

SANDTRAP BAR & GRILLE

EST. 1971

ALL HANDHELDS SERVED WITH FRIES

SUBSTITUTE WITH SWEET POTATO,
TRUFFLE, WAFFLE OR ONION RINGS +\$2

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

STRAWBERRY FIELD SALAD \$15

arcadia mixed greens, fresh strawberries,
goat cheese, candied pecans & balsamic
vinaigrette

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

SALADS

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, 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 SIRLION \$36

NY sirloin, garlic herb butter, fries

GRILLED SALMON \$28

served with grilled avocado,
pineapple salsa, rice & vegetables

BBQ TURKEY TIPS \$24

served with mashed potatoes & vegetable

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 \$22

add guacamole \$4

SHRIMP SCAMPI \$24

shrimp sauteed with tomatoes in a lemon
garlic scampi sauce served over spaghetti

CHICKEN PARM \$22

chicken cutlet, mozzarella, marinara &
spaghetti

add vodka sauce +\$2

SPICY RIGATONI \$22

marinara, spicy sausage and ricotta cheese

CHICKEN PICCATA \$22

chicken cutlet over a lemon caper white
wine sauce with spaghetti

SANDWICHES

MAINS