

MENU

EAT IN OR TAKE OUT

358 Mary Street
Niagara-on-the-Lake
(905) 468-TRAP (8727)

sandtrappub.com

/sandtrappub
/sandtrappubandgrill

BRICK OVEN PIZZAS / THE LEADERBOARD

– Sorry, no substitutions –

	4 slice	8 slice	12 slice	Tray
Meatzza *El Cabrera* *Pepperoni, Sausage, Bacon, Ham & Ground Beef*	9.99	14.99	20.99	24.99
Canadian *Mr. Weir* *Pepperoni, Bacon & Mushroom*	8.39	11.89	15.29	21.79
Veggizza *The Vj* *Tomato, Black Olives, Spinach & Mushrooms*	8.39	11.89	15.29	21.79
Italian *Sr. Molinari* *Sausage, Onions, Green Olives & Roasted Red Peppers*	8.99	12.99	17.99	23.59
Islander *Chi Chi* *Ham, Bacon & Pineapple*	8.39	11.89	15.29	21.79
Spicy Fish *The Choi* *Anchovies, Hot Peppers Onion & Black Olives*	8.99	12.99	17.99	23.59
Supreme *The Nicklaus* *Pick Your Favourite 5 Toppings*	9.99	14.99	20.99	24.99
Dietschzza *The Hacker* *Pepperoni, Bacon, Pineapple*	8.39	11.89	15.29	21.79
Make Your Own *Do it how you like, plus toppings $* *White or Red sauce available*	5.99	8.99	11.99	15.99

Gluten Free 11inch 9.49 plus toppings (4 slice $)

PANZEROTTI

– Baked or Deep Fried –

Make Your Own

1 Topping 9.99 | 2 Toppings 10.99 | 3 Toppings 11.99

ADD

Standard Toppings

4 slice 0.85 | 8 slice 1.10 | 12 slice 1.45 | Tray 1.95

Onion · Tomato · Green Olives · Black Olives
Red Onion · Green Pepper · Mushrooms · Spinach
Broccoli · Banana Peppers · Pineapple · Roasted Garlic

Gourmet Toppings

4 slice 1.05 | 8 slice 1.40 | 12 slice 2.40 | Tray 2.95

Pepperoni · Bacon · Ham · Sausage · Salami · Chicken
Ground Beef · Chicken · Anchovies · Grilled Zucchini
Red Onion · Roasted Red Pepper · Sun-dried Tomato
Artichoke Hearts · Feta · Cheddar · Brie

ITEMS MAY HAVE COME IN CONTACT WITH NUTS • ASK FOR GLUTEN FREE IDEAS

WINGS

(8 – 10 wings in a pound)

1 Pound 9.99
1 ½ Pounds 13.99
2 Pounds 17.99

– Sauces –

Buffalo Style:
Hot or Medium

BBQ:
Mild or Medium

Honey Garlic

Cajun

S & P

Garlic Butter Cajun

Lemon Pepper

Habanero & Mango

Maple & Bacon

Jay Wings
(garlic butter & hot sauce)



PIZZA & WING COMBOS

4 Slices · 2 Toppings
& 1 Pound of Wings
15.75

8 Slices · 2 Toppings
& 1 ½ Pounds of Wings
21.99

12 Slices · 2 Toppings
& 2 Pounds of Wings
28.99

Tray of Pizza · 2 Toppings
& 3 Pounds of Wings
42.99



SNACKS TO TEE OFF WITH

Shrimp Cocktail 7.99

Poutine with Real Cheese Curds 7.99

Chili Poutine 8.99

Nachos 11.49
Add Chicken or Chili 4.99

MUST TRY

Baked Brie 8.99

"Newfie" French Fries 6.99
with dressing & gravy

Spinach Dip 7.99

Warm Pretzel 4.99

Crab Cakes 9.99

BASKET SNACKS

Deep Fried Pickle Wedges 7.99

Spring Rolls 6.99

Garlic Bread with Cheese 5.99

House Cut Fries 4.99

Sweet Fries 6.99

Onion Rings 6.99

Mozza Sticks 7.99

Pizza Rolls 7.99


Cobb Salad


Spring Rolls


Pickle Wedges

SOUPS & SALADS

– Add Chicken or Shrimp to any Salad for 4.99 –

House Salad 7.49 *Side 4.49*

Caesar 7.99 *Side 4.99*

Greek 8.49 *Side 5.25*

Spinach 7.99 *Side 4.99*

Cobb 10.49
with Egg, Ham & Cheese

Soup of the Day
Cup 3.99 | Bowl 5.99

French Onion Soup 5.99

SIDES

Warm Ciabatta 2.99

Mashed Potato 4.99

Veggies & Dip 2.99

Quinoa Salad 4.99

Coleslaw 4.99

Popcorn 2.95

Gravy 0.99

Extra Dip or Sauces 0.75

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ON THE FAIRWAY

Pub Style Fish & House Cut Fries 10.99
Beer Battered Haddock

TRY OUR LIGHTER OPTION →
Baked Haddock 10.99
– Lemon Pepper or Cajun –

Lasagna & Garlic Toast 12.99
– Meat or Vegetable & Ricotta –

Greenskeeper Pie & House Greens 12.99
There aren't any Shepherds on the Golf Course


Pub Style Fish & House Cut Fries

Veggie Quesadilla 8.99
Add Chicken 4.99

Chicken Fingers & Fries 9.99
Gluten Free Available 10.75

Half Rack Pork Back Ribs 14.99
Done with your choice of hickory smoked or sweet BBQ sauce

Chicken Curry 13.99
Served with Basmati Rice and Naan Bread

Daily Pasta
Ask your server to learn more!

Make Your Own Mac & Cheese Bake 8.99
Add One 0.99 | Add Two 1.79 | Add Three 2.59

ADD Tomatoes · Bacon · Onions
Green Peppers · Jalapenos

Sandwiches, Wraps & Burgers are served with your choice of Fries, House Salad, Coleslaw, Soup or Veggies & Dip

– Substitute Caesar, Greek, Spinach, Quinoa, Onion Rings or Sweet Potato Fries for 2.49 –

SANDWEDGE BOARD

Beef Dip 11.99
Served with horseradish & au jus for dipping

House Roasted Turkey Clubhouse 10.49
made with fresh roasted turkey

A PUB FAVOURITE! → Classic Reuben 10.49

Chicken Parmesan Sandwich 10.49
Breaded chicken breast with marinara sauce & mozzarella cheese

Crispy Chicken Burger 10.49
Breaded chicken breast with lettuce, tomato & chipotle mayo

Black Forest Ham & Swiss Melt on a Ciabatta 10.49
with lettuce, tomato & Dijon mustard


Beef Dip

WRAP IT UP

Whole Wheat or Regular Tortillas
All Wraps 10.49

Buffalo Chicken
Breaded chicken, tossed in medium wing sauce with bacon, lettuce, tomato, tex mex cheese & ranch dressing

Southern Chicken
Grilled chicken breast with lettuce, tomato, tex mex cheese & chipotle mayo

Chicken Caesar
Grilled chicken breast with romaine lettuce, bacon, parmesan cheese & caesar dressing


Clubhouse

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HOUSE MADE BURGERS

– Gluten Free Buns Available, Add 1.50 –

Sandwiches, Wraps & Burgers are served with your choice of Fries, House Salad, Coleslaw, Soup or Veggies & Dip

– Substitute Caesar, Greek, Spinach, Quinoa, Onion Rings or Sweet Potato Fries for 2.49 –

Great Canadian 11.99
***Beef** with Cheddar Cheese, Peameal Bacon & Onion Ring*

Inferno 11.99
***Beef** with Tex Mex Cheese, Salsa, Jalapeno & Hot Sauce*

Holiday 11.99
***Turkey** with Brie Cheese, Cranberry & Stuffing*

Veggie Deluxe 11.99
***Veggie** with Swiss Cheese, Mushrooms & Onions*

Portobello 11.99
***Portobello Mushroom** with Swiss Cheese, Caramelized Onions & Roasted Red Peppers*

Albatross 13.99
***Beef** with Cheddar Cheese, Mozzarella Cheese, BBQ Sauce, Bacon, Peameal Bacon & Onion Rings*

Swiss Turkey 10.99
***Turkey** with Swiss Cheese & Mushrooms*

Big Kahuna 11.99
***Beef** with Feta Cheese, Pineapple & Hot Peppers*

Cajun Fish 10.99
***Cajun Haddock** with Chipotle Mayo*

Make Your Own
Do it how you like, plus toppings $

100% Beef 9.99

Turkey 9.99

Veggie 9.99

ADD Load It Up How You Want
1 Topping 0.99 | 2 Toppings 1.80 | 3 Toppings 2.59

Cheddar · Swiss · Mozza
Fried Onions · Mushrooms · Onion Rings
Bacon · Beetroot · Peameal Bacon



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DRAFT BEER

	½ Pint (10oz)	Pint (20oz)	Jug (60oz)
Sandtrap Blonde	3.00	5.31	15.05
Rolling Rock	3.10	5.53	15.50
Coors Light	3.00	5.31	15.05
Coors Banquet	3.10	5.53	15.50
Budweiser	3.00	5.31	15.05
Niagara College Butler's Bitter	3.00	5.31	15.05
Shock Top Belgian White	3.10	5.53	15.50
Keiths IPA	3.10	5.53	15.50
Silversmith Black Lager	3.10	5.53	15.50
Rickards Red	3.10	5.53	15.50
Great Lakes Seasonal	3.00	5.31	15.05
Steam Whistle	3.00	5.31	15.05
Oast House Barn Raiser	3.10	5.53	15.50
Ironwood Hard Cider	3.53	6.19	16.81

NIAGARA VQA WINES

Whites

	Glass (6oz)	½ Litre	Bottle
Konzelmann Chardonnay	6.00	17.00	28.50
Jackson-Triggs Sauv. Blanc	6.00	17.00	28.50
Pondview Pinot Grigio	6.00	17.00	28.50
Pondview Gw-Riesling	6.00	17.00	28.50
Ravine York Road	6.00	17.00	28.50
Between the Lines Riesling	6.00	17.00	28.50
Pondview Cab-Franc Rose	6.00	17.00	28.50

Reds

	Glass (6oz)	½ Litre	Bottle
Konzelmann Merlot	6.00	17.00	28.50
Between the Lines Pinot Noir	6.00	17.00	28.50
Strewn Cab-Merlot	6.00	17.00	28.50
Ravine Red Coat	6.00	17.00	28.50
Konzelmann Shiraz	6.00	17.00	28.50
Reif Estate Cab-Sauvignon	6.00	7.00	28.50

ALL DRINK PRICES ARE BEFORE TAX

BOTTLED DRINKS

3.76
Blue
Canadian
Molson Dry
Export
Budweiser
OV
Black Label
Coors Light
Labatt 50
Bud Lite

4.20
Keiths
MGD
Michelob Ultra
Sleemans Clear

4.42
Corona
Stella
Creemore
Heineken
Bud Lite Lime
Flying Monkey
Gluten Free New Grist
Steam Whistle
Millstreet Organic

5.09
Nickelbrook
Mike's Lemonade
Mike's Cranberry
Twisted Tea
Palm Bay Key Lime
Palm Bay Grapefruit
Smirnoff Ice
Smirnoff Raspberry

6.19 Pub Cans
Guinness
Kilkenny
Strongbow
Magners Apple
Magners Pear
Shiny Apple Cider
Ironwood Cider