



Welcome to sands

“ About us – we all have individual tastes and our mission at Sands is to cater to everyone, for food, drinks and service. Sands is probably the only restaurant to provide a taster of your main course, thus giving you the opportunity to make your dish milder or spicier, add more garlic or coriander, according to the requirements of your palate. This is a unique concept where we can interact with you, our valued customer.

Our menu is quite extensive and now has more dishes due to the wonderful feedback we have had from our diners. If you need advice from the vast choices we have of our Indian delights, then our senior waiters will help and guide you towards your decision. Although not on the menu we can cater for English meals to your requirements. All our meat dishes are made with non-halal meat, however we can supply halal meat dishes upon request, and subject to availability. Please look out for this symbol “” these healthy options dishes can be cooked with very little oil. Our vegetarian diners will be delighted to know we use a separate deep fryer and tandoor oven for vegetarian cooking.

The wine at Sands is selected from across the globe, some of these regions include:- France, Italy, Chile, Argentina and New Zealand. This gives you, our customer an excellent amount of choice and variety when selecting your wine.

Allergies – Please always advise your server of any allergies before placing your order, as not all ingredients can be listed on the menu. Although we will prepare your meal with this in mind we cannot guarantee the total absence of trace amounts of allergens in our dishes.

Thank you for choosing Sands, have a wonderful evening.”

Starters



Masala Papadum

Vegetarian

- Onion Bhaji**£3.95
Crispy indian fritters, made with onions & gram flour. Deep fried.
- Vegetable Samosa**£3.95
Wafer thin pastry filled with mixed vegetable filling.
- Breaded Garlic Mushrooms**£4.95
Crispy, crunchy breaded mushrooms cooked in a blend of spices and chopped chillies.
- Honey Chilli Mogo**£4.95
Cassava chips glazed with honey cooked in a chef's special chilli sauce.
- Paneer Tikka Shashlik**£5.95
Marinated cubed cottage cheese grilled in the tandoor oven with onions & peppers.
- Chilli Paneer**£5.95
Cubed cottage cheese mixed with onions and peppers in a spicy sauce.
- Crispy Potato Bhaji**£4.95
Thinly sliced potatoes mixed in gram flour and special herbs and spices, deep fried for a crispy savouring taste.
- Quorn Manchurian**£5.95
Quorn pieces mixed with garlic, chilli, onions and peppers touched with our chef's special spices.



Chicken Tikka

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Appetiser

- Plain Papadum**£0.60
A thin crispy snack perfect for dipping in our pickle tray.
- Roasted Spicy Papadum**£0.60
Roasted spicy papadum with black pepper.
- Plain Pickle Tray**£1.95
Mango chutney, mint yougurt & onion salad.
- Spicy Pickle Tray**£1.95
Hot chilli sauce, coriander chutney & lime pickle.
- Masala Papadum**£2.95
Pieces of papadum topped with fresh cut onions and mixed peppers infused with lemon and spices.



Crispy Potato Bhaji



Samosa's

Poultry & Meat

- Chicken Tikka**£5.95
Pieces of boneless chicken breast marinated in our tandoori sauce, skewered and baked in a clay oven
- Lamb Seekh Kebab**.....£5.95
Spiced mince lamb, skewered and baked in a clay oven
- Jeera Chicken Wings**.....£5.95
Cumin encrusted chicken wings baked in a clay oven.
- Chicken Tikka Shashlik**£5.95
Chicken tikka cooked with peppers, onions and tandoori sauce.
- Coriander Chicken**.....£5.95
Breasts of chicken marinated in a thick green chilli and coriander paste, baked in a clay oven.
- Crispy Chilli Chicken**£5.95
Strips of chicken coated in a spicy batter, glazed in chef's special spicy sauce
- Tandoori Lamb Chops**£5.95
Luscious lamb chops marinated in a curry spiced yoghurt sauce and then baked in the clay oven.
- Sand's Chicken Goujons**£5.95
Chicken Tikka shredded into tiny pieces mashed with potatoes, herbs, spices and eggs. Coated in breadcrumbs and deep fried.



Chef Special King Prawn



Mussels

Seafood

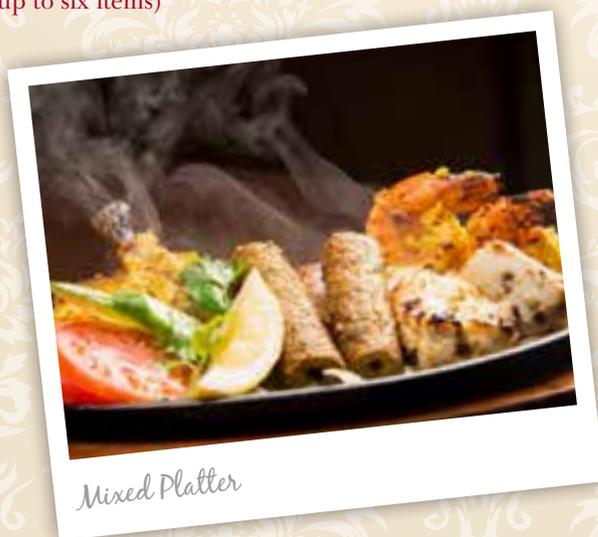
- Crab Filled Pakora**£5.95
Diced crab seasoned with herbs and spices blended with potatoes and deep fried.
- Spicy Mussels**.....£6.95
Half shelled mussels cooked with tomato paste, garlic and a touch of black pepper.
- King Prawn Puri**£6.95
Prawns cooked with garam masala, cumin, chilli powder and coriander served upon a puri
- Salmon Tikka**.....£6.95
Mouth watering salmon fillets marinated in a spiced yogurt paste and baked in a clay oven.
- Tandoori King Prawns**£7.95
Marinated in a mixture of spices and baked in a clay oven.
- King Prawn Shashlik**.....£7.95
Marinated king prawns in chef's special herbs and paste baked first then tossed in a pan with onions and peppers.
- Chef's Special King Prawns**.....£8.95
King prawns cooked with peppers, onions and spices, served on a tawa
- Garlic Chilli King Prawns**£7.95
Delicately spiced with fresh garlic and chillies, cooked in lemon butter.

Sand's Sharing Platters

- Vegetarian Platter**.....£11.95
Onion Bhaji, Crispy Bhaji, Paneer Tikka, Garlic Mushrooms and Honey Chilli Mogo.
- Mixed Kebab Sizzler**£12.95
Chicken Tikka, Chicken Tikka Shashlik, Seekh Kebab, Coriander Chicken, Lamb Chops.
- Sand's Special Mixed Platter**.....£13.95
Vegetable Samosa, Sand's Chicken Goujons, Seekh Kebab, Chicken Tikka Shashlick, Crispy Chilli Chicken, Tandoori King Prawn.
- Create your own individual Mini Platter** .. **NEW**£8.95
Here's a great opportunity to create your own starters with the assistance of our senior waiter. You can choose any of the ingredients from our menu, or we can make to your specific request. (up to six items)



Mixed Sizzler



Mixed Platter

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Starters

Sand's Ingredient

Mixed Vegetable 🌿	£7.95
Paneer Tikka.....	£8.25
Chicken.....	£7.95
Chicken Tikka 🌿	£8.95
Lamb.....	£8.50
Lamb Tikka	£8.95
Quorn.....	£7.95
Fish (Sword) 🌿	£12.95
King Prawn 🌿	£12.95

How to order

Simply choose one of the main ingredients for your dish and our chefs will cook to your chosen style. here you can add extra herbs or spices and we will gladly do this for you.

Chef 's Specials

Tawa

Chef's recommended dish cooked in a thick sauce with peppers, onions, dry fenugreek, served on a Tawa to give a unique and distinct flavour.

Hydrabadi 🌿

A mouth watering saucy dish full of flavour cooked with green pepper, coriander and green chilli paste.

Makhani **NEW**

A finger licking dish! A very aromatic butter based tomato cream sauce seasoned with spices and herbs. (masala lovers must try this!)

Karai 🌿

Cumin infused dish cooked with mushrooms, garam masala and coriander, served in a cast iron wok.

Jaipuri

A spicy dish cooked with garlic and a hint of lemon for a zingy taste.

Punjabi

A highly spiced intensely flavoured speciality dish cooked with whole green chillies.

Goan

Chef's special recipe cooked with fenugreek, butter, black pepper and a hint of cream.

Kerala

From the south of India comes this wonderful dish which is cooked with coconut, lime, a hint of tamarind and delicate spices.

Jalfrezi 🌿

Up there as our favourite! A stir-fried curry which features onions, ginger and garlic in a rich tomato sauce.

Jeera 🌿

A delicious dish cooked with cumin and flavoured with delicate spices.

Methi 🌿

A lovely dish cooked with a pinch of fresh fenugreek leaves and specially blended spices.

Lasan **NEW**

Curry cooked with garlic, simmered in a rich onion gravy.

Spice/Herb guide

Fenugreek - Called methi in hindi, is immensely nutritious used as a dried herb in our cooking. Fresh leaves have a slight bitter taste and the dried herb is slightly milder but both have an amazing aroma.

Garam Masala - An aromatic mixture of whole spices which have been roasted and ground, used as a base in many curries.



Main Course

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Old Favourites

Curry

Cooked in a rich onion gravy infused with spices

Bhuna

A well spiced curry with a thick sauce cooked with tomatoes and onions.

Rogan Josh

Cooked with tomatoes and garam masala(goes well with our lamb).

Dopiaza

A South Asian curry dish prepared with a large amount of onions. Onions are added at two stages in the cooking hence the name.

Pathia

A tomato base and is sweet, sour and spicy in flavour.

Cooked with chaat masala, lemon and a touch of cream.

Sagg

Nutritious spinach makes the base for this traditionally healthy dish combined with spices and a hint of fenugreek.

Dhansak **NEW**

A popular dish made from lentills flavoured with spices. It's mild sweet and rich enough to satisfy most taste buds.

Balti **NEW**

A Fresh tasting curry full of flavour cooked with onions & peppers.

Sand's Tasters

Probably the only restaurant who are willing to offer you a taster of your main course.

We all have individual palates and our mission is to cater to everyone's palate.

We will bring you a taster of your dish, giving you an opportunity to make the dish spicier or milder. Add any extra ingredients that you desire, garlic, coriander, onions. Whatever takes your fancy on the day.

Creamy favourites

Masala

Undoubtedly one of the favourite comfort foods. A thick creamy gravy cooked with ground cashew nuts, cream, coconut cream and delicate spices.

Korma

Traditionally a sweet and creamy mild dish.

Pasanda

A mild dish cooked with almond powder and cream.

Mango

A new recipe cooked from mango pulp and cream, Very sweet and rich in flavour.

Kashmiri

A special dish cooked with ground almonds and mixed fruit.

Malayan **NEW**

A sweet and sour curry , cooked with coconut, fresh cream and pineapple.



Chicken Tikka Masala

Biryani

A mixed rice dish made with spices, rice and meat or vegetable of your choice from the list below. Accompanied with a side of vegetable curry sauce.

Mixed Vegetable Biryani..... £9.95

Paneer Tikka Biryani  £9.95

Chicken Biryani £9.95

Chicken Tikka Biryani..... £10.95

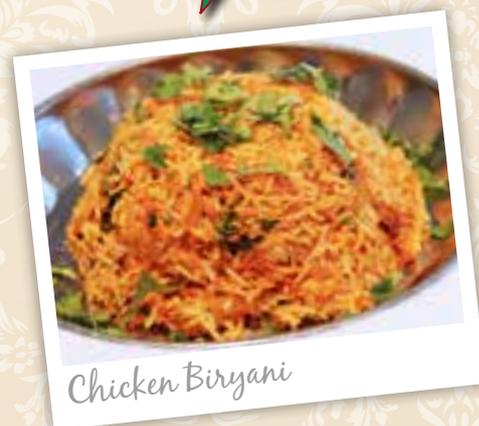
Lamb Biryani £10.95

Tandori King Prawn Biryani £12.95

Tandoori Mixed Biryani ... **NEW** £14.95

Take our tandoori mixed grill and add it to your biryani dish to create a supreme meat feast for your supper.

HEALTHY OPTIONS



Chicken Biryani

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Tandoori Specialities

The term 'tandoor' refers to a clay oven used for our baking.

- Paneer Tikka Shashlick**.....£8.25
Marinated paneer cubes(cottage cheese) in yoghurt with aromatic spices grilled in the tandoor with onions & peppers.
- Tandoori Chicken(half)**.....£8.25
A breast and leg pieces of chicken marinated for an incredible depth of flavour, grilled in the tandoor (on the bone)
- Coriander Chicken**.....£8.95
Breasts of chicken marinated in a thick green chilli and coriander paste, baked in a tandoor.
- Chicken Tikka(Dry)**.....£8.95
Pieces of boneless chicken breast marinated in our tandoori sauce, skewered and baked in the tandoor.
- Chicken Tikka Shashlick**£8.25
Chicken tikka cooked with peppers, onions and tandoori sauce.
- Tandoori Lamb Chops**£9.95
Luscious lamb chops marinated in a curry spiced yoghurt sauce and then baked in a tandoor.
- King Prawn Tikka Shashlick**£12.95
Tandoori King Prawns tossed with onions and peppers in a tandoori sauce.
- Tandoori King Prawn(Dry)**.....£13.95
King prawns marinated with special spices skewered and baked in our tandoor.
- Tandoori Mixed Grill**.....£13.95
A combination of chicken tikka, seehk kebab, coriander chicken, lamb chops and tandoori chicken, served with a plain naan.



Lamb Chops



Coriander Chicken

Vegetarian Side Dishes

We have selected a few of the best dishes to accompany your meal.

- Bombay Aloo(v)**
An authentic vegetarian dish: boiled potatoes cooked with onions, coriander and a hint of lemon juice.
- Channa Massala(v)**
Chickpeas cooked in subtle spices with onions and peppers.
- Saag Aloo(v)**
Spinach, potatoes and traditional indian spices are the main ingredients in this simple but authentic curry.
- Saag Paneer(v)**
Spinach, cottage cheese and mixed spices make up this dish.
- Chilli Paneer(v)**
Cubed cottage cheese mixed with onions and peppers in a spicy sauce.
- Mutter Paneer(v)**
A north indian dish consists of green peas and cottage cheese in a tomato based sauce spiced with garam masala.
- Aloo Gobi(v)**
A classic dish made with potatoes and cauliflower mixed with delicate spices.
- Bindi Fry(v)**
Crispy lady-fingers(okra) mixed with onions and chef's special spices.
- Tarka Dal (v)**
Cooked lentills tempered with ghee, fried spices, garlic and herbs.
A Classic!



Chilli Paneer

£5.95
Add £2.00
For a
Main portion



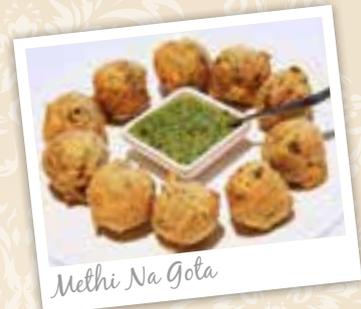
Mutter Paneer

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Sand's Desi Dhaba Menu- NEW

Vegetarian

- Methi Na Gotha**.....£5.95
A traditional snack made with gram flour, fresh methi leaves, and spices deep fried for a soft spongy texture.
- Mogo Potato Sizzler**.....£7.95
Cassava and potato stir fried with dry fenugreek, chilli & peppers.
- Rajma Masala**£6.95
Boiled red kidney beans simmered in a spicy onion-tomato gravy.
- Anda Curry**.....£7.95
Boiled egg cooked in a traditional tomato base with spicy massala gravy.
- Soya Mince Punjabi**£7.95
Soya mince cooked in a delicate mixture of hot spices, diced onions & whole chillies.
- Paneer Bhurji**£7.95
Made with crumbled paneer(cottage cheese) sauted with onions, tomatoes and chefs special spices.
- Egg Bhurji**£7.95
Scambled eggs tossed with a spices , peppers and tomatoes.
- Makai Ki Subzi**£6.95
A classic dish made from sweetcorn kernels, with a blend of warm spices.



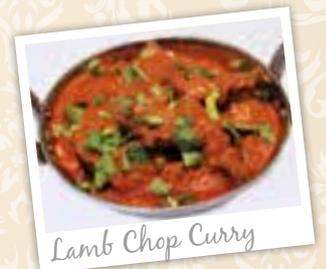
Methi Na Gotha



Mogo Sizzler

Non-Veg

- Razala**.....£9.95
A unique combination of mince lamb and chicken tikka, cooked with onions & fresh chillies.
- Lamb Kadai**£9.95
A mouth watering combination of lamb, peppers, tomatoes, onions & traditional indian spices.
- Garlic Chilli Chicken**.....£8.95
A spicy mouthwatering dish cooked with onions, chilli, peppers & garlic.
- Chicken Chatpati**.....£8.95
Boneless chicken pieces cooked with peppers, onions and chat massala. (spicy & tangy)
- Murgh Kali Mirch**£9.95
Chicken breast cooked with freshly ground pepper and butter.
- Lamb Chops Curry**£11.95
Luscious lamb chops coated with spices and cooked in an exotic spicy gravy.
- Keema Saag Gosht**.....£8.95
Minced lamb cooked with aromatic spices, onions, garlic, tomatoes, fresh spinach & chillies.
- Spicy Tilapia Masala**.....£12.95
Tilapia fillets cooked in a combination of spices, onions, garlic & chillies.
- Tandoori Mixed Karai**.....£14.95
Mixed grilled meats cooked in a thick gravy carefully blended with garlic, onions & spices.



Lamb Chop Curry



Garlic Chilli Chicken

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Breads



Naan

Chapatti£2.20

An unleavened flatbread freshly made from whole wheat flour rolled and cooked on a tawa for a soft puffy texture.

Tandoori Roti£2.20

Made from wheat flour, baked in a clay oven for a warm crispy taste.

Plain Naan£2.45

Cheese Naan£2.95

Garlic Naan£2.95

Garlic Coriander Naan£2.95

Cheese Chilli Naan£2.95

Peshawari Naan(Sweet)£2.95

Chicken Tikka Naan... **NEW£2.95**

Keema Naan(Minced lamb)£2.95

Cheese Garlic Naan ... **NEW£2.95**

Garlic Chilli Naan... **NEW£2.95**

Chilli Naan£2.95

Rice

Boiled Rice£2.20

Pilau Rice£2.45

Mushroom Rice£2.95

Garlic Rice.....£2.95

Jeera Rice£2.95

Lemon Rice£2.95

Egg Rice.....£3.95

Vegetable Rice£3.95

Onion Fried Rice.....£3.95

Saag Rice£3.95

Made simply with fresh spinach and basmati rice.

Coconut Rice£3.95



Pilau Rice

Extras

Green Salad£1.75

Onion Chilli Salad£1.10

Sands special Salad£3.95

Cucumber Raitha£1.75

Chips.....£1.95

Masala Chips£2.50

Curry Sauce(Side)£2.95

Masala Sauce (Side).....£3.25

Korma Sauce(Side)£3.25

Pathia Sauce(Side).....£3.25



Sands Special Salad

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