

LUNCH SERVED 11AM-9PM

DINNER & FROM THE GRILL  
SERVED 5-9PM

# SANDTRAP PUB MENU

TUESDAY-SATURDAY  
11AM-9PM  
SUNDAY  
11AM-6PM

## STARTERS

### TODAY'S SOUP DU JOUR

Chef's Soup of the Day 5/7

### WISCONSIN CHEESE CURDS

Golden Fried White Cheddar Cheese,  
Garlic Marinara 10

### MVCC CHICKEN WINGS

Jumbo Flats and Drums 15

*Choice of sauce: Garlic Buffalo,  
Honey BBQ or Thai Sweet Chili  
Served with Celery, Carrots and  
Choice of Ranch or Blue Cheese Dip*

### JUMBO SHRIMP COCKTAIL

Spicy Bloody Mary Cocktail Sauce, Marie Rose Sauce, Lemon 15

### ASIAN CHICKEN LETTUCE WRAPS

Garlic, Onion, Ginger, Hoisin, Water Chestnuts, Green Onion, Carrot 10

### FISH TACOS

Pacific Halibut, Shredded Cabbage Slaw, Carrot, Onion, Cilantro, Lime,  
Sour Cream, Poblano Green Chili,  
Corn Tortilla 18

### ESCARGOT

Butter, Garlic, Shallots, White Wine, Parsley,  
Toasted Artisan French Baguette 16

### CRISPY ASIAN PORK BELLY

Toasted Sesame Oil, Sweet Soy, Sushi Rice,  
Asian Vegetables, Fresno Chili Sauce 15

### CHICKEN JALAPEÑO EMPANADAS

Roasted Red Peppers, House Smoked Prosciutto, Cream Cheese,  
Poblano Green Chili, Sun-dried Tomato Sauce 10

### MVCC SEARED AHI TUNA

Tri Pepper Crusted, Pickled Ginger, Wasabi, Soy,  
Wakame Seaweed 12/24

## SALADS

### GARDEN SALAD

Field Greens, Onion, Tomato, Cucumber, Carrot,  
Choice of Dressing 7

### CAESAR SALAD

Romaine, Imported Parmigiano-Reggiano, Roasted Tomato,  
Garlic Herb Crouton, Parmesan Crisp 10

### VEGAN CAESAR SALAD

Romaine, Vegan Parmesan, Roasted Tomato,  
Garlic Herb Crouton 10

### MVCC CLUB SALAD

Field Greens, Onion, Tomato,  
Dried Cherry, Duchilly Hazelnut,  
Point Reyes Blue Cheese,  
Honey Cider Vinaigrette 10

### PROSCIUTTO & MELON SALAD

Field Greens, Feta Cheese,  
Toasted Pine Nuts, Red Onion,  
White Balsamic Mint Vinaigrette 12

### DRESSINGS AND ADDITIONS

DRESSINGS: Honey Cider, Balsamic, Italian,  
Blue Cheese, Caesar, Ranch,  
White Balsamic Mint Vinaigrette,  
Vegan Caesar

### SALAD ADDITIONS:

Grilled Chicken 6, Grilled Shrimp 9,  
Ahi Tuna 12, Pacific Halibut 14,  
Grilled Salmon 15, Flat Iron Steak 15,  
Smoked Salmon 16, Cajun Spiced 3

## SANDWICHES

ALL SANDWICHES ARE SERVED WITH YOUR CHOICE OF SIDE  
French Fries, Sweet Potato Fries, Kettle Chips, Fruit Salad, Pineapple Cole Slaw, Cottage Cheese

### DELI BOARD

All Deli Board Sandwiches come with Lettuce, Tomato and  
Herbed Aioli 13  
*Meat: Turkey, Ham, Bacon, Tuna Salad,  
Grilled Chicken, Cajun Chicken*

*Cheese: Cheddar, Swiss, American,  
Pepper Jack, Provolone*

*Bread: Red Pepper Wrap, Gluten Free Wrap,  
Multi-Grain, White, Ciabatta Roll,  
Whole Wheat Bun, Pretzel Bun*

### MVCC CLUB

Turkey, Ham, Bacon, Cheddar, Swiss, Lettuce, Tomato,  
Herbed Aioli, Multi-Grain Bread 15

### HONEY SRIRACHA CHICKEN

Carrot Jalapeño Slaw, Pepper Jack Cheese, Sriracha Aioli,  
Pretzel Bun 15

### MVCC CHEESEBURGER

Brisket and Short Rib Blend Patty, Cheddar, Shredded Lettuce,  
Onion, Caramelized Bacon, Secret Sauce, Pretzel Bun 15

### VEGAN BURGER

Grilled Beyond Burger Patty,  
Fiesta Blend Cheese, Shredded Lettuce, Tomato,  
Corn and Black Bean Salsa, Poblano Green Chili, Avocado,  
Whole Wheat Bun 17

### MEATLOAF SANDWICH

Griddled Thick Sliced Meatloaf,  
Tangy Mustard Glaze, Provolone,  
Seasoned Potato Flats, Crispy Tobacco Onions,  
Ciabatta Roll 15

### GREEK LAMB GYRO

Shredded Lettuce, Tomato, Onion, Tzatziki,  
Grilled Naan Bread 15  
*Add Feta Cheese 1*

### BLACKENED REDFISH

Carrot Jalapeño Slaw, Chipotle Lime Crema,  
Ciabatta Roll 20

### SMOKED BRISKET SANDWICH

Honey BBQ Sauce, Pickled Red Onion, Pineapple Cole Slaw,  
Ciabatta Roll 15

## BOWLS

### VEGAN TACO SALAD BOWL

Brown Rice, Corn and Black Bean Salsa, Shredded Lettuce, Shredded Fiesta Blend Cheese, Pico de Gallo, Avocado, Poblano Green Chili, Sour Cream 15


### ORGANIC ANCIENT GRAIN BOWL


Chef's Weekly Selection of Organic Grains, Wild Rice and Legumes, Marinated or Grilled Vegetables, Fruits, Field Greens, Vegan Vinaigrette *market price*

### ACAI BOWL

Fresh Berries, Banana, Toasted Almonds, Hemp Hearts, Dark Chocolate, Granola 15

 Vegan

 MVCC Signature Dish

 Pescatarian

Consumer Warning: Consuming raw or undercooked food can increase risk of illnesses

15% gratuity will be added to parties greater than 10

Non-members are subject to 20% surcharge



# PIZZA

Substitute Gluten Free Vegan Italian Herb Crust 6

## THREE CHEESE

Bianco Dinapoli Tomato Sauce, Mozzarella, Provolone, Parmigiano Reggiano 10

## CLASSIC PEPPERONI

Bianco Dinapoli Tomato Sauce, Mozzarella, Provolone, Cup and Char Pepperoni 12

## TUSCAN SAUSAGE

Bianco Dinapoli Tomato Sauce, Mozzarella, Provolone, Housemade Fennel Pork Sausage, Grilled Red Onion 12

## MARIO

Garlic Cream Sauce, Mozzarella, Provolone, Rosemary Chicken, Grilled Red Onion, Gorgonzola 14

## SHRIMP SCAMPI

Butter, Garlic, Lemon, Parsley, Red Pepper Flakes, Mozzarella, Provolone 14

## VEGAN PIZZA

Gluten Free Italian Herb Crust, Bianco Dinapoli Tomato Sauce, Grilled Sweet Peppers, Red Onion, Mushroom, Vegan Mozzarella and Parmesan 17

## DINNER ENTREES

Only Available from 5-9pm

## CHILEAN SEA BASS

White Miso Yuzu Glaze, Avocado, Sushi Rice, Asian Vegetables, Sriracha Aioli 36

## PORCINI MUSHROOM CRUSTED STEAK

Filet Mignon, Au Gratin Potatoes, Haricot Vert, Bordelaise Sauce 44

## STUFFED CHICKEN TENDERLOIN

Panko Crusted, Goat Cheese, House Smoked Prosciutto, Sweet Thai Chili Sauce, Fried Rice, Grilled Zucchini and Squash 24

## PEPPER CRUSTED FLAT IRON STEAK

Herb Roasted Fingerling Potatoes, Fennel and Tomato Salad, Red Wine Vinaigrette, Blackberry Red Wine Reduction 34

## CAJUN REDFISH

Dirty Rice, Corn Maque Choux, Cabbage Slaw, Crab Hushpuppies, Avocado Remoulade 37

## SMOKED TRI-TIP SKEWERS

Garden Vegetable Rice Pilaf, Grilled Zucchini and Squash, Cherry Apricot Glaze 22

## MEXICAN GRILLED SHRIMP

Chipotle, Garlic, Orange, Lime, Cilantro Rice, Corn and Black Bean Salsa, Pico de Gallo, Avocado Remoulade 37

## PASTA DU JOUR

Chef's Feature of the Day Including Vegan Gluten Free Pasta market price

## DINNER FROM THE GRILL

Create your own Entree  
Only Available from 5-9pm

### meat

MVCC SIGNATURE FILET MIGNON 22/34

ANGUS RESERVE RIBEYE STEAK 32

FLAT IRON STEAK 20

CHILEAN SEA BASS 26

SKUNA BAY SALMON 18

PACIFIC HALIBUT 26

MEXICAN GRILLED SHRIMP 22

BLACKENED REDFISH 22

GARLIC HERB CHICKEN BREAST 8

### sides

FRENCH FRIES 4

SWEET POTATO FRIES 6

AU GRATIN POTATOES 6

ORGANIC ANCIENT GRAIN 4

GARDEN VEGETABLE RICE PILAF 5

GARLIC MADEIRA MUSHROOMS 6

HARICOT VERT 5

STEAMED BROCCOLI 5

ASIAN VEGETABLES 5

CORN MAQUE CHOUX 5

### toppings

CIPOLLINI ONION BACON JAM 3

ROASTED BONE MARROW BUTTER 3

HORSE RADISH SAUCE 3

LEMON GARLIC HERB BUTTER 3

BORDELAISE SAUCE 3

BLACKBERRY RED WINE REDUCTION 3

TERIYAKI GLAZE 3

GINGER, SOY, WASABI 3



Vegan



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