

Sample Lunch menu

Today's aperitifs

South Sands Cooler £5.75
Bellini £9.50

Wines by the glass

Whites

Chenin blanc, Long Beach, South Africa 2009 £4.10
Picpoul de Pinet, Languedoc, France 2009 £5.50
Albarino, Monte de Ceo, Spain 2008 £8.00

Roses

Borsao Rosado, Campo de Borja, Spain 2009 £4.25
Pinot Rose, Domaine Begude, Limoux, France 2009 £6.00

Reds

Tempranillo, Tapada, Spain 2006 £4.10
Cotes de Rhone, Domaine l'Ameillaud, France 2009 £5.75
Pinot Noir, Loma Larga, Chile 2008 £7.50

Lunch and early dinner menu

2 courses £14.95 - 3 courses £19.95
available daily from 12-4pm and from 6-7pm

Ham hock terrine with piccalilli
Local mussels with bay, chilli and white wine

Monkfish with basil, olives and tomato
Grilled chicken breast with smoked paprika, lemon and thyme

Strawberries and clotted cream
Ice creams and sorbets

Starters

Ham hock terrine with piccalilli £5.95
Crab crostini £7.25
Shrimps on toast £6.95
Local mussels with bay, chilli and white wine £6.50/£12.95
Prawns with avocado £7.25
Risotto of butternut squash and parmigiano £5.95 / £9.95
Scallops roasted with garlic and herbs £9.95 / £19.95
Smoked salmon £6.95
Mozzarella di bufala campagna with heritage tomatoes and basil £7.95
Deep fried squid with aioli £7.25

Salads

Caesar salad £9.95
South Devon crab with mayonnaise and salad £11.95
Greek salad with barrel aged feta £10.25

Sandwiches

Mature cheddar and pickle £4.95
Salcombe crab sandwich £8.95
Roast beef with horseradish £6.95
Roast ham with Dijon mustard £5.75
Grilled rib eye steak with tomato and rocket £9.95

Breakfast: 7.30-10.00am Monday to Friday
7.30-10.30am Saturday & Sunday
Lunch: 12-4pm Monday to Sunday
Dinner: 6-9.30pm, 6-9pm Sunday

Fish and shellfish

Lemon sole fillet fried in breadcrumbs with mashed peas, chips and tartare sauce £12.50
Linguine with half a local lobster £21.95
Monkfish with basil, olives and tomato £16.50
Whole sea bream "al cartoccio" with rosemary, chilli and olive oil £14.50
Whole lemon sole £19.95
Sea bass with feta, walnut and mint pesto £15.95
King prawns with fennel and garlic £19.95
Mackerel grilled with North African spices £9.95

Meat grills

Slow roast pork belly, with ginger, gooseberry and elderflower compote £13.95
Grilled chicken with smoked paprika, lemon and thyme £13.95
Aberdeen Angus rib eye steak with béarnaise sauce £19.95

Sides

Chips £2.50 Potatoes with butter and mint £2.75
Green salad £2.50 Florence fennel gratin £2.95
Green beans £2.75

If you would like to stay in touch with the future goings on at South Sands please let the waiting staff know and we will be glad to add you to our mailing list.

For bookings please contact us on 01548 859000

Please note that service is left at the customer's discretion.