



# MENU

EAT IN OR TAKE OUT

358 Mary Street  
Niagara-on-the-Lake  
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[sandtrappub.com](http://sandtrappub.com)

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# BRICK OVEN PIZZAS / THE LEADERBOARD

– sorry, no substitutions –

|   | 4 slice | 8 slice | 12 slice | Tray  |
|---|---------|---------|----------|-------|
| Meatzza <i>El Cabrera</i><br>Pepperoni, Sausage, Bacon, Ham & Ground Beef             | 10.99   | 16.24   | 22.49    | 26.74 |
| Canadian <i>Mr. Weir</i><br>Pepperoni, Bacon & Mushroom                               | 9.39    | 13.14   | 16.79    | 23.54 |
| Veggizza <i>The Vj</i><br>Tomato, Black Olives, Spinach & Mushrooms                   | 9.39    | 13.14   | 16.79    | 23.54 |
| Italian <i>Sr. Molinari</i><br>Sausage, Onions, Green Olives & Roasted Red Peppers    | 9.99    | 14.24   | 19.49    | 25.34 |
| Islander <i>Chi Chi</i><br>Ham, Bacon & Pineapple                                     | 9.39    | 13.14   | 16.79    | 23.54 |
| Spicy Fish <i>The Choi</i><br>Anchovies, Hot Peppers, Onion & Black Olives            | 9.99    | 14.24   | 19.49    | 25.34 |
| Supreme <i>The Nicklaus</i><br>Pick Your Favourite 5 Toppings                         | 10.99   | 16.24   | 22.49    | 26.74 |
| Dietschzza <i>The Hacker</i><br>Pepperoni, Bacon, Pineapple                           | 9.39    | 13.14   | 16.79    | 23.54 |
| Make Your Own<br>Do it how you like, plus toppings \$<br>White or Red sauce available | 6.99    | 10.24   | 13.49    | 17.74 |

Gluten Free 11inch 9.99 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  
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  
Ground Beef · Chicken · Anchovies · Grilled Zucchini  
Red Onion · Roasted Red Pepper · Sun-dried Tomato  
Artichoke Hearts · Feta · Cheddar · Brie

# 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

Trap Wings

(garlic butter & hot sauce)

– extra dip or sauces 0.75 –

## PIZZA & WING COMBOS

4 Slices · 2 Toppings  
& 1 Pound of Wings  
17.25

8 Slices · 2 Toppings  
& 1 ½ Pounds of Wings  
23.99

12 Slices · 2 Toppings  
& 2 Pounds of Wings  
30.99

Tray of Pizza · 2 Toppings  
& 3 Pounds of Wings  
45.99

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

## SNACKS TO TEE OFF WITH

Poutine with Real Cheese Curds **7.99**

Chili Poutine **8.99**

Nachos **11.99**

*add chicken or chili 4.99*

*add guacamole 2.49*

Baked Brie **9.99**

**MUST TRY**

→ "Newfie" French Fries **6.99**

*with dressing & gravy*

Warm Pretzel **4.99**

*with grainy mustard*

## BASKET SNACKS

*– extra dip or sauces 0.75 –*

Deep Fried Pickle Wedges **8.49**

Spring Rolls **7.49**

Garlic Bread with Cheese **5.99**

House Cut Fries **5.49**

Sweet Fries **7.49**

Onion Rings **7.49**

Mozza Sticks **8.49**

Wontons **8.49**



Torpedo Shrimp

## NEW SNACKS

*– add a side to make it a meal –*

Torpedo Shrimp **9.99**

Breaded Calamari **9.99**

Crab Cakes **9.99**

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Caddie's Charcuterie Board **12.99**

*Chef's daily selection*



Breaded Calamari

## SOUPS & SALADS

*– add chicken 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

*with Asian noodles, cranberry, mandarin oranges, almonds & sesame dressing*

Mixed Greens **8.49** Side 5.25

*with cranberry, walnuts, beets, feta & raspberry vinaigrette*

Cobb **10.99**

*with egg, ham & cheese*

Homemade Soup of the Day

*– add a warm ciabatta for 3.49 –*

Cup **3.99** | Bowl **5.99**

French Onion Soup **5.99**



Mixed Greens

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# ON THE FAIRWAY

Pub Style Fish & House Cut Fries **10.99**

*beer battered haddock*

Baked Haddock **10.99**

*– lemon pepper or cajun –*

Grilled Salmon **14.99**

*served on our mixed greens salad*

Daily Homemade Pot Pie **14.99**

Greenskeeper Pie & House Salad **12.99**  
*there aren't any Shepherds on the Golf Course*

Bangers and Mash **13.99**

*served in a yorky bowl with a side house salad*

Baby Back Ribs

Half Rack **15.99** Full Rack **21.99**



Bangers and Mash

Cheese Cannelloni **14.99**

*with caesar salad & garlic toast*

Meat Lasagna **14.99**

*with caesar salad & garlic toast*

Chicken Parmesan on Penne **14.99**

Chicken Alfredo on Fettuccine **14.99**

*with spinach & mushroom*

Chicken Fingers & Fries **11.99**

*gluten free available 12.99*

Make Your Own Mac & Cheese Bake **9.99**

*per topping 0.99*

**ADD**

Tomatoes · Bacon · Onions  
Green Peppers · Jalapenos



Grilled Salmon

*sandwiches, wraps & burgers are served with your choice of  
fries, house salad, coleslaw, soup or veggies & dip*

*– substitute caesar, greek, spinach, mixed greens, onion rings or sweet potato fries for 2.49 –*

## SANDWEDGE BOARD

Beef Dip **11.99**

*served with horseradish & au jus for dipping*

*– add Swiss cheese or mushrooms 0.99 each –*

House Roasted Turkey Clubhouse **11.49**

*made with fresh roasted turkey*

**A PUB  
FAVOURITE!**

Classic Reuben **10.99**

Chicken Parmesan Sandwich **10.99**

*breaded chicken breast with marinara sauce  
& mozzarella cheese*

Crispy Chicken Burger **10.99**

*breaded chicken breast with lettuce,  
tomato & chipotle mayo*

Black Forest Ham & Swiss Melt on Marble Rye **10.99**

*with lettuce, tomato & grainy mustard*

Veggie Quesadilla **8.99**

*– add chicken 4.99 –*

## WRAP IT UP

Whole Wheat or Regular Tortillas

All Wraps **10.99**

*– gluten free wraps available, add 1.99 –*

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*

Veggie Wrap

*portobello mushroom, roasted red pepper,  
tomato, spinach & guacamole*

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# HOUSE MADE BURGERS

– gluten free buns available, add 1.99 –

sandwiches, wraps & burgers are served with your choice of fries, house salad, coleslaw, soup or veggies & dip

– substitute caesar, greek, spinach, mixed greens, onion rings or sweet potato fries for 2.49 –



## Great Canadian 12.49

Beef with Cheddar Cheese, Peameal Bacon & Onion Ring

## Inferno 12.49

Beef with Tex Mex Cheese, Salsa, Jalapeno & Hot Sauce

## Albatross 14.49

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

## Big Blue Burger 11.99

Beef with Blue Cheese Crumble & Caramelized Onion



## Holiday 12.49

Turkey with Brie Cheese, Cranberry & Stuffing

## Swiss Turkey 11.49

Turkey with Swiss Cheese & Mushrooms



## Cajun Fish 11.99

Cajun Haddock with Chipotle Mayo



## Veggie Deluxe 12.49

Veggie with Swiss Cheese, Mushrooms & Onions

## Portobello 12.49

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

## Make Your Own

Do it how you like, plus toppings \$

 100% Beef 10.49

 Turkey 10.49

 Veggie 10.49

**ADD**

## Load It Up How You Want

per topping 0.99

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          | 5.75        | 16.00      |
| Coors Light                     | 3.00          | 5.31        | 15.05      |
| Coors Banquet                   | 3.10          | 5.75        | 16.00      |
| Budweiser                       | 3.00          | 5.31        | 15.05      |
| Niagara College Butler's Bitter | 3.00          | 5.31        | 15.05      |
| Keiths IPA                      | 3.10          | 5.75        | 16.00      |
| Silversmith Black Lager         | 3.10          | 5.75        | 16.00      |
| Rickards Red                    | 3.10          | 5.75        | 16.00      |
| Great Lakes Seasonal            | 3.00          | 5.31        | 15.05      |
| Steam Whistle                   | 3.00          | 5.31        | 15.05      |
| Oast House Barn Raiser          | 3.10          | 5.75        | 16.00      |
| Stella Artois                   | 3.25          | 5.97        | 16.75      |
| Exchange Amber Ale              | 3.10          | 5.75        | 16.00      |
| Belgian Moon                    | 3.10          | 5.75        | 16.00      |
| Michelob Ultra                  | 3.10          | 5.75        | 16.00      |
| Thornbury Dam Dark Lager        | 3.10          | 5.75        | 16.00      |
| Ironwood Hard Cider             | 3.32          | 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  |
| Reif Estate Riesling Vidal | 6.00        | 17.00   | 28.50  |
| Riverview 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  |
| Riverview Pinot Noir      | 6.00        | 17.00   | 28.50  |
| Pillitteri 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        | 17.00   | 28.50  |

## BOTTLED DRINKS

### 3.76

|            |             |
|------------|-------------|
| Blue       | Black Label |
| Canadian   | Coors Light |
| Molson Dry | Labatt 50   |
| Export     | Bud Lite    |
| Budweiser  | Carling     |
| OV         |             |

### 4.20

|        |                |
|--------|----------------|
| Keiths | Michelob Ultra |
| MGD    | Sleemans Clear |

### 4.42

|                       |
|-----------------------|
| Corona                |
| Stella                |
| Creemore              |
| Heineken              |
| Bud Lite Lime         |
| Gluten Free New Grist |
| Steam Whistle         |
| Millstreet Organic    |

### 5.09

|                     |
|---------------------|
| Mike's Lemonade     |
| Mike's Cranberry    |
| Twisted Tea         |
| Palm Bay Key Lime   |
| Palm Bay Grapefruit |
| Smirnoff Ice        |
| Smirnoff Raspberry  |

### 5.31 Pub Cans

|                         |
|-------------------------|
| Mad Jack Hard Root Beer |
|-------------------------|

#### Side Launch Pub Cans:

|                |
|----------------|
| Mountain Lager |
| Wheat Ale      |

#### Thornbury Pub Cans:

|                        |
|------------------------|
| Pickup Pilsner         |
| Ladder Run Amber Lager |

### 6.19 Pub Cans

|                            |
|----------------------------|
| Guinness                   |
| Kilkenny                   |
| Strongbow                  |
| Magners Apple              |
| Magners Pear               |
| Shiny Apple Cider          |
| Ironwood Cider             |
| Smirnoff Ice White Sangria |
| Thornbury Apple Cider      |