

# SANDTRAP BAR & GRILLE

EST. 1971

<b>TENDERS OR WINGS \$14</b> buffalo, bbq, mango habanero, sweet chili, or naked	<b>GUACAMOLE \$12</b>	<b>LOADED POTATO SKINS \$12</b> smothered with cheese, bacon & sour cream
<b>JUMBO SHRIMP COCKTAIL \$16</b>	<b>CHICKEN QUESADILLA \$14</b> peppers, onions, pepper jack cheese, pico & sour cream	<b>LOADED NACHOS \$14</b> cheese, pico de gallo, jalapeños, sour cream add guacamole +\$4 add chicken +\$6
<b>EGGPLANT TOWER \$14</b> layered breaded eggplant, mozzarella, ricotta, marinara	<b>HUMMUS PLATE \$14</b>	<b>SOUP OF THE DAY</b> bowl \$10/cup \$8
<b>CAESAR \$12</b> shaved aged parm, croutons, lemon garnish	<b>SOUTHWEST \$15</b> tortilla chips, corn, black beans, avocado, cheddar cheese, & spicy ranch	
<b>COBB \$16</b> hard boiled egg, bacon, bleu cheese crumble, avocado, grilled corn, tomato & cucumber	<b>GREEK \$12</b> tomato, cucumber, red onion, kalamata, feta & croutons	<b>AUTUMN SALAD \$15</b> apples, craisins, walnuts, goat cheese & balsamic dressing

## SALADS

### DRESSINGS

BALSAMIC, RANCH, BLEU CHEESE,  
CAESAR, CREAMY ITALIAN, GREEK,  
ITALIAN

ADD PROTEIN: CHICKEN (\$8), CHICKEN  
KABOB (\$9), STEAK TIPS (\$18),  
SALMON (\$16)

## SIDES

<b>RICE \$5</b>
<b>TRUFFLE FRIES \$9</b>
<b>SWEET POTATO FRIES \$9</b> with jalapeño aioli
<b>FRENCH FRIES \$6</b>
<b>ONION RINGS \$9</b> with horseradish cream
<b>MAC &amp; CHEESE \$9</b>
<b>BLACK BEANS \$5</b>
<b>MASHED POTATO \$5</b>
<b>ASPARAGUS \$6</b>

ALL HANDHELDs SERVED WITH FRIES  
SUBSTITUTE WITH SWEET POTATO FRIES,  
TRUFFLE FRIES OR ONION RINGS +\$2

## BURGERS

### CLASSIC SIRLOIN BURGER \$16

cheese, lettuce, tomato

### 19TH HOLE BURGER \$18

bbq sauce, onion rings, cheese &  
bacon

### TRAP BURGER \$18

cheese smothered with sautéed  
mushrooms & onions

### THE MACK \$18

cheese, lettuce, tomato, onions and  
Sandtrap sauce

<b>TURKEY CLUB \$16</b> oven roasted turkey
<b>CHICKEN CAPRESE \$18</b> cutlet, fresh mozz, tomato, balsamic glaze, prosciutto
<b>HOT HONEY CHICKEN SANDWICH \$16</b> crispy chicken cutlet, hot honey, lettuce, pickles & jalapeño aioli on brioche
<b>FRIED FISH SANDWICH \$18</b> cole slaw & tartar sauce on brioche
<b>CHICKEN PARM SUB \$16</b>
<b>CHICKEN CAESAR WRAP \$16</b>
<b>GREEK CHICKEN WRAP \$16</b>
<b>STEAK &amp; CHEESE SUB \$16</b>

## SANDWICHES

### BUFFALO CHICKEN MAC \$22

orrecchiette pasta, five cheese mac sauce,  
and buffalo chicken tenders

### SIRLOIN TIPS \$38

served with mashed potato and veg  
of the day. a little spicy, a  
little sweet

### NY SIRLION \$36

NY sirloin, garlic herb butter, fries

### GRILLED SALMON \$28

served with rice and veggies

### FRESH BAKED HADDOCK \$24

served with mashed potato,  
asparagus and grilled lemon

## MAINS

### CHICKEN KABOB \$24

served over rice, with salad and  
arabic bread

### FISH TACOS \$18

(2) served with rice, pico de  
gallo, cabbage and black beans

### FISH & CHIPS \$22

house battered haddock, cole slaw,  
light & crispy

### SANDTRAP BOWLS

served with rice, black beans  
pico, and sour cream

chicken \$18

steak \$22

add guacamole \$4

### SHRIMP SCAMPI \$24

### CHICKEN PARM \$22

breaded chicken, mozzarella, and  
spaghetti

### SPICY RIGATONI \$22

marinara, spicy sausage and ricotta cheese