



# SAND TRAP PUB MENU

Available: 11 a.m.-9 p.m. Tuesday-Saturday | Sunday 11 a.m.-5 p.m.

## starters

### Soup Du Jour

Chef's Soup of the Day

### Wisconsin Cheese Curds

Golden Fried White Cheddar Cheese, Garlic Marinara

### Onion Petals

Golden Fried Sweet Vidalia Onion, Yum Yum Sauce

### Buffalo Chicken Dip

Cheddar, Cream Cheese, Red Onion, Blue Cheese Crema, Naan

5/7

### Korean Tostada

Pulled Pork, Monterey Jack, Kimchi, Green Onion, Sesame Seed

12

### Crab Cake

Micro Greens, Creole Mustard Sauce

12

### Crispy Rice Cake Sushi

Smoked Salmon, Avocado, Cucumber, Carrot, Miso Glaze, Wasabi Aioli

15

### MVCC Seared Ahi Tuna\*

Tri Pepper Crusted, Pickled Ginger, Wasabi, Soy, Wakame Seaweed

12

24

15

14/28

## salads and bowls

*Dressings: Honey Cider\*, Balsamic, Italian, Blue Cheese, Caesar\*, Ranch, Champagne Vinaigrette*

### Garden Salad

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

10

### Caesar\*

Romaine, Pecorino Romano, Bacon, Garlic Herb Crouton, Parmesan Crisp

12

### MVCC Club Salad\*

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

14

### Acai Bowl

Berries, Pineapple, Dark Chocolate, Vanilla Granola

15

### Cobb Salad\*

Romaine, Chicken, Bacon, Hard – Boiled Egg, Tomato, Point Reyes Blue Cheese, Avocado, Choice of Dressing

20

### Spring Fruit Salad

Field Greens, Cucumber, Chevre, Pistachio, Berries, Champagne Vinaigrette

13

Salad Additions\*: Grilled Chicken 6, Grilled Shrimp 10, Ahi Tuna 14, Grilled Salmon 15, Flat Iron Steak 22, Smoked Salmon 16, Cajun Spiced 3

### Teriyaki Chicken Bowl

Jasmine Rice, Asian Vegetable, Shiitake Mushrooms, Wakame Seaweed, Sesame

18

## sandwiches

*All sandwiches are served with a choice of side: French Fries, Sweet Potato Fries, Kettle Chips, Fruit Salad, Cottage Cheese*

### Deli Board

All Deli Board Sandwiches come with Lettuce, Tomato and Herbed Aioli  
**Meat:** Turkey, Ham, Grilled Chicken, Cajun Chicken, Tuna Salad  
**Cheese:** Cheddar, Swiss, American, Muenster, Aged White Cheddar  
**Bread:** Red Pepper Wrap, Gluten Free Wrap, Multi-Grain, White, French Baguette, Potato Bun

16

### Ribeye\*

Aged White Cheddar, Hot Pepper Jam, Fried Green Tomato, Arugula, Caramelized Onion, French Baguette

30

### Fried Pork Po Boy

Creole Aioli, Lettuce, Tomato, Red Onion, Sweet Pickle, French Baguette

15

### Fried Lake Perch

Lettuce, Tomato, Dill Tartar Sauce, Potato Bun

18

### MVCC Club

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

18

### Jerk Chicken

Muenster, Pineapple Mango Salsa, Cilantro Lime Yogurt, Potato Bun

15

### MVCC Cheeseburger\*

Brisket and Short Rib Blend Patty, Cheddar, Lettuce, Tomato, Red Onion, Pickle, Bacon, Secret Sauce, Potato Bun

20



\*CONSUMING RAW OR UNDERCOOKED MEATS, POULTRY, SEAFOOD, SHELLFISH OR EGGS MAY INCREASE YOUR RISK OF FOODBORNE ILLNESS.  
15% GRATUITY WILL BE ADDED TO PARTIES GREATER THAN 10. NON-MEMBERS ARE SUBJECT TO 20% SURCHARGE.

# SAND TRAP DINNER MENU

Available: 5-9 p.m. Tuesday-Saturday

## signature entrees

### Greek Platter

Chicken, Lamb, Onion, Sweet Pepper, Tzatziki, Basmati Rice, Naan

### BBQ Rubbed Pork Tenderloin

Guacamole, Pineapple Mango Salsa, Cilantro Lime Rice

### Thai Shrimp Skewer

Stir-Fry Vegetable, Tropical Rum Sauce, Cilantro Lime Rice

### Chicken Marsala

Mushroom, Lemon Grilled Asparagus, Seasoned Roasted Potato

24

### Crab Linguini

Olive Oil, Garlic, Fresh Herbs, Tomato, Lump Crab

30

22

### Pacific Halibut\*

Grilled Zucchini, Squash, Spicy Sausage Tomato Broth

34

28

### Surf and Turf

Pork Tenderloin, Crab Stuffed Shrimp, Lemon Grilled Asparagus, Seasoned Roasted Potato

30

26

## from the grill

### Meat

MVCC Signature Filet Mignon\* 30/48

Angus Reserve Ribeye Steak\* 38

Flat Iron Steak\* 22

BBQ Rubbed Pork Tenderloin 15

Thai Shrimp Skewer 20

Pacific Halibut\* 25

Kvaroy Artic Salmon\* 18

### Sides

French Fries 4

Sweet Potato Fries 6

Seasoned Roasted Potato 5

Cilantro Lime Rice 5

Garlic Madeira Mushrooms 6

Asian Vegetable 5

Lemon Grilled Asparagus 6

Grilled Zucchini, Squash 5

### Toppings

Shallot Confit 3

Maitre D'hotel Butter 3

Bordelaise Sauce 3

Horseradish Sauce 3

Tropical Rum Sauce 3

Pinapple Mango Salsa 3

Teriyaki Glaze 3

## desserts

### Chocolate Peanut Butter Cheesecake

Cookie Crust, Oreo, Honey Roasted Peanuts, Whipped Cream

10

### Banana Bread Pudding

Espresso Rum Caramel, Cinnamon Ice Cream

8

### Old Fashion Milkshake

Vanilla, Chocolate, Strawberry, Peanut Butter, Oreo, Topped with Whipped Cream and Cherry

8



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