

# SANDTRAPS RESTAURANT

## SOUPS & SALADS

DAILY SOUP - \$6.25

Always house-made, served w/grilled bread

**GARLIC LEMON PRAWN SALAD - \$18**

GFO

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

**PANCETTA CAESAR SALAD - \$14**

GFO

Romaine lettuce tossed with parmesan, croutons, pancetta chips & zesty Caesar dressing with garlic naan bread

Starter size \$7

**HOUSE SALAD - \$11**

GFO

Cucumbers, gem tomatoes, Watermelon radish, mixed summer greens with house-made apple honey cider vinaigrette and garlic naan bread.

Starter size \$6

## ADD-ONS

Chicken \$5 | Halibut \$6 | Steak \$6 | Prawns \$5 |  
Garlic Bread | Gluten-Free Bread \$2

## FLATBREAD PIZZA

Featuring crusts from Rocky Mtn Flatbread CO.

Add \$4 for gluten free crust

GFO

**MEATBALL PIZZA - \$19**

Beef meatballs, onion and mixed cheese

**BBQ PULLED PORK - \$18**

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

**SANDTRAPS MARGHERITA - \$18**

Spinach, pesto, gem tomatoes, mozzarella & tomato sauce

**THE CHEESE - \$15**

Tomato sauce & Mozzarella

**6 INCH PIZZA & SALAD**

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

## APPETIZERS

**BAKED NACHOS - \$25**

GFO

Corn tortilla chips topped w/ black olives, green onions, jalapenos, 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

**DRY RIBS - \$14**

GFO

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

**CHICKEN WINGS - \$17**

GFO

Franks Red Hot, Salt & Pepper, Spicy Jerk, Lemon Pepper, Honey Garlic, Spicy BBQ, Big-foot BBQ w/ranch dip and spicy pickles

**CRAB CAKES - \$14**

3 Crab Cakes served w/ crema dressing. Add a side salad + \$3

**PORK KIMCHEE DUMPLINGS (10pc) - \$14**

Make in 8 pc order w/side salad - \$17

**YAM FRIES - \$11**

GFO

Golden fried yam potato, green onion & chipotle dip

**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

## DESSERTS

APPLE GALETTE - Great for Sharing - \$10

STICKY TOFFEE PUDDING - \$8

2 SCOOPS CHOCOLATE CHUNK ESPRESSO  
ICE CREAM - \$4.50

CARROT CAKE - \$8

GFO

**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

# SANDTRAPS RESTAURANT

## FAVORITES

STEAK SANDWICH - \$19

GFO

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

ALL DAY TUESDAY \$14

RICE BOWLS \$17

GFO

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

VEGETARIAN CHILI - \$15

GFO

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House-made vegetarian chili w/ cheese & corn chips

SPAGHETTI & MEATBALLS - \$16.95

Baked with cheese \$19.95

## SIDES

French Fries | Yam Fries | Soup | Salad | Veggies | Cesar Salad | Coleslaw | Chippers | Onion Rings +2.50 |

## WEEKLY FEATURES

11AM—9PM

MONDAY - Burgers - All burgers 25% Off

TUESDAY - Steak Sandwich - \$14

WEDNESDAY - All Appetizers 20% Off

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

## FRIDAY'S ONLY! RIB NIGHT

4PM—9PM

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

TAKE OUT ORDERS PLEASE CALL

403-678-5959 EXT. 3

## BURGERS & SANDWICHES

All burgers served on brioche bun. Add a fried egg to any burger +\$1.50

BEEF BURGER - \$18

GFO

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

SPICY BBQ BURGER - \$19

GFO

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

VEGGIE BURGER - \$18

GFO

Beyond meat patty, sauteed mushrooms, lettuce, tomato, dill pickle, red onion & ranch dressing

PAN-FRIED HALIBUT BURGER - \$21

GFO

Pan fried halibut fillet, coleslaw, pickle & onion

CLUBHOUSE - \$17

GFO

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

GRILLED CHEESE & TOMATO SOUP - \$11

GFO

Member's choice

ON THE TEE BREAKFAST SANDWICH - \$13

GFO

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

BLT - \$13

GFO

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

RUBEN - \$17

GFO

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

## CANMORE'S BEST FISH & CHIPS

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

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

THURSDAY 11AM - 9PM 2pc \$15

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

THURSDAY 11AM - 9PM 2pc \$20

GFO

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