

SANDTRAP BAR & GRILLE

EST. 1971

APPETIZERS

TENDERS OR WINGS \$14

buffalo, bbq, mango habanero,
sweet chili, or naked

GUACAMOLE \$12

tomatoes, onions, cilantro, jalapeno,
fresh lime juice

LOADED POTATO SKINS \$12

smothered with cheese, bacon & sour cream

JUMBO SHRIMP COCKTAIL \$16

(4) served with cocktail sauce

FRIED MOZZARELLA \$12

marinara & basil

CHICKEN QUESADILLA \$14

peppers, onions, cheddar jack cheese,
pico & sour cream

LOADED NACHOS \$14

cheese, pico de gallo, jalapeños, sour cream

add guacamole +\$4

add chicken +\$6

add steak +\$8

STEAK & CHEESE EGGROLLS \$14

served with Sandtrap sauce

HUMMUS PLATE \$14

cucumbers, carrots, celery, greek olives,

pickled red onion, & syrian bread

SOUP OF THE DAY

cup \$8 - bowl \$10

CAESAR \$12

romaine lettuce, shaved aged parm, croutons,

lemon garnish

SOUTHWEST \$15

iceburg lettuce, tortilla chips, corn, black

beans, avocado, cheddar cheese, & spicy ranch

COBB \$16

romaine lettuce, hard boiled egg, bacon,

bleu cheese crumble, avocado, grilled corn,

tomato & cucumber

GREEK \$12

romaine lettuce, tomato, cucumber, pickled red

onions, kalamata olives, feta & croutons

DRESSINGS

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

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

FRENCH FRIES \$6

TRUFFLE FRIES \$9

with garlic aioli

SWEET POTATO FRIES \$9

with jalapeño aioli

ONION RINGS \$9

with horseradish cream

WAFFLE FRIES \$9

MAC & CHEESE \$9

RICE \$5

BLACK BEANS \$5

MASHED POTATOES \$5

ASPARAGUS \$6

SIDES

ALL HANDHELDS SERVED WITH FRIES

SUBSTITUTE WITH SWEET POTATO,
TRUFFLE, WAFFLE 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 &

Sandtrap sauce

TURKEY CLUB \$16

oven roasted turkey, lettuce, tomato,

bacon, & mayo

choice of white or wheat

GRILLED CHICKEN CLUB \$16

grilled chicken, bacon, lettuce, tomato,

mayo on brioche

CHICKEN BARB SANDWICH \$14

shredded chicken, lettuce & mayo on brioche

CHICKEN CAPRESE \$18

fresh mozz, tomato, balsamic glaze, &

prosciutto on sourdough

choice of grilled or fried chicken

HOT HONEY CHICKEN SANDWICH \$16

crispy chicken cutlet, hot honey, lettuce,

pickles & jalapeño aioli on brioche

FRIED FISH SANDWICH \$18

cole slaw & tartar sauce on brioche

STEAK & CHEESE SUB \$16

add peppers, onions, or mushrooms +.66 each

CHICKEN PARM SUB \$16

chicken cutlet, mozzarella, & marinara

add vodka sauce +\$2

CHICKEN CAESAR WRAP \$16

grilled chicken, romaine, croutons

GREEK CHICKEN WRAP \$16

grilled chicken, romaine, tomato, cucumber,

pickled red onion, kalamata olives, feta &

croutons

SIRLOIN TIPS \$38

served with mashed potatoes and vegetables

a little spicy, a little sweet

NY SIRLOIN \$36

NY sirloin, garlic herb butter, fries

GRILLED SALMON \$28

served with grilled avocado,

pineapple salsa, rice & vegetables

FRESH BAKED HADDOCK \$24

served with mashed potatoes,

asparagus and grilled lemon

CHICKEN KABOB \$24

served over rice, with salad & syrian bread

FISH TACOS \$18

(2) chipotle aioli, served with rice,

pico de gallo, cabbage & black beans

FISH & CHIPS \$22

house battered haddock, cole slaw & tartar

sauce

SANDTRAP BOWLS

served with rice, black beans, pico &

sour cream

chicken \$18

steak tips \$38

sirloin \$22

add guacamole \$4

CHICKEN PARM \$22

chicken cutlet, mozzarella, marinara &

spaghetti

add vodka sauce +\$2

SPICY RIGATONI \$22

marinara, spicy sausage and ricotta cheese

SANDWICHES

MAINS