



Open Daily 11 am

Starters

Roasted Hummus & Crisps

Red Pepper Hummus, Served with a Flatbread Wedge and Crispy Celery 3.95

Asian Spring Rolls

Served with Chili Thai Sauce 4.95

Steamed Shrimp

1/2 lb, Served with Cocktail Sauce and Lemon 9.95

Loaded Crab and Mango Nachos

Horseshoe Fried Tortillas, Melted Cheddar Jack Cheese, Topped with Blue Crab & Mango Salsa 12.95

Fried Tortillas

Served with Black Bean Avocado Salsa 4.95

Panko Dusted Avocado

Fried, Served with Mango Salsa, Lime & Sea Salt 6.95

Onion Rings

Served with our Mustard BBQ Sauce 5.95

Wings

Your Choice of Buffalo, Sweet Chili Thai or BBQ 5.95...Six 12.95...Twelve

Soups and Salads

All Salads are Served in a Flatbread Bowl

Tomato Bisque

Rich Creamy Tomato Soup, Served with a Flat Bread Wedge 3.95

Chicken Caesar

Fresh Romaine, Parmesan Cheese and Classic Caesar Dressing 8.95

Asian Crunch Salad

Salad Greens, Chicken Breast, Peanuts, Roasted Peppers, Crispy Rice Noodles and Sesame Ginger Dressing 9.95

Southwest Salad

Salad Greens, Smoked Beef Brisket, Diced Tomatoes, Jack Cheddar Cheese, Tortilla Strips and Chipotle Ranch Dressing 9.95

Gorgonzola Salad

Salad Greens, Sliced Pears, Sugared Pecans, Caramelized Sweet Onions, Crumbled Gorgonzola and Merlot Vinaigrette 7.95

Tuna Salad

Mixed Salad Greens, Mango Salsa, Diced Tomatoes and Balsamic Glaze 8.95

Smoked Chicken Cobb Salad

Salad Greens, Sliced Chicken, Avocado, Tomato, Bacon, Hard Boiled Egg, Bleu Cheese & Balsamic Vinaigrette 9.95

Lunch Duo

Chef's Daily Selection of Soup,
Half a Sandwich or Salad 7.95

Quesadillas

The Ultimate Grilled Cheese

Applewood Bacon, Tomatoes, Mozzarella, American, Swiss and Jack Cheddar 4.95

Chicken Bacon Ranch

Diced Tomatoes, Jack Cheddar Cheese, Chipotle Ranch Dip 7.95

Caribbean Jerk Chicken

Pineapple, Mango and Red Onion with Jack Cheddar Cheese 8.95

Baja Chicken

Diced Tomato, Seasoned Black Beans, Jack Cheddar Cheese, Chipotle Ranch Dip 7.95

Killer Beef

Smoked Brisket, Troegs Barbecue Sauce, Onions Strings, and Jack Cheddar Cheese 8.95

The Sand Trap Bar & Grill is Managed by:

