

SAND TRAP

starters

Soup Du Jour Chef's Soup of the Day	5/7	Shrimp Spring Rolls Sesame Seed, Parsley, Chives, Cabbage, Ponzu Sauce, Wakame Seaweed	12
Fruit Parfait Berries, Granola, Vanilla Greek Yogurt	7	Pork Lettuce Wrap Baby Romaine Lettuce, Coconut, Lime, Cilantro, Green Onion Salad	10
Wisconsin Cheese Curds Golden Fried White Cheddar Cheese, Garlic Marinara	12	Proscuitto Wrapped Brie Peach, Balsamic, Grapes, Naan	20
Onion Petals Golden Fried Sweet Vidalia Onion, Yum Yum Sauce	10	MVCC Seared Ahi Tuna* Tri Pepper Crusted, Pickled Ginger, Wasabi, Soy, Wakame Seaweed	13/26
MVCC Chicken Wings Jumbo Drums and Flappers Choice of sauce: Garlic Buffalo, Thai Chili, Honey BBQ. Served with Celery, Carrots and Choice of Ranch or Blue Cheese Dip	13		

salads and bowls

Garden Salad Field Greens, Onion, Tomato, Cucumber, Carrot, Choice of Dressing	10	Cobb Salad* Romaine, Chicken, Bacon, Hard – Boiled Egg, Tomato, Point Reyes Blue Cheese, Avocado, Choice of Dressing	18
Caesar* Romaine, Pecorino Romano, Bacon, Garlic Herb Crouton, Parmesan Crisp	12	Dressings: Honey Cider*, Balsamic, Italian, Blue Cheese, Caesar*, Ranch, Strawberry Poppy Seed Salad Additions*: Grilled Chicken 6, Grilled Shrimp 10, Ahi Tuna 13, Organic Salmon 18, Flat Iron Steak 18, Smoked Salmon 18, Cajun Spiced 3	
MVCC Club Salad* Field Greens, Onion, Tomato, Dried Cherry, Hazelnut, Point Reyes Blue Cheese, Honey Cider Vinaigrette	12	Passion Fruit Sorbet Bowl Mango, Pineapple, Strawberry, Macadamia Nuts, Granola	16
Summer Fruit Salad Field Greens, Cucumber, Feta, Almond, Berries, Red Onion, Strawberry Poppy Seed	12	Teriyaki Chicken Bowl Yakisoba Noodle, Asian Vegetable, Shiitake Mushroom, Wakame Seaweed, Sesame	16

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, Bacon, Tuna Salad Cheese: Cheddar, Swiss, American, Pepper Jack, Herbed Ricotta Bread: Red Pepper Wrap, Gluten Free Wrap, Multi-Grain, White, Ciabatta Roll, Potato Bun	15	Smoked Beef Brisket Herbed Ricotta Cheese, Cipollini Onion, Bacon Jam, Spinach, Ciabatta Roll	16
MVCC Club Turkey, Ham, Bacon, Cheddar, Swiss, Lettuce, Tomato, Herbed Aioli, Multi-Grain	16	Fried Pork Po Boy Creole Aioli*, Lettuce, Tomato, Red Onion, Sweet Pickle, Ciabatta Roll	15
Fried Bologna Sweet Pickles, Onion, Pepper Jack Cheese, Potato Bun Add Fried Egg*, \$1	15	Fried Lake Perch Lettuce, Tomato, Dill Tartar Sauce, Potato Bun	16
		MVCC Cheeseburger* Half Pound Fresh Ground Steak Patty, Cheddar, Lettuce, Tomato, Red Onion, Pickle, Bacon, Secret Sauce, Potato Bun	15

cheese pizza

Crust: Original Hand Tossed, Gluten Free	10	Each additional topping, \$1.50	
Sauce: Pizza Sauce, Garlic Cream Sauce, Pesto		Meats: Pepperoni, Sausage, Salami, Ham, Chicken	
		Veggies: Banana Pepper, Onions, Olives, Peppers, Mushrooms, Pineapple	

*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

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



signature entrees

BBQ Rubbed Pork Tenderloin

Guacamole, Pineapple Mango Salsa, Cilantro Lime Rice

Thai Shrimp Skewer

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

22 Parmesan Chicken

Garlic Cream Sauce, Marinara, Haricot Vert, Seasoned Roasted Potato

26 Blackened Salmon Linguini

Garlic, Spinach, Artichoke, Cream, Pecorino, Lemon, Greek Yogurt

22

28

from the grill

Meat

- MVCC Signature Filet Mignon* 30/48
- Flat Iron Steak* 18
- BBQ Rubbed Pork Tenderloin 15
- Korean Style Baby Back Ribs, 16/32
- Thai Shrimp Skewer 20
- Parmesan Chicken 15
- Organic 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
- Haricot Vert 6
- Grilled Zucchini, Squash 5

Toppings

- Shallot Confit 3
- Roasted Garlic Butter 3
- Bordelaise Sauce 3
- Horseradish Sauce 3
- Tropical Rum Sauce 3
- Pinapple Mango Salsa 3
- Teriyaki Glaze 3

desserts

Passion Fruit Sorbet

Gluten-Free Almond Pound Cake, Raspberry Coulis

10

Strawberry Shortcake

Balsamic Reduction, Whipped Cream, Lemon Scone

8

Old Fashion Milkshake

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

8



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