

Après sea ...

Why not moor your boat and come and try
a South Sands Cooler or a Cosmopolitan
... or perhaps just a quenching pint.



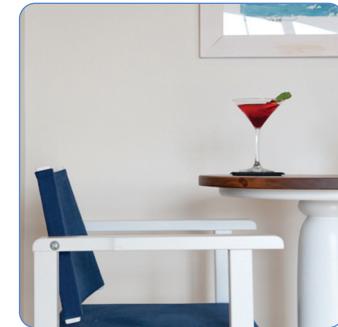
South Sands, Bolt Head
Salcombe, Devon TQ8 8LL

southsands.com

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01548 859 000



reserve today 01548 859 000

Come and enjoy ...

Beachside Restaurant with terrace

Lunch/Dinner menu

Please note that our menu changes daily

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

Pinto 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

Local mussels with bay, chilli and white wine

Ham hock terrine and piccalilli

Lemon sole fillet fried in breadcrumbs,
chips and tartare sauce

Grilled chicken with paprika, lemon and thyme

Vanilla panna cotta

Ice creams and sorbets



Starters

Ham hock terrine and piccalilli £5.95

Mozzarella di bufala campagna with heritage tomatoes and basil
£7.95

Grilled asparagus with hollandaise £6.95 / 12.95

Smoked salmon £6.95

Grilled local squid with roasted peppers, chilli and rocket £7.95

Prawns with avocado £7.25

Shrimps on toast £6.95

Scallops roasted with garlic & herbs £9.95/ £19.95

Local mussels with bay, chilli and white wine £5.95 / £10.95

King prawns with fennel and garlic £8.95 / £17.95

Linguine with spring garlic and four cheeses £5.95 / £9.95

Salads

Caesar salad £9.95

South Devon crab with mayonnaise and salad £8.95

Grilled pepper salad £9.95

Greek salad with barrel aged feta £10.25

Sandwiches

Mature cheddar with pickle £4.95

Roast ham with Dijon mustard £5.75

Roast beef and horseradish £6.95

Salcombe crab sandwich £8.95

Grilled rib eye steak with tomatoes and rocket £9.95

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*Our menu has been created with renowned seafood
restaurateur Mitch Tonks*

Fish and shellfish

Mackerel grilled with North African spices £9.95

Lemon sole fillet fried in breadcrumbs with mashed peas,
chips and tartare sauce £10.95

Fillet of sea bass with walnut, feta and mint pesto £13.95

Sea bream "al cartoccio" with rosemary, chilli and olive oil £14.95

Monkfish with basil, olives and tomato £17.95

Linguine with half a lobster £17.95

Grilled lemon sole £19.95

Meat grills

South Sands beef burger and chips £11.50

Grilled chicken with paprika, lemon and thyme £11.95

Veal chop with sage £21.95

Sides

Chips £2.50 Potatoes with butter and mint £2.75

Green salad £2.50 Florence fennel gratin £2.95

Creamed spinach £3.50

Breakfast: 7.30-10am Monday to Friday

Brunch: 7.30-11am Saturday and Sunday

Lunch: 12-4pm Monday to Sunday

Dinner: 6-9.30pm, 6-9pm Sunday