

LE SANDS RESTAURANT

Nibbles

GARLIC BREAD

CRUMBED GREEN OLIVES STUFFED WITH FETA

WORLD'S BEST TARAMOSALATA

Oysters

NATURAL ROCK OYSTERS (GF) 1/2 dozen | dozen

KILPATRICK ROCK OYSTERS (GF) 1/2 dozen | dozen
topped with bacon & Worcestershire sauce

Entrée

CHARRED EGGPLANT SALAD (GF) soft boiled egg, honey saffron, carrots & sunflower seeds

BEEF CARPACCIO (GF) eye fillet, parmesan cream, baby rocket

SEARED PEPPERED TUNA served with salad niçoise cherry tomatoes, green beans, potatoes, eggs & olives

FRESH TIGER PRAWNS (GF) apple & witlof remoulade, prawn aioli

GRILLED HERVEY BAY SCALLOPS (GF) served in the shell with cucumber and lime salsa

CHARGRILLED BABY OCTOPUS (GF) Taramosalata, crispy chat potatoes salad verde

SIZZLING GARLIC PRAWNS (4) (GF)

SALT & PEPPER CALAMARI (GF) with basil aioli

BBQ SEAFOOD PLATE (GF) Balmain bug, Hervey Bay scallops & Australian King prawns

CITRUS-CURED SALMON (GF) fennel & orange salad with honey mustard dressing

FRIED ZUCCHINI BLOSSOMS (V) feta cheese, almond skordalia

Main Course

6 PAN FRIED JOHN DORY (GF) with cherry tomatoes, confit fennel, baby spinach, capers & pinenuts **42**

10 ROASTED BARRAMUNDI FILLET (GF) Broccolini, lemon yoghurt, macadamia tahani sauce **39**

13 PAN ROASTED SALMON FILLET (GF) grilled asparagus, green peas, vinaigrette & salmon roe **38**

TRIO OF FISH (GF) pan-fried barramundi, salmon & john dory with lemon caper butter sauce **44**

TRADITIONAL BATTERED FISH & CHIPS caper mayonnaise **29**

26 | 46 LOCAL BLACK MUSSELS (GF) in spicy tomato sauce with garlic, and toasted sourdough **31**

28 | 48 OVEN BAKED WHOLE FISH (GF) please ask our friendly staff for our catch of the day
(allow 20 min cooking time) **MP**

PEPPER EYE FILLET (GF) 220G potato gratin, bacon and baby peas **47**

GRAIN FED SCOTCH FILLET (GF) 350G creamy potato mash, mushroom ragout and red wine jus **45**

CHAR-GRILLED PERI-PERI SPATCHCOCK (GF) with marinated sweet mini peppers **38**

22 LINGUINI MARINARA fresh linguini pasta, mussels, prawns, calamari, catch of the day
Gluten free option available* **36

26 ASPARAGUS & PEAS RISOTTO (V/GF) truffle and parmesan cheese **29**

26 FRIED CAULIFLOWER (V) sautees kale, carrot, hummus, za'atar **28**

26

24

25 TRADITIONAL GREEK SALAD **16**

26 BABY SPINACH & DRY FIG SALAD baby spinach, figs, walnuts & blue cheese dressing **15**

22 FENNEL & PEAR SALAD fennel, pear and shaved parmesan **15**

32 STEAMED SEASONAL VEGETABLES with garlic butter and almond flakes **14**

24 GARDEN SALAD **13**

22 BEER BATTERED CHIPS **10**

Sides

Trading hours: Monday Closed
Tuesday - Friday Lunch from 12pm - 3pm; Dinner from 5:30 - 10:30pm
Saturday & Sunday Lunch and Dinner from 12pm - late

10% Surcharge on public holidays
1.5% Surcharge for credit card payments