

LE SANDS
RESTAURANT

Nibbles

GARLIC BREAD	6
CRUMBED GREEN OLIVES STUFFED WITH FETA	10
WORLD'S BEST TARAMOSALATA	12

Entrée

SYDNEY ROCK OYSTERS (GF) served Natural Or Kilpatrick	4/ 5 ea
TUNA CARPACCIO with fresh chilli & herbs, drizzled with extra virgin olive oil and toasted sourdough	26
SASHIMI (GF) salmon, king fish and tuna	E 28/M 45
COLD SEAFOOD PLATE (GF) oysters, fresh prawns, Tasmanian smoked salmon & marinated baby octopus	32
BBQ SEAFOOD PLATE (GF) grilled Balmain bugs, Hervey Bay scallops & Australian king prawns	31
SIZZLING GARLIC PRAWNS (GF)	E 26/M 38
SALT & PEPPER CALAMARI (GF) with basil aioli	19
FRIED ZUCCHINI BLOSSOMS stuffed with trio of cheeses	21
MUSHROOM ARANCINI with truffle oil & stracchino cheese	19

Le Sands Signature Dishes

(Served with salad or chips)

COLD SEAFOOD PLATTER (GF) ~ <i>for two</i> Fresh lobster, fresh prawns, oysters, smoked salmon, blue swimmer crab, Balmain Bugs	210
HOT SEAFOOD PLATTER (GF) ~ <i>for two</i> Lobster Tail, Balmain Bugs, prawns, whole octopus, calamari & catch of the day	230
LOBSTER TAIL (GF) your choice of salt & pepper or garlic butter	95
MUD CRAB (GF) salt & pepper	MP

The Catch

PAN FRIED JOHN DORY cauliflower purée & sautéed sweet potato zucchini & fennel	39
BARRAMUNDI FILLET (GF) pickled cream sauce & seasonal vegetables	39
PAN ROASTED SALMON FILLET (GF) Sautéed spinach, cauliflower purée pumpkin purée & roasted truss tomatoes	37
TRIO OF FISH pan-fried barramundi, salmon & john dory	44
TRADITIONAL BATTERED FISH & CHIPS caper mayonnaise	29
WHOLE BABY SNAPPER (GF) fennel & pear, & home-made herb butter <i>(please allow 20 min cooking time)</i>	45
WHOLE JOHN DORY (GF) <i>(please allow 20 min cooking time)</i>	MP
WHOLE BBQ OCTOPUS (GF) lemon & oregano <i>(please allow 20 min cooking time)</i>	MP

Meat, Poultry & Pasta

RIB EYE ON THE BONE (GF) ~ for two 900g	110
SCOTCH FILLET (GF) 400g	57
LAMB SHOULDER (GF) lemon potatoes, rosemary, red wine jus	41
SPATCHCOCK (GF) with spinach, roast potatoes & homemade chilli jam	38
CRISPY SKIN PORK BELLY (GF) slow braised pork belly, crispy skin with sweet carrot puree	42
SPAGHETTI MARINARA mussels, prawns, calamari, catch of the day	36
WILD MUSHROOM RISOTTO (GF) variety of three mushrooms in a creamy parmesan sauce with hint of white wine	32

Sides

TRADITIONAL GREEK SALAD	16
WITLOF SALAD with chives, and shaved parmesan cheese	15
WHITE CABBAGE SALAD grana padano & balsamic glaze	13
FENNEL & PEAR SALAD with fennel, pear, and shaved parmesan cheese	14
STEAMED SEASONAL VEGETABLES with extra virgin olive oil	12
BEER BATTERED CHIPS	10

Dessert Menu

VANILLA BEAN PANACOTTA (GF) with mixed seasonal berries	16
CHOCOLATE MOUSSE (GF) chocolate and white chocolate, crushed hazelnuts	16
ETON MESS (GF) meringue, whipped cream, strawberries	16
VANILLA CRÈME BRULEE (GF)	16
HOMEMADE TIRAMISU	16
CHOCOLATE MUD CAKE served warm with vanilla ice cream	16
A SELECTION OF FINE AUSTRALIAN CHEESES ~ <i>for two</i>	32

Trading Hours

Monday – Friday: Lunch from 12PM – 3PM, Dinner open from 5PM till late
Saturday & Sunday OPEN ALL DAY

GIFT VOUCHERS AVAILABLE

10% SURCHARGE ON PUBLIC HOLIDAYS

1.5% SURCHARGE ON ALL CREDIT CARD PAYMENTS

SET MENUS ARE AVAILABLE FOR GROUP BOOKINGS OF 10 OR MORE PH 9599 4949

Enquiries

FOR FUNCTIONS, PLEASE EMAIL ELIZABETH elizabeth@lesands.com.au