

Starters

Soup of the Day ^{GF} £4.75

Crusty Bread and Butter

Chicken Wings ^{GF} Small £7 | Large £10

Choose From;

Louisiana Hot Sauce & Blue Cheese Dip / Jamaican Jerk

Cauliflower Pakora ^V £6.75

Lightly Spiced Cauliflower, Crisp Pakora Batter

served with Mango Chutney

Haggis and Black Pudding Bonbons £6.75

Rolled in Oat Crumb with Whisky Sauce

Bruschetta ^V £6.5

Toasted Ciabatta Brushed with Garlic Oil Topped with

Cherry Tomatoes, Red Onion and Fresh Basil, Drizzled with Balsamic Glaze

Mackerel Pate ^{GF} £7.25

Locally Smoked Mackerel, Lemon & Horseradish

served with Salad and Oatcakes

Light Bites

Dirty Fries See server/blackboard

Please ask your server for today's toppings

The Sands Classic Club Sandwich £8

Char-grilled Chicken, Bacon, Cheese, Lettuce, Tomato, Mayo on Toasted Sliced Brown or White Bread

Korean Pork Bun £8

Roast Pork in Korean BBQ Sauce

with Kimchi & Pickled Veg, served with Asian Slaw

Tuna Melt £7

Open toasted Sandwich on White Bloomer Bread with Tuna Mayo, Sliced Tomato, Jalapenos & Grilled Cheese

Scottish Rarebit ^V £7.5

Cheese & Scottish Ale Rarebit Topping

on Toasted Sourdough with Chili & Apple Chutney

Cullen Skink ^{GF} £8

Creamy Hearty Soup with Smoked Haddock, Leeks & Potato

Add Chef's soup of the day or chips to any sandwich for £3.5

Oven Baked Jacket Potato £6.75

Served with Your Choice of Filling, Side Salad and Coleslaw:

Cheese, Vegan Cheese, Beans, Tuna Mayo, Beef Chilli or

Sweet Chilli Chicken Add extra filling for £1.50

Caesar Salad ^{V GF} £8.5

Lettuce, Cherry Tomato, Poached Egg, Herbed Croutons and Parmesan Shavings with a Classic Caesar Dressing

Add Grilled Chicken Breast and Bacon Lardons £3.5



Nachos ^{V GF} For One £7.5 To Share £11

Oven Baked Tortilla Chips, loaded

with Melted Cheese and Jalapenos, finished with Tomato Salsa, Sour Cream and Guacamole (Vegan Cheese option available)

Add Chilli Beef £3.5 | Add Fajita Chicken £3.5

Smoked Baby Haggis Supper £8.5

Locally Smoked Haggis served with Chips,

Pickled Onion & Chippy Broon Sauce

Mains

Traditional Steak and Ale Pie £14.75 | Half £9

Tender pieces of Borders Beef Braised in a Rich Ale Gravy,

Topped with Puff Pastry, served with

Chunky Chips & Vegetables

Mac n Cheese, Garlic Bread

& Salad ^V £12.5 | Half £8

Three Cheese Pasta Bake topped with a Parmesan Crumb,

Garlic Bread and Dressed Salad

Add Chorizo £1.5 Add Jalapeños £2

Chicken Balmoral with Haggis £16.5

Crisp Smoked Ayrshire Bacon,

Clapshot and a Whisky Cream Sauce

Sands Homemade Beef Lasagne £14.5 | Half £9

Layers of Pasta with Red Wine Bolognese and

Creamy Bechamel Sauce,

Garlic Bread and Dressed Salad

Beer Battered Scottish Haddock ^{GF} £14.75 | Half £9

(gluten free batter available) Fresh Fillet of Haddock Cooked in

Crispy Beer Batter, Chunky Chips and Mushy Peas

Enchiladas ^{GF} ^V £15.5

Your choice of Smokey Bean or Beef Chilli in Tortilla Wraps,

Topped with Cheese, Oven Baked and served with Salsa,

Guacamole & Sour Cream

Classic Haggis, Neeps & Tatties £13 | Half £8

A True Taste of Scotland Served with a Whisky Sauce and

Highland Oatcakes (Vegetarian Option Available)

On The Grill

All our Steaks are prime Scotch, matured for a minimum

of 28 days and served with Tomato, Beer Battered

Onion Rings, Mushroom and Chunky Chips

8oz Flat Iron Steak ^{GF} £18

(Recommended maximum cooking- medium)

8oz Sirloin Steak ^{GF} £23

8oz Venison Steak ^{GF} £23

Add a Sauce for £2

Garlic and Herb Butter ^{V GF}

Peppercorn Sauce

Whisky Sauce ^{V GF}

Creamy Blue Cheese ^{V GF}

Burgers

Our Homemade 6oz Burgers are served on a Toasted Brioche

Bun with Lettuce, Tomato and Pickle, Accompanied with

Chunky Chips and Homemade Coleslaw

The Sands Steak Burger £14.5

6oz Steak Burger, Crispy Bacon, Monterey Jack Cheese,

Chef's Special Burger sauce

Beach Burger See Specials Board

Please ask your server for today's special toppings

Piri Piri Chicken Burger £14.5

Served with lime mayo

Crispy Curried Cauliflower Burger ^V £13.5

Lightly spiced cauliflower burger

with tomato & red onion, and mango & lemon dressing

Burger Extras:

Mac 'n' Cheese.....£3

Jalapenos.....£1

Beef Chilli£3

Monterey Jack Cheese.....50p

Blue Cheese.....£1.5

Haggis.....£2.5

Sides

Chunky Chips or Skinny Fries£4

Beer Battered Onion Rings.....£3.5

Garlic Bread.....£3.5

Seasonal Vegetables.....£3.5

Side Salad.....£3.5

^V Suitable for Vegetarians

^{GF} Free from Gluten

^{GF} Free from Gluten Option Available

^V Vegan

^V Vegan Option Available

All weights of our meat are approximate uncooked. All meals may contain nuts or nut derivatives. Fish may contain small bones. All our food is prepared in a kitchen where nuts, gluten and other allergens are present and our menu descriptions do not include all ingredients.

If you have a food allergy, please let us know before ordering. Full allergen information is available on request.



Daily Specials

See our blackboard or a member of staff for today's specials...

Catch of the day,
Curry special, Pasta special,
Butcher's choice,
Beach Burger

High Tea

We offer High Tea with any Main Course for an additional £8

A selection of Cakes, Traybakes, Scones, Tea/Coffee, Toast, Butter & Preserves

Afternoon Tea

The above plus a selection of quality fresh Sandwiches £15pp

Advanced booking is essential for both Teas!

Fish Friday

Two Seafood Specials and a Bottle of Bin-End Wine for only £39

Thursday Steak Night

Two Matured Scotch Steaks served with Tomato, Mushrooms, Onion Rings and Chunky Chips, plus a bottle of wine from only £44!

Sunday Roast

Traditional Sunday Roast with all the Trimmings served every week from £14

Desserts

Inspired By You, Handmade By Us!

All our desserts are made in-house with love by our talented chefs

Chocolate and Hazelnut Brownie £6.5
Vanilla Ice Cream and Toasted Hazelnuts

Homemade Cheesecake of the Day £6.5
Ask your server for todays

Sticky Toffee Pudding £6.5
Vanilla Ice Cream or Custard

Classic Cherry Trifle 6P £6.5
Lemon Sponge, Berry Jelly, Berry Compote Topped With Custard And Cream

Selection of Ice Creams 6P £5
Ask Your Server for Our Selection of various Ice Creams and topping Sauces

Selection of Sorbets 6P 6P £4.5
Ask Your Server for Our Selection Available

Selection of Scottish Cheeses 6P £8
Caramelised Red Onion Chutney, Grapes and Highland Oatcakes

Too Good To Leave?

Ask for a box to go. We have recycled boxes and paper bags and are happy for you to take home your food to enjoy it later.

www.lovefoodhatewaste.com

Contact Us

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E mail@burntislandsands.co.uk

www.burntislandsands.co.uk

Let Us Know What You Think...

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Suppliers Map

Only Scotlands finest makes it onto our menu

