

MENU

MAINS

SIRLOIN TIPS	28.00
SERVED WITH RICE AND VEGETABLE MEDLEY, A LITTLE SPICY, A LITTLE SWEET	
FRESH BAKED HADDOCK	24.00
SERVED WITH RICE AND VEGETABLE MEDLEY	
CHICKEN KABOB	19.00
SERVED OVER RICE, WITH SALAD AND ARABIC BREAD	
14oz. NY SIRLOIN	29.00
WITH FRIES AND FATTOUSH SALAD	
FISH TACOS	18.00
(2) SERVED WITH RICE, PICO DE GALLO, AND BEANS	
SANDTRAP BOWL	
CHICKEN	18.00
STEAK	20.00
SERVED WITH RICE, PICO, SOUR CREAM AND BEANS ADD GUACAMOLE \$3	
FISH & CHIPS	22.00
HOUSE BATTERED HADDOCK, LIGHT & CRISPY	
SHRIMP SCAMPI	23.00
SPAGHETTI POMODORO	15.00
THE PARMS	
CHICKEN	21.00
VEAL	24.00
PASTA PRIMAVERA	17.00
SPRING VEGETABLES WITH, EVOO, GARLIC & LEMON	

APPETIZERS

TENDERS OR WINGS	14.00
BUFFALO, BBQ OR NAKED	
GUACAMOLE	12.00
FRIED CALAMARI	16.00
SERVED WITH GARLIC AIOLI, CHERRY PEPPERS & MARINARA	
LOADED POTATO SKINS	12.00
SMOTHERED WITH CHEESE, BACON & SOUR CREAM	
CHICKEN EMPANADAS (3)	11.00
MEZZE PLATE	14.00
CUCUMBERS, HUMMUS, FETA, KALAMATA, TOMATO & ARABIC BREAD	
SHRIMP COCKTAIL (4)	MKT
FRIED MOZZARELLA	12.00
MARINARA, BASIL, HOUSE BREADED	
QUESADILLAS	
SERVED WITH PEPPERS, ONIONS, PEPPER JACK CHEESE, PICO & SOUR CREAM	
CHICKEN	14.00
STEAK	17.00
VEGGIE	12.00

OUR PHILOSOPHY ON FOOD & BEVERAGE

AT THE SANDTRAP BAR & GRILLE WE TRY TO BRING YOU FRESH, LOCALLY SOURCED, NEW ENGLAND INSPIRED CUISINE. OUR SEAFOOD COMES FROM DOCKS SCATTERED ABOUT NORTHEASTERN COASTS, SUPPORTING OUR SUSTAINABLE ENVIRONMENT.

EVERYTHING IS PREPPED AND PREPARED IN HOUSE, DAILY, BY OUR AMAZING TEAM. WE HOPE YOU ENJOY IMBIBING AS MUCH AS WE ENJOY BRINGING THESE PRODUCTS STRAIGHT TO YOU!

-YOUR FRIENDS AT THE SANDTRAP

merrimackvalleygolfclub.com

210 Howe Street Methuen, MA 01844

HANDHELDS

ALL HANDHELDS SERVED
WITH FRIES

CLASSIC HALF POUND 16.00

SIRLOIN BURGER

CHEESE, LETTUCE, TOMATO

19th HOLE BURGER 18.00

BBQ SAUCE, ONION RINGS, CHEESE &
BACON

TRAP BURGER 17.00

CHEESE SMOTHERED WITH SAUTEED
MUSHROOMS & ONIONS

STEAK & CHEESE WRAP 16.00

SERVED ON ARABIC BREAD
ADD MUSHROOMS, ONIONS & PEPPERS \$2
ADD BACON \$3

GRILLED CHICKEN CLUB 16.00

BACON, LETTUCE & TOMATO

BOMB FRIED FISH 16.00

SANDWICH

LETTUCE & TARTAR SAUCE ON BRIOCHE

BLT 13.00

BACON, LETTUCE & TOMATO ON CLASSIC
TOAST
ADD AVOCADO \$3

VEGGIE BURGER 13.00

LETTUCE, TOMATO & CHEESE

CHICKEN KABOB WRAP 15.00

HOUSE SALAD, FETA, CHICKEN KABOB &
YOUR CHOICE OF DRESSING

CHICKEN PARM PANINI 16.00

ON SOURDOUGH, WITH CHERRY PEPPERS



SALADS

DRESSINGS: LITE BALSAMIC, RANCH,
BLEU CHEESE, CAESAR, HOUSE
LEMON, ITALIAN

ADD PROTEIN: CHICKEN (\$7), STEAK
TIPS (\$13), SHRIMP (\$9)

CAESAR 6.00/11.00

SHAVED AGED PARM, CROUTONS, LEMON

CHOPPED 15.00

BACON, AVOCADO, TOMATO, RED ONION,
CUCUMBER, SHREDDED CHEESE

GREEK 12.00

TOMATO, CUCUMBER, RED ONION,
KALAMATA

FATTOUSH 12.00

PITA, CUCUMBER, TOMATO, RED ONION &
MINT

HOUSE 5.00/9.00

TOMATO, CUCUMBER, RED ONION

ALL THE EXTRAS

RICE 5.00

VEGETABLE MEDLEY 6.00

TRUFFLE FRIES 9.00

SWEET POTATO FRIES 9.00

WITH JALAPENO AIOLI

FRENCH FRIES 6.00

ONION RINGS 9.00

WITH HORSERADISH CREAM

BEANS 6.00

SIDE HOUSE SALAD 5.00

SANDTRAP

est. 1971