



SANDTRAPS RESTAURANT

WELCOME TO:
BRING YOUR APPETITE

OUT OF THE HACK

GARLIC PRAWN SALAD (gfo)

Pan seared prawns, mixed greens, gem tomatoes, cucumber, watermelon radish, wonton chips, naan bites with a orange balsamic dressing \$19

PANCETTA CAESAR SALAD (gfo)

Romaine lettuce tossed with parmesan, croutons, Pancetta chips and a zesty Caesar dressing with garlic naan bites

Full \$16, Side \$8

Spruce it up, Chicken \$5 Prawns \$6 Halibut \$6 Steak \$6

ASIAN CHICKEN VERMICELLI SALAD BOWL

Seasoned chicken, mixed greens, cucumber, red onion, sesame seeds, vermicelli noodles, crispy wontons, served with ginger soya dressing. \$17

HOUSE GREEN SALAD (gfo)

Cucumber, gem tomatoes, watermelon radish, mixed greens with house made apple cider vinaigrette & naan bites

Full \$13 Side \$7

Spruce it up, Chicken \$5 Prawns \$6 Halibut \$6 Steak \$6

SOUP OF THE DAY (Always House Made)

Bowl with grilled bread \$6.25

Small bowl \$4.75

HURRY HARDS

Choice of Soup, Salad or Fries, Substitute Yam fries \$3,

Caesar \$3, Onion Rings \$3, Chippers \$2

GRILLED CHEESE (gfo)

Whole wheat bread with cheddar cheese grilled to perfection \$12

CLUBHOUSE SANDWICH (gfo)

Baked chicken breast, bacon, tomato, lettuce, mayonnaise, served on multigrain toast \$18

BLT SANDWICH (gfo)

Bacon, lettuce, tomato, mayonnaise served on multigrain toast \$14
without a side \$9

REUBEN (gfo)

Grilled marble rye piled with seared pastrami, sauerkraut, melted swiss and house dressing \$18

ON THE TEE BREAKFAST SANDWICH (gfo)

2 fried eggs, bacon and cheddar on a brioche bun \$14
without a side \$10

SANDTRAPS OPEN MONDAY-FRIDAY

11AM-9PM

ON THE BUTTON

TEX MEX NACHOS

Corn tortilla chips topped with green onions, jalapenos, tomatoes, jalapeno jack cheese, black olives. Served with sour cream and Jason's house made salsa

Sharing \$25, Personal \$17

Add Ground Beef \$8, Pulled Pork \$6, Extra Cheese \$5

CHICKEN WINGS (gfo)

Deep Fried, choice of Frank's Red Hot, Salt & Pepper, Lemon Pepper, Honey Garlic, Spicy BBQ or Bigfoot BBQ, served with ranch dip \$18

GARLIC DRY RIBS (gfo)

Pork riblets marinated in soy and garlic served with ranch dressing \$16

PORK KIMCHI DUMPLINGS

10 Dumplings served with sweet soya sauce \$16

8 Dumplings with summer salad \$18

CRAB CAKES (Sandtraps Favorite)

3 Crab Cakes served with crema dipping sauce \$15
with house salad \$18

CRISPY CALAMARI

Golden fried, green onion, served with crema dipping sauce \$16

YAM FRIES (gf)

Golden fried sweet potatoes served with chipotle dipping sauce \$12

Yam Poutine \$15

POUTINE (gf)

House cut fries, cheese curds and beef gravy \$13

Add pulled pork \$16

BASKET OF GOLDEN FRIED ONION RINGS \$10

BASKET OF CRISPY SEASONED CHIPPERS \$10

ASK YOUR SERVER FOR OUR DAILY FEATURES

PLEASE LET YOUR SERVER KNOW OF ANY ALLERGIES SO THEY CAN INFORM THE KITCHEN.

OUR DEEP FRYERS ARE NOT CELIAC FRIENDLY

SUBSTITUTE GLUTEN FREE BREAD \$2

FOR SPLIT PLATE SERVICE ADD \$2

PRICES DO NOT INCLUDE GRATUITY OR GST



SANDTRAPS RESTAURANT

WELCOME TO:
BRING YOUR APPETITE

WE KNOW BURGERS

Choice of Soup, Salad or Fries

Add fried egg to any burger \$2

Substitute Yam fries \$3, Caesar Salad \$3, Onion Rings \$3, Chippers \$2

BACON CHEDDAR BURGER (gfo)

6oz Alberta Beef house made patty, cheddar, bacon, lettuce, tomato, red onion, dill pickle, house sauce, served on a brioche bun \$19

ULTIMATE SPICY BBQ BURGER (gfo)

6oz Alberta Beef house made patty, spicy BBQ sauce, cheddar, jalapenos, lettuce, onion, tomato, spicy pickles, served on a brioche bun \$20

MUSHROOM SWISS BURGER (gfo)

6oz Alberta Beef house made patty, sauteed mushrooms, house burger sauce, lettuce, onion, served on a brioche bun \$21

BLACK BEAN CHIPOTLE VEGGIE BURGER (gfo) (nv)

Chipotle black bean patty, sauteed mushrooms, lettuce, tomato, pickle, onion, and a light crema sauce, served on a brioche bun \$19

PAN SEARED HALIBUT BURGER (gfo)

Seared Halibut filet, coleslaw, pickle, onion served on a brioche bun \$22

FLATBREAD PIZZAS

Featuring flatbread dough supplied by our local Rocky Mountain Flatbread Company

10" BBQ PULLED PORK (gfo) Club Favourite!

Made in house pulled pork and marinara sauce, mushrooms, red onion, with a drizzle of Bigfoot BBQ sauce \$22

10" SANDTRAPS MARGARITA (gfo)

Spinach, pesto, gem tomatoes, mozzarella & house made marinara sauce \$20

10" The Big Cheese (gfo)

House made marinara sauce smothered with melted mozzarella cheese \$16

6" PIZZA WITH ENSALADA (NO gfo)

Choose any of the above pizzas, served with a house salad \$18

SANDTRAPS FAVORITES

CHARBROILED STEAK SANDWICH (gfo)

6oz sirloin cooked the way you like on a garlic baguette, topped with onion rings and served with house cut fries and house salad \$20

CRISPY FISH & CHIPS (BEST IN CANMORE)

A classic served with house cut fries, creamy coleslaw and home made tartar sauce

Haddock 2 pieces \$19, 1 piece \$15

Halibut 2 pieces \$28, 1 piece \$21

Substitute Yam Fries \$3

SPAGHETTI AND MEATBALLS

Juicy house made meatballs and rich marinara sauce, baked with mozzarella served with garlic toast \$20

SESAME ORANGE VEGGIE BOWL (gfo)

Sauteed vegetables with sesame orange ginger sauce, served on brown rice with garlic naan bites \$17

Add Chicken \$5 Prawns \$6

HOMEMADE VEGETARIAN CHILI (gfo)

House made vegetarian chili finished with jack cheese and served with corn chips \$15

DESSERT *Yes please!!!!!!*

Warm Apple Galette

Served with a scoop of vanilla ice cream \$12

Warm Sticky Toffee Pudding

Drizzled in caramel sauce and a scoop of vanilla ice cream \$10

Ice Cream

Chocolate Chunk Espresso or Vanilla

Two Scoops \$5.50