

# SANDS

## GRILL

### STARTERS

Plum tomatoes, mozzarella, avocado and rocket salad (v)	9.50	Hand dived scallops with apple gel, celeriac and truffle puree, crisp apple and celeriac slaw	16.50
Caesar salad with cos lettuce, anchovies, croutons and parmesan	7.50	Kyle of Tongue oysters with lemon and shallot vinaigrette	14.50
Add chicken	1.50	Prawn salad with gem lettuce and Marie Rose sauce	9.95
Add prawns	3.00	Sands Grill seafood chowder with grilled soda bread	8.50
Maple syrup glazed pork ribs with smoked pepper chutney	9.50	West Coast mussels in a white wine and herb cream	9.50

### MAINS

Roasted Sole (on the bone) caper and mint crushed potatoes, brown shrimp and parsley butter	23.50	Corn fed chicken, tarragon mash wild mushrooms asparagus cider and red onion jus black pudding and apple bon - bon	21.50
Mixed seafood basket (grilled salmon, tempura tiger prawns, battered haddock and crumbed coley) served with hand cut chips and Romesco sauce	21.50	Braised Scotch beef daube Bourguignon, with creamed potatoes and root vegetables	19.50
Grilled rump of Scotch lamb, braised shoulder, pressed Boulanger potatoes, roast root vegetables and red wine juice	19.50	Old Course Hotel Beef Burger with beer battered onion rings and fries	16.50

### GRILLS

All of our cuts are cooked to your liking and served with pont neuf potatoes, marinated tomatoes and grilled Portobello mushroom.

160g Scotch Black Isle beef fillet	35.00	Grilled Scottish lobster, Newburg herb butter/ glazed Arran mustard and Anster cheese glaze whole/half. Served with new season potatoes and mixed salad	49.00/ 25.00
250g Scotch Black Isle ribeye steak	33.00		
250g Scotch Black Isle sirloin on the bone	29.50		
All grills include choice of sauce: Bearnaise / red wine / blue cheese cream / peppercorn		400g Grilled Pork tomahawk chop, apple and tarragon	19.50
Additional sauce portions available:	2.25	160g Fillet of Loch Duart salmon served with sautéed potatoes and green beans	19.50

### PASTA & RISOTTO

Choose between penne, linguini and wholemeal spaghetti and select one of our base sauces:

King prawns, chilli, capers and fennel in a tomato sauce	15.50	Pasta with breast of chicken, pesto, pancetta and chilli	13.95
Bolognese: prime Scotch minced beef, tomato and herbs	13.50	Risotto with peas, lemon, wild mushrooms and crumbled crowdie cheese	13.95

### SIDES

Vegetables: Green beans, battered onion rings, selection of market vegetables or roasted carrots (v)	3.00 (each)	Potatoes: Homemade chips, creamed potatoes, or baked potato with cheddar cheese and crème fraîche (v)	3.00
Salads: Rocket and parmesan, green, or tomato and onion (v)	3.00	Battered Onion Rings	3.00

Please consult your server with regards to any food allergies prior to ordering.

We respectfully request that mobile phones are switched to silent. All prices are inclusive of VAT, service charge is not included.