

# Salads.

choice of dressing - yogurt dressing, honey citrus vinaigrette, house ranch, lemon pesto dressing served with herbed croutons

## MEDITERRANEAN CHICKEN SALAD

**GHC 83**

herb marinated chicken on a bed of house greens, with olives, toasted seeds, cucumber, onion & tomatoes

## CITRUS CHILI PRAWN NOODLE SALAD

**GHC 95**

poached prawns, cucumber and carrot ribbons, vermicelli rice noodles, house greens & avocado

## TEXAS CORN & BEEF SALAD

**GHC 89**

grilled beef strips, corn off the cob, tomatoes, house greens, coriander, avocado & black beans

## CHOPPED HOUSE SALAD (V)

**GHC 71**

house greens topped with boiled egg, cabbage, tomatoes, carrot and cucumber ribbons, toasted seeds & onion

ADD SMOKED SALMON +24

## SANDBAR GREEK SALAD

**GHC 80**

house greens with garlic & herb marinated feta, olives, cucumber, onion & tomatoes

# Food for Thought.

carefully thought out for the health conscious individual. all our items in this section are cooked with extra virgin olive oil and organic ingredients

## SALMON & VEGETABLES

**GHC 143**

olive oil pan seared salmon fillet, with sautéed medley of vegetables (seasonal) & hummus

## ZA'ATAR GRILLED CHICKEN & AVOCADO

**GHC 104**

marinated grilled chicken fillet with roast cherry tomatoes, avocado & a greek salad

## LENTIL & CHICKPEA CURRY (V)

**GHC 77**

creamy coconut curry served with grilled flat bread

ADD CHICKEN +18

## LAMB KOFTA, POMEGRANATE & COUSCOUS

**GHC 119**

oven roasted koftas served on top of a couscous, arugula and pomegranate salad with a yogurt dressing

## PRAWN TACOS & BROWN RICE

**GHC 113**

juicy prawns, shredded lettuce, guacamole, mature cheddar cheese, salsa rojo & greek yogurt with a spicy brown rice

# Pastas.

choice of pasta – penne or tagliatelle  
served with grilled bread, parmesan cheese & garlic chili oil

## ARRABIATA (V)

tomato, chili & calamata olives

**GHC 77**

ADD CHICKEN +18

## CHICKEN ALFREDO

cream sauce with chicken & mushrooms

**GHC 89**

ADD BACON +18

## CLASSIC MEATBALL

beef meatballs cooked in a traditional tomato & basil sauce

**GHC 95**

## GAMBERETTI E BASILICO (PRAWN & BASIL)

sautéed prawns, basil pesto & sundried tomatoes

**GHC 119**

ADD BACON +18

## LAMB RAGU MAC N CHEESE

only macaroni available

a lush lamb & tomato ragu served over our 3 cheese mac n cheese

**GHC 106**

ADD BACON +18

# Sides/Extras.

FRENCH FRIES

GHC 24

GARLIC PARMESAN POTATOES

GHC 30

SIDE GREEK SALAD

GHC 36

GRILLED VEGETABLES

GHC 36

CHEESE MAC N CHEESE

GHC 35

STEAMED RICE

GHC 20

# Burgers, Sandwiches & Wraps.

choice of either fries or  
side greek salad served with  
hot bbq ketchup sauce

## PREGO CHICKEN BURGER

crumbed chicken fillet dunked in a spicy prego sauce,  
garlic mayo, slaw & dill pickles

**GHC 89**

## CRISPY FISH BURGER

soda battered fish fillet, topped with a house-made tar-  
tare sauce, house greens & tomatoes

**GHC 80**

## BACON & CHEESE BURGER

2 x 100g house made beef patties, streaky bacon, ched-  
dar cheese, house greens, tomatoes & onion jam

**GHC 95**

## GRILLED BEEF & CHEESE SANDWICH

sliced grilled beef, white cheese, mustard mayo, tomato  
slices & house greens

**GHC 93**

## SMOKED SALMON SANDWICH

layers of smoked salmon, cream cheese, tomato slices &  
arugula

**GHC 94**

## HUMMUS VEGETARIAN WRAP (V)

marinated and roasted vegetable selection (seasonal),  
house greens & hummus

**GHC 77**

## CRUMBED CHICKEN & AVOCADO WRAP

deep fried panko crumbed chicken strips, house greens,  
tomato slices, red onion & avocado slices

**GHC 83**

# Easy Eating.

choice of either fries, steamed rice, 3 cheese mac n cheese or side greek salad served with a side of hot green or red chilli sauce

## CHIMICHURRI GRILLED STEAK

300g grilled prime South African steak, sautéed seasonal vegetables topped chimichurri & a garlic infused demi-glace

SIRLOIN  
GHC 155  
FILET  
GHC 167

## GREEK HONEY FRIED CHICKEN

crunchy chicken pieces with corn on/off the cob and a honey, thyme yogurt sauce

GHC 104

## HERB BUTTER BROILED LOBSTER

lobster tails smothered in butter with fresh mixed herbs, baby spinach & a champagne veloute

GHC 143

## PORTUGUESE PERI-PERI GRILLED CHICKEN

½ chicken, 48hour marinated and then grilled, served with a side of our house-made peri-peri sauce

GHC 104

## ROASTED VEGETABLE & YOGURT CRUMBLE (V)

vegetables tossed in a mint, chilli, tomato sauce, tahini yogurt and topped with panko crumbs & seeds

GHC 83

## MEDITERRANEAN LAMB CUTLETS

400g grilled grass fed lamb cutlets with feta, calamata olives, red onion, arugula & a rosemary & wine lamb jus

GHC 214

## BRAISED OXTAIL CASSOULET

fragrant melting, fall of the bone oxtail, braised in red wine, shallots with potatoes, carrots & peas

GHC 131

# Dessert.

## HIBISCUS BROWNIE

infused with hibiscus syrup & served with whipped cream & hibiscus syrup

GHC 36

## PINEAPPLE CRUMBLE

ginger sugared pineapple topped with a coconut crumble served with coconut custard

GHC 42

## BERRY CHEESECAKE

creamy vanilla flavored cheesecake topped with fresh berries, coconut flakes & a berry coulis

GHC 57



# Tapas.

minimum 5 different items per order  
served with grilled bread, hummus &  
garlic chili oil

(available from 4pm daily)  
please allow for  
30 to 45 minutes prep time

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BBQ PORK RIBS	GHC 30
MINI PRAWN TACOS	GHC 35
GREEK SALAD	GHC 15
CHICKEN KEBABS	GHC 17.5
PARMESAN FRIES	GHC 15
SALAMI	GHC 15
SPICY PLANTAIN FRITTERS (V)	GHC 10
CHORIZO	GHC 15
CLASSIC MEATBALLS	GHC 22
GREEK HONEY FRIED CHICKEN DRUMSTICKS	GHC 20
SPICY PRAWNS WITH SALSA	GHC 35
CHOPITOS (DEEP FRIED SQUID)	GHC 27
PATATAS BRAVAS (V)	GHC 12.5
ROASTED CHICKPEAS (V)	GHC 10
MARINATED MIXED OLIVES (V)	GHC 15.5
GARLIC & HERB OIL FETA	GHC 16
BEEF TRINCHADO	GHC 27
GRILLED CHICKEN WINGS	GHC 12
ESCALIVADA (grilled eggplant, peppers & onions)(V)	GHC 19
LAMB SAUSAGES	GHC 28
GRILLED BREAD (V)	GHC 13.5
HUMMUS (V)	GHC 16
HERBED YOGHURT MAYO DIP	GHC 15
TZATZIKI	GHC 16
SALSA REJO (V)	GHC 11
SALSA VERDA (V)	GHC 11

# Boards.

mezze (1-3 people)  
grazing (6-8 people)

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**CHEFS SPECIAL MEZZE BOARD** **GHC 140**  
cold meat selection (salami, chorizo, smoked deli meat), feta, marinated olives, dill pickles, fresh cucumber, hummus, tzatziki, fresh grapes, cherry tomatoes & grilled bread.

**THE FAMOUS SANDBAR GRAZING BOARD** **GHC 600**  
grilled lobster tails, prawns, squid, cold meat selection (salami, chorizo, smoked deli meat), portuguese peri-peri chicken, bbq pork ribs, lamb sausage, chicken wings, greek salad, feta, marinated olives, salsa rejo, salsa verda, dill pickles, parmesan fries, fresh cucumber, hummus, herbed yogurt mayo, fresh grapes, cherry tomatoes & grilled bread.

<b>COGNAC</b>	<b>BOTTLE</b>	<b>SHOT</b>
HENNESSY VS	<i>GHC 655</i>	<i>GHC 24</i>
HENNESSY VSOP	<i>GHC 774</i>	<i>GHC 36</i>
HENNESSY XO	<i>GHC 2978</i>	<i>GHC 89</i>
REMY MARTIN VSOP	<i>GHC 893</i>	<i>GHC 30</i>
REMY MARTIN XO	<i>GHC 1787</i>	<i>GHC 95</i>

<b>GIN</b>	<b>BOTTLE</b>	<b>SHOT</b>
BOMBAY SAPPHIRE	<i>GHC 477</i>	<i>GHC 18</i>
TANQUERAY N10	<i>GHC 536</i>	<i>GHC 30</i>
TANQUERAY	<i>GHC 357</i>	<i>GHC 24</i>
HENDRICK'S	<i>GHC 655</i>	<i>GHC 36</i>

<b>VODKA</b>	<b>BOTTLE</b>	<b>SHOT</b>
BELVEDERE PURE	<i>GHC 834</i>	<i>GHC 36</i>
CIROC	<i>GHC 655</i>	<i>GHC 30</i>
CIROC PINEAPPLE	<i>GHC 596</i>	<i>GHC 30</i>
GREY GOOSE	<i>GHC 596</i>	<i>GHC 24</i>

<b>RUM</b>	<b>BOTTLE</b>	<b>SHOT</b>
CAPTAIN MORGAN BLACK	<i>GHC 357</i>	<i>GHC 24</i>
CAPTAIN MORGAN DARK	<i>GHC 477</i>	<i>GHC 24</i>
BACARDI CARTA BLACK	<i>GHC 477</i>	<i>GHC 24</i>
BACARDI CARTA BIANCA	<i>GHC 477</i>	<i>GHC 18</i>

<b>WHISKEY</b>	<b>BOTTLE</b>	<b>SHOT</b>
GLENFIDDICH 12 YRS	<i>GHC 596</i>	<i>GHS 36</i>
GLENFIDDICH 15 YRS	<i>GHC 655</i>	-
GLENFIDDICH 18 YRS	<i>GHC 715</i>	<i>GHS 48</i>
GLENMORANGIE ORIGINAL	<i>GHC 596</i>	<i>GHS 42</i>
CHIVAS REGAL 12 YRS	<i>GHC 655</i>	<i>GHC 36</i>
CHIVAS REGAL 18 YRS	<i>GHC 655</i>	<i>GHC 36</i>
JAMESON	<i>GHC 477</i>	<i>GHC 24</i>
JW BLACK LABEL	<i>GHC 715</i>	<i>GHC 30</i>
JW BLUE LABEL	<i>GHC 2383</i>	<i>GHC 83</i>
JW GOLD LABEL RES	<i>GHC 774</i>	<i>GHC 36</i>
JACK DANIELS	<i>GHC 655</i>	<i>GHC 24</i>
JACK DANIELS HONEY	<i>GHC 655</i>	<i>GHC 30</i>

<b>TEQUILA</b>	<b>BOTTLE</b>	<b>SHOT</b>
OLMECA WHITE	<i>GHC 357</i>	<i>GHC 24</i>
PATRON SILVER	<i>GHC 536</i>	<i>GHC 30</i>

<b>LIQUER</b>	<b>BOTTLE</b>	<b>SHOT</b>
BAILEYS CREAM	<i>GHC 298</i>	<i>GHC 18</i>
BITTER CAMPARI	<i>GHC 298</i>	<i>GHC 18</i>
MALIBU	<i>GHC 357</i>	<i>GHC 24</i>

## **CHAMPAGNE**

DOM PERIGNON BLANC VINTAGE	<i>GHC 2383</i>
MOET IMPERIAL BRUT	<i>GHC 715</i>
MOET IMPERIAL ROSE	<i>GHC 774</i>
MOET NECTAR BRUT IMPERIAL	<i>GHC 774</i>
MOET NECTAR ROSE IMPERIAL	<i>GHC 715</i>
MOET IMPERIAL ICE	<i>GHC 953</i>
VEUVE CLICQUOT BRUT	<i>GHC 834</i>
VEUVE CLICQUOT ROSE	<i>GHC 893</i>

## **PROSECCO**

PROSECCO BRUT	<i>GHC 238</i>
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## **RED WINE**

MOULTON CADET BLEND MERLOT, CAB	<i>GHC 238</i>
BORDEAUX ROUGE BLEND	<i>GHC 107</i>
CADET C'OC MERLOT	<i>GHC 143</i>

## **WHITE WINE**

BORDEAUX BLANC SAUVIGNON BLANC	<i>GHC 238</i>
CADET C'OC CHARDONNAY	<i>GHC 179</i>
MOUTON CADET RESERVE BLEND	<i>GHC 357</i>
CHENIN BLANC	<i>GHC 179</i>

## **GLASS**

HOUSE RED WINE	<i>GHC 48</i>
HOUSE WHITE WINE	<i>GHC 42</i>

## **CIDERS**

SAVANNAH DRY	<i>GHC 19</i>
SMIRNOFF ICE RED	<i>GHC 19</i>
SMIRNOFF ICE BLACK	<i>GHC 19</i>
ALSKA	<i>GHC 36</i>

## **BEERS**

CLUB BEER	<i>GHC 24</i>
GUINNESS	<i>GHC 24</i>
BUDWEISSER	<i>GHC 24</i>
STELLA ARTOISE	<i>GHC 24</i>
STAR BEER	<i>GHC 24</i>

## **SOFT DRINK**

APPLE JUICE BOX	<i>GHC 60</i>
CRANBERRY JUICE BOX	<i>GHC 60</i>
ORANGE JUICE BOX	<i>GHC 60</i>
PINEAPPLE JUICE BOX	<i>GHC 60</i>
APPLE JUICE GLASS	<i>GHC 18</i>
CRANBERRY JUICE GLASS	<i>GHC 18</i>



DIET COCA COLA	GHC 18
GINGER ALE	GHC 18
GINGER BEER	GHC 18
RED BULL	GHC 30
SAN PELLEGRINO SPRKLN WATER	GHC 18
SODA	GHC 12
SPRITE	GHC 18
TONIC	GHC 18
WATER 600ML	GHC 18
WATER 430ML	GHC 12
MALTA GUINNESS	GHC 18
ALVARO	GHC 18
STAR BEER	GHC 24

# Cocktail Menu.

## SIGNATURE COCKTAILS

**PINK PARADISE** **GHC 77**  
Gin/Strawberry/Pink Tonic

**VANILLA APEROL SPRITZ** **GHC 77**  
Aperol/Vanilla/Prosecco/Soda Water

**EVER GREEN** **GHC 77**  
Vodka/Melon Liqueur/Fresh Lemon Juice/Simple Syrup/Basil

**GOLD COAST** **GHC 77**  
Alomo Gold/Trippel Sec/Hazelnut syrup/Apple Juice/Lime juice

**CLEAR SKIES** **GHC 77**  
Vodka/Malibu/Lychee syrup/White Grape Juice/Lemon Juice/ Prosecco

**TROPICAL SANGRIA** **GHC 77**  
Moscato/Brandy/Cointreau/Orange/ Lemon/Peach/Strawberries/Soda

**SUN WAVES** **GHC 77**  
Rum/Passion Fruit Juice/Pineapple Syrup/ Smirnoff Ice

**WATERMELON COOLER** **GHC 77**  
Bacardi white/fresh watermelon/ Lime/Mint/Prosecco

**SUNSET (FROZEN)** **GHC 77**  
Tequila/Passion Fruit Liqueur/ Triple Sec/ Fresh Lime Juice/ Passion Fruit Popsicle

**GREEN OCEAN**

Apple Puree/Cucumber Syrup/Fresh  
Lime Juice/Ginger Ale

**GHC 60****MANGO RAZZ**

Mango puree/Caramel Syrup/Orange  
Juice/Lemon Juice/Ginger Beer

**GHC 60****FROZEN MOJITO**

Mint/Lemon/Simple Syrup/Soda/  
Minty Popsicle

**GHC 60**

## CHAMPAGNE COCKTAILS

SERVED IN A JAR. MAXIMUM 4 GLASSES

**BELLINI**

Peach Liqueur/Peace Puree/Prosecco

**GHC 262****GRAND MIMOSA**

Grand Marnier, Champagne/Fresh  
Orange Juice

**GHC 262****ROSSINI**

Raspberry Liqueur/Raspberry Puree/  
Prosecco

**GHC 262**

SANDBOX

BEACH CLUB