

Get Your Body Buzzing *Express*

Module Three

Letting Loose



Outcomes

The best ways to eat out without giving up delicious meals and experiences

Delve into everything alcohol – how often can you drink, what are the best choices and how can you improve your drinking habits

Learn how to keep your wits about you by eating the right foods for a smart brain





The Squire

share...	
garlic bread	10
garlic, parmigiano-reggiano, mozzarella, parsley (V)	
salt and pepper calamari	19
crispy calamari rings, nam-jim dressing, crispy shallots, spring onion	
bang bang chicken wings	16
sitonda & soy sauce dressing, kintchi, lime	
fish tacos	16
battered barramundi, jalapeno, tomato salsa, chipotle aioli, avocado puree	
mac n' cheese bites	16
three cheese, panko crumb, Italian parsley, house tomato chutney (V)	
charred corn husk	12
habanero chili, berry compote, grated pecorino (V) (GF)	
porcini mushroom and leek arancini	16
feta, sweet chip puree (V)	
garlic and chilli prawns	24
salsa verde, cherry tomatoes, rocket, pear (GF)	
indian ocean board	39
seafood platter for two, served with chips, side salad, lemon, aioli	
antipasto plate	32
breadola, prosciutto, salumi, charred bread, pickles, olives, nduja, peanut dukka, avoc, balsamic	
two hands...	
beef burger	23
beef & rosemary patty, smita cheese melt, tomato, onion, house pickles, greens, ketchup, plank chips	
lamb burger	23
lamb patty, feta whip, beetroot relish, mixed greens, plank chips	
steak sandwich	25
porterhouse, bacon, porter braised onions, house mayo, chilli tomato jam, mixed greens, plank chips	
chicken panini	22
grilled chicken tenderloins, bacon, avocado, mixed greens, tomato, truffle aioli, plank chips	
mushroom burger	20
mushroom & potato croquette, truffle aioli, mixed greens, avocado, plank chips (V)	
sides...	
plank chips	10
plank chips, tomato sauce, aioli (V)	
wedges	13
seasoned wedges, sour cream, sweet chilli sauce	
green vegetables	10
mixed green veg, garlic & chilli (GF) (VE)	

...please place all food and beverage orders at the bar...
...please advise staff for any allergies...

solo...	
nasi goreng	25
fragrant rice, pork, shrimp, green beans, fried egg, spring onion & prawn crackers	
fish & chips	25
battered, tropical pale battered barramundi, mixed green salad, pickled onions, tartare, plank chips	
chicken parmy	26
panko crumbed chicken breast, tomato sugo, mozzarella, plank chips, green leaf garnish	
scotch fillet	36
chargrilled scotch fillet, seeded mustard mash, broccolini, onion rings, pink pepper jus (GF)	
porterhouse	33
chargrilled porterhouse steak, potato wedges, maple mustard, rosemary salt, lemon	
fish of the day	32
see daily specials for today's fresh fish	
pork belly	29
pork belly, prawn gyozs, caramel miso, herb slaw, baked apple, sunflower seeds	
lamb gnocchi	27
slow cooked lamb shoulder ragu, gnocchi, parmesan, spinach, pine nuts	
seafood paella	30
prawns, fish, squid, mussels, chorizo, green pea, smoked paprika, herbs (GF)	
pizzeria...	
peri peri chicken	23
peri peri chicken, jalapenos, tomato sugo, mozzarella, chipotle mayo	
three little pigs	24
bacon, pork belly, prosciutto, feta, BBQ sauce, tomato sugo, mozzarella	
tomato & mozzarella	20
heritage tomatoes, torn buffalo mozzarella, baby basil, tomato sugo, olive dust (V)	
shrimp & mushroom	23
shrimp, mushroom, chilli flakes, tomato sugo, mozzarella	
spiced lamb	24
baklava spiced yoghurt, haloumi, red onion, oregano, parsley, tomato sugo, mozzarella	
salads...	
black quinoa 'budda' salad	20
broccoli, avocado, kale, tomato, pickle slaw, quinoa, cashew granola (V) (GF)	
pumpkin salad	22
honey roast pumpkin, onion, spinach, goats curd, pine nuts, quinoa, prosciutto, honey	
grilled haloumi salad	22
watermelon, string beans, Vietnamese mint, pistachio crumb, lemon oil (V) (GF)	
greek salad	13
feta, cucumber, olives, red onion, tomato, capsicum, citrus oil (V) add chicken	

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Dolce Bellissimo

INSALATONE

POLLO
Chicken, mixed leaves, greens, pine nuts, cherry tomatoes & balsamic dressing

MARE
Prawns, squid & scallops over mixed salad leaves, fennel & chilli

CAMPAGNOLA
Ham, corn, cherry tomatoes, lettuce, artichoke, egg, parmesan shavings with olive oil & caesar dressing

BOCCONCINI
Tomato, basil, bocconcini cheese, olives & fresh rocket with balsamic dressing

PASTA

RIGATONI
Short tube pasta with meatballs & tomato ragu

GNOCCHI
Homemade potato dumplings in napolitana sauce with bocconcini parmesan and basil

STROZZAPRETI
Twisted artisan pasta cooked in duck and pork porcini mushroom ragu

LINGUINE
Long flat spaghetti with clams, scallops, mussels, garlic, chilli & baby tomatoes

SPAGHETTINI
Angel hair pasta with garlic, tomato and blue mannar crab

PACCHERI
Large tube pasta with eggplant, veal & tomato ragu topped with fresh ricotta

RAVIOLINI
Spinach & Ricotta filled pasta topped with tomato, basil & parmesan sauce

FAGIOLI
Bariotti bean and small pasta soup

BRODO DI POLLO
Classic Italian chicken soup served with angel hair pasta and vegetables

ORICCHIETTE
Small round pasta cooked in rich beef, onion, peas, peccorino cheese & cream

SPAGHETTI
Fresh egg pasta tossed in traditional bolognese sauce

FETTUCINE
Long flat pasta cooked with chicken pieces, prosciutto, fresh tomato, cream & mushroom

SECONDI

MISTO FRITTO DI MARE
Lightly fried calamari scallops, fish and prawns served with iceberg lettuce & balsamic dressing

POLETTO PROVINCIALE
De-boned marinated half chicken chargrilled served with homemade spaghetti

ZUPPA DI COZZE
Spicy tomato & chilli mussels served with crusty Italian bread

OSSOBUCO CLASSICO
Rich beef shank braised in tomato, served with mash potatoes

COSTOLETTE DI AGNELLO
Tender lamb chops served with eggplant, parmigiana, basil & rocket pesto

FILETTO
Chargrilled veal fillet steak topped with parmesan shavings prosciutto and served with rosemary potatoes and mushrooms

SALMONE
Crispy skin Atlantic salmon fillet grilled & served with spinach fettuccine and a vermouth cream sauce

ANATRA AL FORNO
Half duck wood fired roasted with marsala prunes with mash potatoes

RISOTTO NERO
Black ink risotto topped with sautéed selection of seafood & sauce vierge

COTOLETTA MILANESE
Crumbed veal chop served with freshly cut home made potato chips and salad

ARAGOSTA
Lobster mornay served with chips & salad

PIZZA

POLLO DIAVOLO
Chicken, mozzarella, chilli & tomato jam, capsicum, caramelised onion

MARGHERITA
Tomato, bocconcini & basil

RHONDA
Tomato, bocconcini, rocket, shaved, parmesan and prosciutto

GORGONZOLLA
Mozzarella blue cheese, mushrooms & freshly sliced prosciutto

PORTOFINO
Tomato, mozzarella, prawns, mushrooms, speck, onion & wild rocket

QUATTRO
Sausage, tomato, mozzarella, mushrooms ham & artichokes

CAPRESE
Baby tomatoes, basil, buffalo mozzarella & olives topped with extra virgin olive oil

GAMBERI
Prawns, garlic, chilli, tomato, mozzarella, artichokes & black olives

SALMONE
Tomato, mozzarella, smoked salmon, capers with sour cream, lemon & onion

VEGANA
Tomato, herbs, mushrooms, spinach, capsicum, artichokes, garlic & olives

ANNANAS
Tomato, ham, pineapple & mozzarella

Dolce Bellissimo

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SALMONE
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VEGANA
Tomato, herbs, mushrooms, spinach, capsicum, artichokes, garlic & olives

ANNANAS
Tomato, ham, pineapple & mozzarella



THE SANDBAR TIMES

1 Scarborough Beach Road, Scarborough WA 6019 - 08 9245 2001 - www.sandbar.com.au - info@sandbar.com.au

Scarborough Beach, WESTERN AUSTRALIA

Summer/Autumn 2017/18

THE SPIEL

Welcome to The Sandbar Scarborough Beach! We were born on Saturday 31st August 2013 at 10:03am. The name was created through a competition: "name your new local" for which thousands of residents were asked to submit their ideas for the chance to win 6 months of VIP treatment at our new look venue. After receiving over 1200 suggestions, The Sandbar Scarborough Beach was formed and the winner announced: **Ruth Laverder of South Perth.** In September/October 2016 we underwent significant renovations, which included creating a new function room, replacing the old Torch Bar. A new kitchen and main bar was also created. We are locally owned and operated here at The Sandbar - with the owner and majority of our team living amongst the Scarborough community. Thanks so much for stopping by The Sandbar, please feel free to let us know about your experience.

And remember... "Life is better at the beach"
Regards,
The Team at The Sandbar Scarborough Beach

JUST GRAZING

Mixed Olives (rv) (gf)	9.0
(warm marinated olives)	
Bianca (rv)	13.0
(garlic, parmesan, olive oil, rosemary & sea salt)	
Trio of Dips (rv) (gfo)	15.0
(see staff for today's dips, with turkish bread)	
Mediterranean Bruschetta (rv) (gfo)	18.0
(chargrilled eggplant, cucumber, red peppers & feta)	
Seasonal Pacific Oysters (gf)	3.5c/36doz
(see staff for today's freshly shucked to order oyster & assorted dressings)	
Bucket of Prawns (1/2 kilo)	33.0
(see king prawns with lemon & cocktail sauce)	
Try the Lot (for 2) (gfo)	47.0
(mediterranean bruschetta, pork belly, yum yum chicken wings, chili doused calamari, special pumpkin roasted pinenut & feta arancini)	
Pork Belly (gf)	25.0
(crispy skin, with rocket, pear and parmesan salad with apple & mango chutney)	
Yum Yum Chicken Wings (gf)	19.0
(thousand style fried chicken wings in a spicy, sweet & savory sauce)	
Spiced Pumpkin, Roasted Pinenut & Feta Arancini (rv)	19.0
(aromatic herb rice with spiced pumpkin, roasted pinenut & feta)	
Chilli Dusted Calamari (gf)	19.0
(crispy squid & citrus aioli)	
Fish Tacos	23.0
(two of battered mackerel, guacamole, rustic tartare, dill slaw & lime)	
Vegetarian Nachos (add pulled pork) (gf)	19.0/24.0
(corn chips, tasty cheese, tomato salsa, guacamole, jalapenos with sour cream)	



PIZZA FROM THE FIRE

Telling Porkies	27.0
(bbq pulled pork, cacciatore, mushrooms, rocket, bbq sauce & aioli)	
Sandgroper	24.0
(flamb mussels, caramelised onion, feta & rocket)	
Snakepit	29.0
(sea tiger prawns, baby octopus, was spanish mackerel on a potato base topped with citrus aioli)	
The Sandbar	27.0
(salmon, capers, spanish onion, bris, baby spinach & arancini)	
Bodgies & Widgeys	25.0
(smoked BBQ chicken with bacon, onion, mushroom & peppers, with ranch dressing)	
Sea Salt	26.0
(graciosa, mushroom, artichoke, pinenut & parmesan)	
The Kool Korner	23.0
(boney glazed ham, non ripened pineapple, roma tomatoes & shaved coconut)	
Hey Margherita (rv)	21.0
(fresh tomato, buffalo mozzarella, parmesan & fresh basil)	
Green Room (rv)	22.0
(meat pumpkin, sacchini, mushroom, feta & rocket)	
Calzone of the Day	MP
(please ask one of our friendly staff what's in today's calzone)	

gluten free base available (2.50)
all pizzas come with buffalo mozzarella

THE GREEN ROOM

Calamari & Chorizo Salad (grilled or fried) (gf)	23.0
(grilled or chili dressed fried calamari rings, grilled chorizo, mixed leaves, cucumber, cherry tomatoes, spanish onion & citrus aioli)	
Thai Beef Salad (gf)	24.0
(served marinated beef strips with vermicelli noodles, crisp salad veg, green & spiced nuts)	
Quinoa Salad (rv) (gf) (add grilled herb chicken)	22.0/26.0
(white quinoa, roast pumpkin, feta, spanish onion, walnuts, cherry tomatoes, rocket & vinaigrette)	
Casuar (Chicken or Salmon) (rv) (gfo)	19.0/23.0
(couscous, bacon, egg, mushrooms, csa, parmesan, caesar dressing)	
Greek Salad (rv) (gf)	14.0
(mezzetta lettuce, olive, feta, cucumber, cherry tomatoes, spanish onion)	
cucumber, dill, olive & balsamic vinegar)	

MAINBREAK

Mussels: Chilli or Garlic (gfo)	29.0
(garden island mussels: chilli & napolianna or garlic & saffron cream with fresh bread)	
Fish of the Day (gfo)	MP
(see staff for today's locally caught special)	
Pitch Black Angus Rump (gf) (add tiger prawns)	39.0/44.0
(62 day dry aged 350g rump sourced from farms of our south west, served on a bed of creamy mash with red wine jus)	
Special of the Day	MP
(ask one of our friendly staff what today's special dish is)	
Chicken Parmigiana	27.0
(chips & garden salad)	
Linguine Marinara	32.0
(bushi scampi, mussels, was spanish mackerel, tiger prawns in a napolianna sauce)	
Fish & Chips (grilled or little creatures beer battered) (gfo)	27.0
(thromo spanish mackerel, garden salad, tartare, lemon & pickled onion)	
Scarbro Surf Club Sandwich (gfo)	24.0
(dandelion swish filler medium rare, lettuce, tomato, caramelised onion, cheese, aioli, tomato chutney on a toasted turkish bun with chips)	
The Sandbar Burger (gfo)	24.0
(dandelion swish filler, cheese, caramelised onion, beetroot, tomato, lettuce, aioli, bbq sauce on a bruschetta bun with chips)	
Waimua Bay Burger (gfo)	23.0
(grilled chicken, cat lettuce, sliced tomato, aioli, guacamole & grilled halloumi on a charcoal bruschetta bun, with chips)	
add some extras to your burgers: bacon, egg or pineapple + 1.5	

ON THE SIDE

Chips with Sauce	10.0
Spicy Wedges with Sauce	10.0
Sweet Potato Chips with South West Mayo	11.0
Creamy Mash Potatoes (gf)	8.0
Sautéed Greens (gf)	8.0
Garden Salad Side (rv)	6.0

LIL' NIPPERS 10.0

(LIVY AND UNDER)
CRUMBED CHICKEN & CHIPS
CHEESEBURGER & CHIPS
HAM & CHEESE PIZZA
FISH & CHIPS (GFO)
PASTA NAPOLITANA WITH PARMESAN

LIFESAVERS 13.0

Chocolate Brownie
Pavlova (gf)
(individual, seasonal fruit with Chantilly cream & berry coulis)
Apple Crumble Pizza
(on a bed of caramel sauce, topped with homemade vanilla bean ice cream)
SAY CHEESE 18.0
(variety of 3 cheeses chosen daily served with water crackers, fresh & dried fruits)

LIVE MUSIC ALL WEEKEND

check our website for line-ups

(v) - Vegetarian (gl) - Gluten Free (gfo) - Gluten Free Option (please ask one of our friendly staff about these, & please make it known if you have any allergies)
All produce on this menu is proudly locally sourced through our trusted suppliers: Morley Growers, Dardrup Butchery Company, Sealanes, Fin Seafood, M&J Chicken, Abbas Bread & Mary St Bakery
A 15% SURCHARGE IS APPLIED ON PUBLIC HOLIDAYS
SORRY, BUT WE DO NOT SPLIT BILLS



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(sea tiger prawns, baby octopus, was spanish mackerel on a potato base topped with citrus aioli)	
The Sandbar	27.0
(salmon, capers, spanish onion, bris, baby spinach & arancini)	
Bodgies & Widgeys	25.0
(smoked BBQ chicken with bacon, onion, mushroom & peppers, with ranch dressing)	
Sea Salt	26.0
(graciosa, mushroom, artichoke, pinenut & parmesan)	
The Kool Korner	23.0
(boney glazed ham, non ripened pineapple, roma tomatoes & shaved coconut)	
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THE GREEN ROOM

Calamari & Chorizo Salad (grilled or fried) (gf)	23.0
(grilled or chili dressed fried calamari rings, grilled chorizo, mixed leaves, cucumber, cherry tomatoes, spanish onion & citrus aioli)	
Thai Beef Salad (gf)	24.0
(served marinated beef strips with vermicelli noodles, crisp salad veg, green & spiced nuts)	
Quinoa Salad (rv) (gf) (add grilled herb chicken)	22.0/26.0
(white quinoa, roast pumpkin, feta, spanish onion, walnuts, cherry tomatoes, rocket & vinaigrette)	
Casuar (Chicken or Salmon) (rv) (gfo)	19.0/23.0
(couscous, bacon, egg, mushrooms, csa, parmesan, caesar dressing)	
Greek Salad (rv) (gf)	14.0
(mezzetta lettuce, olive, feta, cucumber, cherry tomatoes, spanish onion)	
cucumber, dill, olive & balsamic vinegar)	

MAINBREAK

Mussels: Chilli or Garlic (gfo)	29.0
(garden island mussels: chilli & napolianna or garlic & saffron cream with fresh bread)	
Fish of the Day (gfo)	MP
(see staff for today's locally caught special)	
Pitch Black Angus Rump (gf) (add tiger prawns)	39.0/44.0
(62 day dry aged 350g rump sourced from farms of our south west, served on a bed of creamy mash with red wine jus)	
Special of the Day	MP
(ask one of our friendly staff what today's special dish is)	
Chicken Parmigiana	27.0
(chips & garden salad)	
Linguine Marinara	32.0
(bushi scampi, mussels, was spanish mackerel, tiger prawns in a napolianna sauce)	
Fish & Chips (grilled or little creatures beer battered) (gfo)	27.0
(thromo spanish mackerel, garden salad, tartare, lemon & pickled onion)	
Scarbro Surf Club Sandwich (gfo)	24.0
(dandelion swish filler medium rare, lettuce, tomato, caramelised onion, cheese, aioli, tomato chutney on a toasted turkish bun with chips)	
The Sandbar Burger (gfo)	24.0
(dandelion swish filler, cheese, caramelised onion, beetroot, tomato, lettuce, aioli, bbq sauce on a bruschetta bun with chips)	
Waimua Bay Burger (gfo)	23.0
(grilled chicken, cat lettuce, sliced tomato, aioli, guacamole & grilled halloumi on a charcoal bruschetta bun, with chips)	
add some extras to your burgers: bacon, egg or pineapple + 1.5	

ON THE SIDE

Chips with Sauce	10.0
Spicy Wedges with Sauce	10.0
Sweet Potato Chips with South West Mayo	11.0
Creamy Mash Potatoes (gf)	8.0
Sautéed Greens (gf)	8.0
Garden Salad Side (rv)	6.0

LIL' NIPPERS 10.0

(LIVY AND UNDER)
CRUMBED CHICKEN & CHIPS
CHEESEBURGER & CHIPS
HAM & CHEESE PIZZA
FISH & CHIPS (GFO)
PASTA NAPOLITANA WITH PARMESAN

LIFESAVERS 13.0

Chocolate Brownie
Pavlova (gf)
(individual, seasonal fruit with Chantilly cream & berry coulis)
Apple Crumble Pizza
(on a bed of caramel sauce, topped with homemade vanilla bean ice cream)
SAY CHEESE 18.0
(variety of 3 cheeses chosen daily served with water crackers, fresh & dried fruits)

LIVE MUSIC ALL WEEKEND

check our website for line-ups

(v) - Vegetarian (gl) - Gluten Free (gfo) - Gluten Free Option (please ask one of our friendly staff about these, & please make it known if you have any allergies)
All produce on this menu is proudly locally sourced through our trusted suppliers: Morley Growers, Dardrup Butchery Company, Sealanes, Fin Seafood, M&J Chicken, Abbas Bread & Mary St Bakery
A 15% SURCHARGE IS APPLIED ON PUBLIC HOLIDAYS
SORRY, BUT WE DO NOT SPLIT BILLS

Alcohol

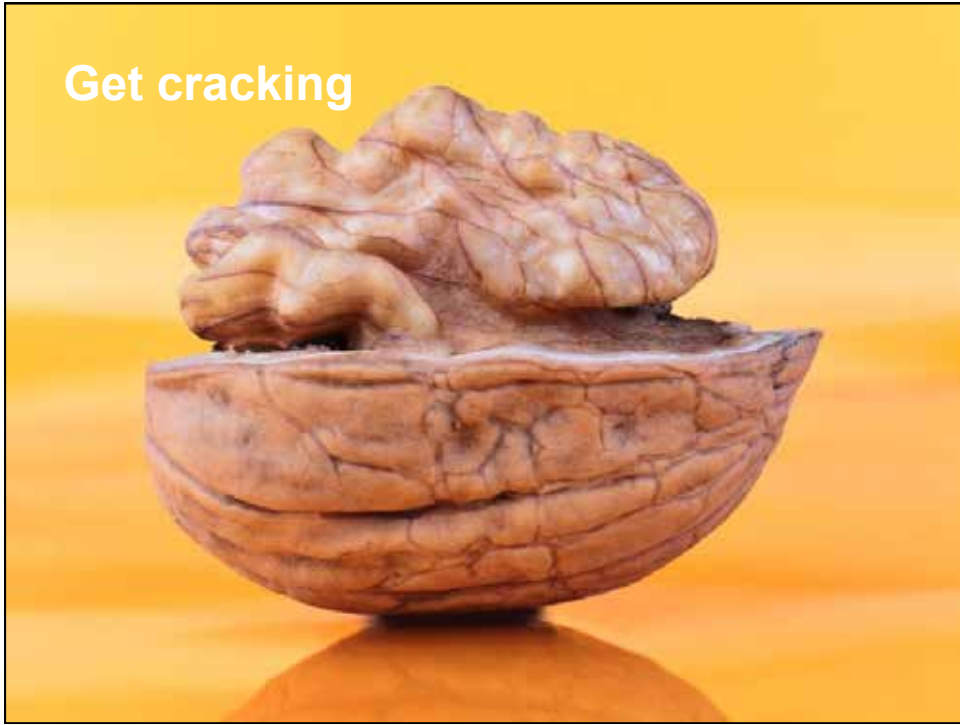
A large, clear glass filled with red wine, tilted slightly to the left. The wine is a deep red color. The glass is set against a plain, light-colored background.

wine, red	295 kJ
wine, white, dry	283 kJ
wine, white, sweet	275 kJ
beer	149 kJ
champagne	270 kJ





Get cracking



Turmeric



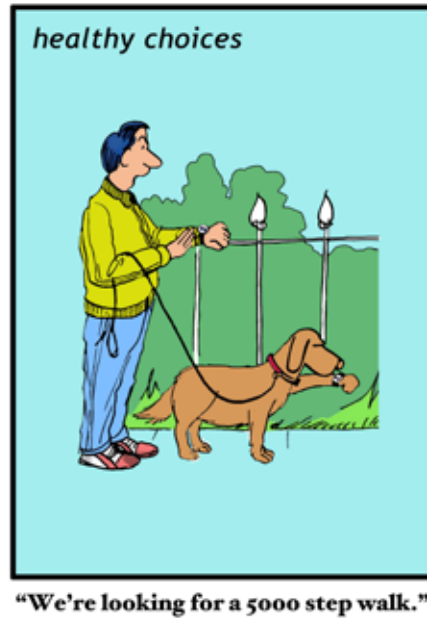
Swishing around



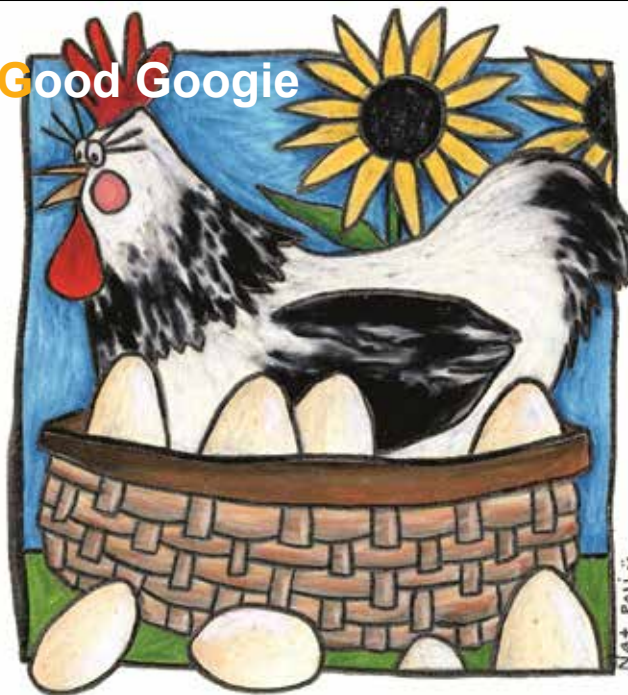
Use it or lose it



Get moving



The Good Google



Get colourful

Red	Lycopene	Tomatoes Watermelon, Guava Ruby grapefruit
Orange and Yellow	Beta-carotene	Pumpkin, Sweet potato Carrots, Mango Paw-paw, Apricots Rockmelon
Green	Lutein & Zeaxanthin	Grapes Blueberries, Cranberries Beetroot Radicchio lettuce
Blue and Purple	Anthocyanins	Broccoli, Spinach, Silver beet, Dark Lettuces Capsicum Parsley and Chilli
Brown	Catechins	Tea, Coffee, Chocolate Red wine

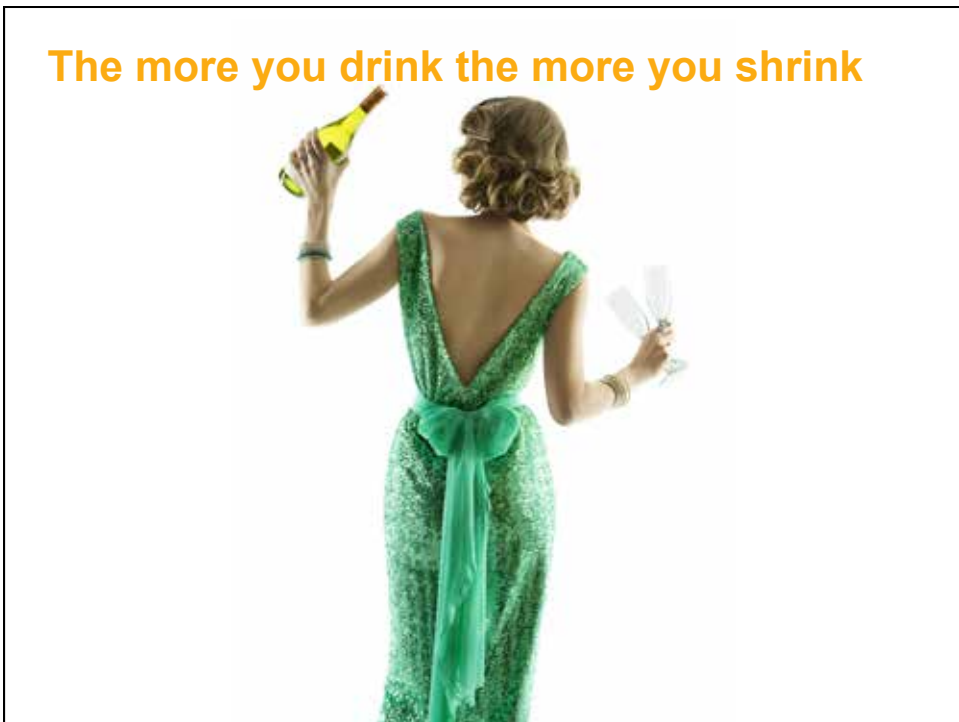
There's no aphrodisiac
like oysters



Still the mind



The more you drink the more you shrink



Weekly Meal Plan

DINNER

1

2

3

4

5

BREAKFAST

1

2

3

LUNCH

1

2

3

SNACKS

“One of the very best things about life is the way we must regularly stop whatever it is that we are doing and devote our attention to eating ”

- Luciano Pavarotti