE IN OR TAKE AWAY

THURSDAY NIGHT



\$20
EACH

Seafood
NIGHT

CHOICE OF 2 DISHES

SUNDAY ALL DAY



\$25

TRY OUR FAMOUS

Sunday Roast

WITH A HOUSE BEER, HOUSE
WINE OR SOFT DRINK

SUNDAY NIGHT



Includes a
soft drink and
ice cream

Kids
EAT FREE

ONE FREE KIDS MEAL
WITH EVERY MAIN MEAL PURCHASE

+\$2

NON-
MEMBERS