

NIBBLES

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| GARLIC & HERB PIZZA CRUST | 12 |
| CRUMBED GREEN OLIVES stuffed with fetta | 10 |
| WORLD'S BEST TARAMASALATA with dried crust | 12 |

SHARING PLATES

Petite servings - we recommend sharing a number of these as your starter

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| FRESH SHUCKED OYSTERS red wine vinegar & shallots GF | 4ca |
| OYSTERS KILPATRICK GF | 4.5ca |
| TUNA CARPACCIO with basil & toasted sourdough | 26 |
| GRILLED HARVEY BAY SCALLOPS lemon butter sauce GF | 24 |
| GRILLED BALMAIN BUGS mixed leaf salad GF | 25 |
| CLASSIC GARLIC PRAWNS fresh tomato & chilli GF | 26 |
| BBQ PRAWNS mixed leaf salad & lemon butter sauce GF | 24 |
| SALT & PEPPER CALAMARI basil aioli | 19 |
| STUFFED ZUCCHINI FLOWERS trio of cheeses, pumpkin puree & drizzle of honey | 20 |
| MUSHROOM ARANCINI truffle & stracchino cheese | 18 |
| CONFIT LAMB FILO PARCELS tzatziki | 17 |
| CRACKLING PORK BELLY cauliflower puree, apple soaked currants, almonds & truffle honey GF | 20 |
| SALMON & POTATO CAKES soy mayonnaise | 16 |
| LE SANDS FRIED CHICKEN baby cos leaves & chilli mayo | 16 |

OPEN 7 DAYS FOR LUNCH & DINNER
10% PUBLIC HOLIDAY SURCHARGE
1.5% CREDIT CARD SURCHARGE
CONTACT 9599 4949

lesands.com.au

 [lesandsrestaurant](https://www.facebook.com/lesandsrestaurant)

LE SANDS

RESTAURANT

est. 1980

MAINS FROM THE OCEAN

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| CLASSIC GARLIC PRAWNS fresh tomato & chilli GF | 36 |
| PAN FRIED JOHN DORY roasted cauliflower, broad beans, mixed herbs & onion sughetto | 39 |
| BARRAMUNDI FILLET superfood salad, lentils, barley, currants, mixed nuts pomegranate & honey yoghurt GF | 39 |
| PAN ROASTED SALMON FILLET with cherry tomato, olives, clams & white wine GF | 37 |
| HOT SEAFOOD SD barramundi, john dory, salmon, king prawns & scallops GF | 45 |
| PRAWN TAGLIOLINI prawns, chilli, garlic, cherry tomato & white wine sauce | 36 |
| TRADITIONAL BATTERED FISH & CHIPS caper mayonnaise | 29 |
| SALT & PEPPER MUD CRAB shallots & chilli | MP |
| GRILLED WHOLE LOBSTER lemon butter sauce GF | MP |

FROM THE LAND

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| STEAK AU POIVRE cooked at your table SD flattened eye fillet cooked to your liking with onion & Dijon mustard crushed peppers, flamed with brandy, jus & fresh cream GF | 42 |
| STEAK DIANE cooked at your table SD flattened eye fillet cooked to your liking with garlic & onion flamed with brandy, jus, Worcestershire & fresh cream GF | 42 |
| LAMB LOIN WRAPPED IN SPINACH & PUFF PASTRY served with baby potatoes, broccoli & baby carrots GF | 38 |
| CRUMBED CHICKEN BREAST with creamy potato mash | 34 |
| HANDMADE CASARECCE PASTA lamb ragu, rosemary, chilli | 29 |

DESSERTS

FLAMBÉ TROLLEY AT THE TABLE

Traditional Crepe Suzette, Strawberry Flambé & caramelised banana flambé

35 FOR 2 PEOPLE

PLEASE ASK OUR STAFF FOR OUR DESSERT DISPLAY TRAY

TO SHARE

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| WHOLE BBQ OCTOPUS lemon & oregano GF | MP |
| WHOLE GRILLED SNAPPER lemon chat potatoes GF | MP |
| CHATEAUBRIAND 550g for 2 people SD beef tenderloin, mushroom, shallots, pancetta, asparagus, mash potato & Bernaise sauce | 85 |
| 6 HOUR SLOW COOKED LAMB SHOULDER SD with pumpkin & potatoes | 82 |

PIZZAS

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| MARGARITA mozzarella, fresh basil, parmesan cheese | 22 |
| VEGETARIAN eggplant, zucchini, capsicum, baby spinach, basil pesto | 24 |
| BEACHSIDE leg ham off the bone, fresh pineapple | 24 |
| LAMB braised lamb, spanish onion, fetta, baby spinach, sweet potato | 26 |
| FROM THE SEA king prawns, calamari, green mussels, rocket, fresh tomato | 26 |

ON THE SIDE

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| BEER BATTERED CHIPS | 10 |
| STEAMED SEASONAL VEGETABLES GF | 12 |
| WHITE CABBAGE SALAD grana padano & balsamic glaze GF | 12 |
| WILD ROCKET SALAD shaved kefalograviera, pear & honey roasted walnuts GF | 14 |
| TRADITIONAL GREEK SALAD | 16 |

FUNCTIONS & EVENTS

Le Sands has been hosting functions for over 35 years.

We would love to assist you in organizing your next celebration in our venue.

Function room available for large bookings from
20 - 130 seated guests.

Visit our website lesands.com.au for more information

For enquiries please call 9599 4949 or email
elizabeth@lesands.com.au biljana@lesands.com.au