

WHILE YOU WAIT

Or for simply enjoying whilst you relax with a drink and take in the views

GORDAL OLIVES MARINATED IN GARLIC AND LEMON £6 168 kcal

PADRON PEPPERS, FRESH LIME AND WELSH SEA SALT £6 176 kcal

ARTISAN BREADS, SMOKED BUTTER, BALSAMIC AND OIL £7 345 kcal

SMOKED HONEY AND CHILLI NUTS £4 520 kcal

HUMMUS, TOASTED ALMONDS, OLIVE OIL AND FLATBREAD £7 759 kcal

TRUFFLE AND PARMESAN CRISPY FRIES £7 301 kcal

CRAB FRIES – CRAB MEAT, RED CHILLI AND SPRING ONION £9 497 kcal

CRUDITÉS – MIXED CRUDITÉS SERVED WITH TZATZIKI £5 143 kcal

SHARING BOARDS

SANDBAR CHARCUTERIE PLANK £28 1596 kcal
A selection of our antipasto meats, gordal olives, sundried tomatoes, crumbly feta, artisan breads, balsamic and oil

BAKED CAMEMBERT £24 1208 kcal
Slowly baked with honey & rosemary and served with our artisan breads for dipping

TASTE OF THE OCEAN PLANK £32 1530 kcal
A selection of our artisan breads with lime mayo dressed king prawns, crispy crab, battered goujons and our crispy black pepper squid with a citrus aioli

ASK ABOUT OUR SPECIALS OF THE DAY

STARTERS

SIZZLING KING PRAWNS £11 595 kcal
With lemon, olive oil and parsley and artisan bread

BRUSCHETTA POMODORO £9 633 kcal
Rich tomatoes, red onion, garlic, red pesto served on toasted sourdough and finished with our balsamic glaze
Add crumbly feta £3 807 kcal

SEARED SCALLOPS £12 218 kcal
A trio with pea & mint puree topped with crisp serrano ham to finish

CRISPY BLACK PEPPER SQUID £11 436 kcal
Served with Asian salad & citrus aioli

MARINATED HALLOUMI £9 536 kcal
Marinated in herbs & spices, pan fried and served with balsamic infused rocket salad

CHORIZO & BUTTERMILK CHICKEN £11 807 kcal
Skewered with red pepper, chargrilled and served with a chimichurri dip

OUR SIGNATURE FISH AND CHIPS £21 1013 kcal
Beer battered haddock and chunky chips, pea & mint puree, tartar sauce and lemon

CLASSIC MOULES FRITES £20 630 kcal
Mussels cooked with shallots, garlic, white wine, lemon, parsley and cream and served with crispy sea salt fries

SEAFOOD LINGUINE £26 630 kcal
Crab meat, local moules, king prawns, samphire, red chilli and white onion all in tomato & chilli sauce

COCONUT FISH CURRY £24 806 kcal
White fish with mussels and king prawns, served with jasmine rice, grated coconut and fresh prawn crackers

HOUSE STEAK BOARD - 100Z SIRLOIN STEAK £35 913 kcal
or **80Z FILLET STEAK £42** 833 kcal
Chargrilled to your liking with watercress, mushrooms, crispy fries and vine tomatoes
Spoil yourself and make it beef and reef by adding our skewered and flame grilled king prawns! £7 59 kcal

TWISTED CHICKEN PARMESAN £23 787 kcal
Panko breaded chicken breast, filled with serrano ham, Italian tomato sauce & parmesan served with our house salad mix or crispy salted fries

THE SANDBAR BURGER £19 1103 kcal
A locally sourced chargrilled 6oz Beef patty, Welsh cheddar, crispy bacon, caramelised onions, crispy lettuce, beef tomato and house dressing, served with crispy fries

MUSHROOM & SPINACH LINGUINE £21 634 kcal
Wild mushrooms, wilted spinach, finely chopped parsley, garlic and sea salt with a vegan cream all tossed through linguine
Add chicken £5 740 kcal

BANG BANG CAULIFLOWER NOODLES £21 371 kcal
Cauliflower florets crispy fried, Welsh leeks, pak choi, sugar snap peas, carrot all with noodles, bang bang coconut sauce and finished with chilli flakes and sesame seeds
Swap cauliflower for chicken £3 521 kcal

KOREAN PLANT ‘CHICK’ BURGER £19 1088 kcal
Gochujang marinated and glazed plant based ‘chick’ pieces with pickled cucumber ribbons, crisp lettuce & red onion all sandwiched in a crystal bun and served with crispy fries

MAINS FROM THE SEA

FROM THE LAND

FROM THE GARDEN

SIDES

CRISPY SEA SALTED FRIES £5 274 kcal

TRUFFLE AND PARMESAN CRISPY FRIES £7 301 kcal

CRAB FRIES – CRAB MEAT, RED CHILLI, SPRING ONION £9 497 kcal

CRUSHED BUTTERY NEW POTATOES £6 163 kcal

MERLOT & SHALLOT STEAK SAUCE £3 75 kcal

BRANDY & PEPPERCORN STEAK SAUCE £3 81 kcal

CHARRED TENDERSTEM BROCCOLI & RED PEPPERS & ALMOND £6 246 kcal

HOUSE SALAD LEAVES, TOMATO, ONION, BASIL & HERB INFUSED OLIVE OIL £5 213 kcal

GARLIC FOCACCIA £7 324 kcal
Add Welsh cheddar £2

DESSERTS

SANDBAR ETON MESS £10 529 kcal
A twist on the traditional classic with rich forest fruits

OUR CHEFS TASTY LEMONCELLO CHEESECAKE £9 626 kcal

SALTED CARAMEL APPLE CRUMBLE £10 239 kcal
Topped with vanilla pod ice cream

RICH AND GOOEY CHOCOLATE BROWNIE £10 573 kcal
With vanilla pod ice cream, drizzled with chocolate ganache

WELSH CHEESE BOARD
FOR ONE £14 / FOR 2 £22 756 kcal
House chutney & savory biscuits

SELECTION OF ICE CREAMS 234 kcal
Ask about today's flavours

 Vegan  Vegetarian  Non Gluten Containing

If you have any allergies or intolerances, please speak to our friendly team about meal ingredients before ordering. Due to food being prepared in a kitchen environment, we cannot guarantee our food is free from allergens. Please speak to our team for help and advice. 03.2025