

SANDTRAPS RESTAURANT

SOUPS & SALADS

DAILY SOUP - \$6.25

Always house-made, served w/grilled bread

SANDTRAPS COBB SALAD - \$18

Chicken, pancetta chips, cheese, egg, tomato, cucumber, watermelon radish, naan

GFO

GARLIC LEMON PRAWN SALAD - \$18

Pan seared prawns, gem tomatoes, cucumber, watermelon radish, wontons with avocado dressing and grilled naan bread

GFO

PANCETTA CAESAR SALAD - \$14

Romaine lettuce tossed with parmesan, croutons, Pancetta chips & zesty Caesar dressing with garlic naan bread. As a side \$7

GFO

HOUSE SALAD - \$11

Cucumbers, gem tomatoes, watermelon radish, mixed summer greens with house-made apple honey cider vinaigrette and garlic naan bread. As a side \$6

GFO

BLT SALAD - \$15

Feta cheese, heirloom tomato, croutons pancetta chips on mixed greens with garlic naan bread & spinach pesto dressing

GFO

VEGETABLE PLATE - \$10

Carrots, celery, tomato, watermelon radish & broccoli w/ ranch dip

GFO

ADD-ONS

Chicken \$5 | Halibut \$6 | Steak \$6

Prawns \$5 | Garlic Bread \$2 | Gluten-free Bread \$2

WEEKNIGHT FEATURES

MONDAY - Burger Night - All burgers 25% off

TUESDAY - Steak Sandwich - \$14

WEDNESDAY - All Appetizers 20% off

THURSDAY - Fish & Chips - 2pc haddock \$15 | Halibut \$20

APPETIZERS

BAKED NACHOS - \$25

Corn tortilla chips topped w/ black olives, green onions, jalapenos, tomatoes, jack cheese, served with sour cream and Jason's house-made salsa. Personal size \$17 | Ground Beef +\$8, Pulled Pork +\$6 Extra Cheese +\$4-\$6

GFO

DRY RIBS - \$14

Pork riblets marinated in soy and garlic, served w/ ranch dressing and spicy pickles

GFO

CHICKEN WINGS - \$17

Franks Red Hot, Salt & Pepper, Lemon Pepper, Honey Garlic, Spicy BBQ, Bigfoot BBQ w/ ranch dip and spicy pickles

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CRAB CAKES - \$14

3 Crab Cakes served w/ avocado dressing. Add a summer salad + \$3

PORK KIMCHEE DUMPLINGS (10pc) - \$14

Make it an 8pc order w/ summer salad - \$17

PRETZEL BITES - \$14

12pc with beer cheese sauce

YAM FRIES - \$11

Golden-fried yam potato, green onion & chipotle dip

GFO

CHILI CHEESE FRIES - \$11

House-cut fries, vegetarian chili & beer cheese sauce

POUTINE - \$11

House-cut fries topped w/ cheese curds & beef gravy. Add our in-house pulled pork + \$3

BASKETS

Onion rings \$8 | Chippers \$8 | House-cut fries \$7

Side of sour cream or salsa \$1 | Gravy \$2.25

FRIDAYS ONLY!

Rib Night

Jay's Full Rack of ribs with creamy coleslaw, fries & baked beans - \$19

GLUTEN FREE OPTION: Some of our meals are naturally gluten-free and some require substitutions. Our deep-fryers are not celiac-friendly. For your safety, please advise your server of any allergy or dietary considerations. For split plate service, add \$2.

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SANDTRAPS FAVORITES

FAVORITES

STEAK SANDWICH - \$19

6oz sirloin on grilled garlic baguette topped w/ onion rings, served w/ house-cut fries and summer salad

TUESDAYS AFTER 4PM - \$14

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RICE BOWLS - \$17

Sauteed vegetables, sesame orange ginger sauce on brown rice w/ garlic naan bread. With chicken or grilled prawns - \$21

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VEGETARIAN CHILI - \$15

House-made vegetarian chili w/ cheese & corn chips

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CIOPPINO SPAGHETTINI - \$21

Mussels, prawns & haddock tossed in mild rose sauce, topped w/ red onion & sweet peppers. Served w/ naan bread

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CHICKEN QUESADILLA - \$15

Seasoned chicken breast, grated cheese, salsa & green onions, baked in a flour tortilla w/ sour cream

**TAKE-OUT ORDERS? PLEASE CALL
403-678-5959 ext. 3**

FLATBREAD PIZZAS

Featuring crusts from Rocky Mtn Flatbread Co. Add \$4 for gluten free crust

GFO

BBQ PULLED PORK - \$19

In-house pulled pork, mushrooms, red onion & a drizzle of Bigfoot BBQ sauce

SANDTRAPS MARGERITA - \$18

Spinach, pesto, gem tomatoes, mozzarella & tomato sauce

THE CHEESE - \$15

Tomato sauce & mozzarella

6 INCH PIZZA & SALAD - \$17

Any of the above with a summer salad. No GF option for 6" crust

DESSERTS

APPLE GALETTE - Great for sharing - \$10

STICKY TOFFEE PUDDING - \$8

2 SCOOPS CHOCOLATE CHUNK ESPRESSO ICE CREAM \$4.50

CARROT CAKE - \$8

BURGERS & SANDWICHES

All burgers served on brioche bun. Add a fried egg to any burger - \$1.25

BEEF BURGER - \$18

6oz ground beef patty, cheddar, bacon, lettuce, red onion, dill pickle & burger sauce

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SPICY BBQ BURGER - \$19

6oz Alberta beef patty kicked up with local flavor. Spicy BBQ sauce, cheddar, jalapeno, lettuce, onion, tomato & spicy pickles

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LAMB BURGER - \$18

Ground lamb blend, cheddar, bacon, lettuce, tomato, red onion, dill pickle & burger sauce

GFO

VEGGIE BURGER - \$18

Beyond Meat Patty, sauteed mushrooms, lettuce, tomato, dill pickle, red onion & ranch dressing

GFO

PAN-FRIED HALIBUT BURGER - \$21

Pan fried halibut fillet, coleslaw, pickle, & onion

GFO

CLUBHOUSE - \$17

Chicken breast, bacon, tomato, lettuce & mayo on multigrain toast

GFO

GRILLED CHEESE & TOMATO SOUP - \$11

Member's choice

GFO

ON THE TEE BREAKFAST SANDWICH - \$13

2 fried eggs, bacon & cheddar on a brioche bun. No side - \$9

GFO

BLT - \$13

Bacon, lettuce, tomato, mayo on multigrain toast. No side - \$9

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RUEBEN - \$17

Served on marbled rye w/ sauerkraut, swiss cheese and dressing

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CHEESESTEAK ON BAO - \$18

Chimichuri garlic steak, beer cheese sauce and sweetpeppers on steamed bao

CANMORE'S BEST FISH & CHIPS

Your choice of haddock or halibut served w/ house-cut fries, coleslaw & tartar sauce

HADDOCK 1pc/2pc - \$13/\$17

THURSDAYS AFTER 4PM - 2pc - \$15

GFO

HALIBUT 1pc/2pc - \$19/\$26

THURSDAYS AFTER 4PM - 2pc - \$20