

SANDTRAP BAR & GRILLE

EST. 1971

APPETIZERS

- TENDERS OR WINGS \$14**
buffalo, bbq or naked
- GUACAMOLE \$12**
- LOADED POTATO SKINS \$12**
smothered with cheese, bacon & sour cream
- JUMBO SHRIMP COCKTAIL \$16**
- FRIED MOZZARELLA \$12**
marinara, basil
- CHICKEN QUESADILLA \$14**
peppers, onions, pepper jack cheese, pico & sour cream
- MEATBALLS AL FORNO \$15**
beef, veal, pork, house marinara & parmesan
- LOADED NACHOS \$14**
cheese, pico de gallo, jalapeños, sour cream
add guacamole +\$4
add chicken +\$4
add bbq short rib +\$8
- CLAM CHOWDER \$10**
- HUMMUS PLATE \$14**
- EGGPLANT TOWER \$14**
layered breaded eggplant, mozzarella, ricotta, marinara

SALADS

- CAESAR \$8/\$12**
shaved aged parm, croutons, lemon garnish
- SOUTHWEST \$15**
tortilla chips, corn, black beans, avocado, cheddar cheese, & spicy ranch
- COBB \$16**
hard boiled egg, bacon, bleu cheese crumble, avocado, grilled corn, tomato & cucumber
- GREEK \$12**
tomato, cucumber, red onion, kalamata, feta & croutons

DRESSINGS

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

ADD PROTEIN: CHICKEN (\$7), CHICKEN KABOB (\$9) STEAK TIPS (\$15)

SIDES

- RICE \$5**
- TRUFFLE FRIES \$9**
- SWEET POTATO FRIES \$9**
with jalapeño aioli
- FRENCH FRIES \$6**
- ONION RINGS \$9**
with horseradish cream
- BLACK BEANS \$5**
- MASHED POTATO \$5**
- ASPARAGUS \$6**

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

SANDWICHES

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

SIRLOIN TIPS \$34

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

NY SIRLOIN \$34

NY sirloin, garlic herb butter, fries

FRESH BAKED HADDOCK \$24

served with mashed potato, asparagus and grilled lemon

CHICKEN KABOB \$22

served over rice, with salad and arabic bread

MAINS

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 \$20
add guacamole \$4

SHRIMP SCAMPI \$23

TUNA POKÉ BOWL \$27

rice, cabbage, cucumber, carrots, edamame, citrus, tamari sauce, sesame

CHICKEN PARM \$22

breaded chicken, mozzarella, and spaghetti

GRILLED SWORDFISH \$28

basil, pesto, toasted orzo & asparagus