

## Appetizers

### **Mozzalluna 9**

Deep fried, Italian breaded mozzarella served with marinara dipping sauce

### **Bavarian Pretzel Sticks 9**

Served with a side of honey mustard

### **Onion Rings 9**

Served with onion bloom sauce

### **Sand Springs Sampler 14**

Two mozzallunas, two pretzel sticks, and two chicken tenders

Served with honey mustard and marinara sauce

### **Cheese Quesadilla 8**

Shredded cheddar and Pico de Gallo in a flour tortilla

Add chicken 7

Add steak 9

Add mahi 9

Add vegetables 4

Sides of sour cream & salsa 2

### **Steamed Clams\* 12**

18 clams steamed with fresh basil, garlic, white wine, and butter

### **Boom Boom Shrimp 10**

Japanese-style tempura shrimp served with boom boom sauce

\* Gluten Free Items

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# Soups & Salads

## **Lotus Salad\* 14**

Sliced apples, dried cranberries, hard boiled egg, red onions, grape tomatoes, candied walnuts, and crumbled bleu cheese over mixed greens. Served with choice of dressing.

## **Asian Chicken Salad 16**

Grilled teriyaki chicken atop a bed of mixed greens, grape tomatoes, red onions, julienned carrots, mandarin oranges, & candied walnuts. Garnished with fried Chow Mein noodles. Served with choice of dressing.

## **Southwest Avocado Salad\* 16**

Grilled southwest chicken, fresh avocado, smoked bacon, grape tomatoes, red onions, southwest corn, and Pepper Jack cheese over chopped romaine lettuce with choice of dressing.

## **Keto Bowl\* 20**

Cucumber, red onion, baby Bella mushrooms, grape tomatoes & baby spinach tossed in a vinaigrette dressing. Garnished with cilantro lime cauliflower rice, grilled chicken, feta cheese & kalamata olives. Served with tzatziki dressing. **Substitute shrimp for an additional \$4**

## **The Wedge\* 12**

Iceberg lettuce wedge garnished with crispy bacon, cucumber, grape tomatoes, and crumbled bleu cheese. Served with choice of dressing.

## **Classic Caesar 10**

Chopped romaine lettuce topped with croutons, shaved parmesan & Caesar dressing.

## **House Salad\* 7**

Mixed greens topped with julienned carrots, red onion, cucumber, and grape tomatoes with choice of dressing.

## **Top Your Salad**

Grilled or Blackened Chicken 6	Crispy Chicken 6	Chicken Salad 8
Steak 11	Shrimp 10	Grilled or Blackened Salmon 13

## **Dress Your Salad**

Italian	Balsamic Vinaigrette	Raspberry Vinaigrette	Honey Mustard	French	
Ranch	Bleu Cheese	1,000 Island	Caesar	House Dressing	Boom-Boom

**Soup Du Jour** Cup 4 Bowl 6

**French Onion Au Gratin** Cup 6 Crock 8

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## *Sandwiches & Wraps*

*All Sandwiches & Wraps served with potato chips & pickles. Add French Fries for \$3.00  
Add Sweet Potato Fries or Onion Rings for \$4.00. Gluten Free Bun available for \$1.50*

### **California Club 15**

Roasted turkey breast, bacon, arugula, red onion, avocado, tomatoes, choice of cheese, & pesto mayo on a brioche roll

### **Sand Springs Country Club 16**

Roasted turkey breast, American cheese, bacon, lettuce, tomato, & mayo on three slices of toasted bread

### **Philly Cheesesteak 15**

Beef cheesesteak with sweet peppers, fried onions, & choice of American, Provolone, Swiss, or “Whiz” on a hoagie roll

### **South Philly Chicken Cheesesteak 15**

Diced chicken, baby spinach, sweet peppers & provolone cheese on a hoagie roll

### **19th Hole 12**

Sausage patty, topped with pulled pork, crispy bacon, cheddar cheese, & onion straws on a brioche roll

### **Clubhouse Chicken 13**

Grilled or breaded chicken, crispy bacon, sautéed mushrooms, & honey mustard on a brioche roll

### **Spicy Chicken 13**

Spicy breaded chicken, pickles, lettuce, tomatoes, & Boom-Boom sauce on a brioche roll

### **Turkey, Apple & Brie Sandwich 17**

Roasted turkey breast, apples, brie cheese, arugula, hot pepper jelly, & dijon mustard on a brioche roll

### **Shrimp Po Boy 18**

Battered shrimp, Cajun remoulade, lettuce, and tomato oven baked and served on a hoagie roll

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## Pizza & Flatbreads

	<u>12" Pan or Thin Crust</u>	<u>11"x17"</u>
<b>Cheese</b>	12	15
<b>Sand Springs Pizza</b>	17	23
Crispy chicken, bacon, ranch, BBQ		
<b>Additional Toppings</b>	1.75	2.25
Anchovies, Bacon, Black Olives, Broccoli, Grilled Chicken, Ham, Hot Peppers, Sweet Peppers, Mushrooms, Onion, Pepperoni, Sausage, Spinach, Meatball, Extra Cheese		
*Gluten Free Cheese Pizza	15	
Cheese Flatbread	8	
Pickle, Bacon, Ranch Flatbread	11	
Bruschetta Flatbread	9	
Fresh bruschetta & mozzarella with balsamic glaze		
Chicken Bacon Ranch Flatbread	11	
Crispy chicken, diced bacon, mozzarella cheese, ranch & BBQ drizzle		

## Wings

**Order (12) 12      Half Order (6) 7**  
**3/4 lb. Boneless Bites 14**

Mild	Cajun Bleu Cheese
Hot	Hot Blonde
BBQ	Red Garlic
Butter Garlic	Sweet Teriyaki
Hot Butter Garlic	Kickin Bourbon
Honey Mustard	Mango Habanero
Golden Flyer	Garlic Parmesan
Chipotle Ranch	Old Bay Dry Rub
Campfire	Cajun Dry Rub
Thai Chili	Jamaican Jerk Dry Rub
Boom Boom	Hot Honey Garlic

Add Bleu Cheese or Ranch & Celery 2.50    Add Extra Sauce 2.50

## Build Your Own -10

### Choose your Burger:

8 oz. Beef Patty  
 Grilled or Crispy Chicken Breast  
 7 oz. Garden Burger

### Choose your Bun:

Brioche      Wrap  
 Pretzel      Croissant  
 Gluten-Free Bun (+\$1.50)

### Choose your cheese - \$0.50 each

Mozzarella	American
Whiz	Provolone
Pepper Jack	Swiss
	Cheddar

### Choose your toppings - \$0.50 each

Leaf Lettuce	Banana Peppers
Spinach	Hot Cherry Peppers
Tomato	Jalapeno Peppers
Red Onion	Pico de Gallo
Crumbled Bleu Cheese	Bruschetta
Pickles	Sautéed Mushrooms
	Sautéed Onions

### Upgraded Toppings - \$1.75 each

Bacon	Pepperoni
Avocado	Fried Egg
Onion Rings	Hash Brown
Mozzarella	Pineapple

**Sauces:** Ranch, BBQ, Marinara, Mayo, Honey Mustard, Horsey, Balsamic Glaze, Boom-Boom, Buffalo, Tzatziki

*All Burgers served with potato chips & pickles.  
 Add French Fries for \$3.  
 Add Sweet Potato Fries or Onion Rings for \$4.  
 Add Maple Syrup for \$1.00.*

## *Pub Platters*

### **Chicken Fingers 16**

Crispy chicken tenders served with choice of BBQ sauce or honey mustard and French fries.  
Make them buffalo tenders 17

### **Beer Battered Fish & Chips 20**

Three Corona battered fish wedges served with French fries, coleslaw and a side of tartar sauce

### **Fish Tacos 18**

Blackened mahi, shredded lettuce, Pico de Gallo & shredded cheese served with salsa, sour cream & Spanish rice

### **General Tso's 19**

Choice of chicken or beef tossed in a spicy oriental sauce served over white rice & garnished with broccoli  
Served with a side salad

### **Chicken Pot Pie 16**

Cubed chicken, mixed vegetables & supreme sauce topped with a pie crust. Baked until golden brown.  
Served with a side salad

## *Pasta*

*All Pasta Entrees served with choice of Side Salad or Cup of Soup du Jour*

### **Sand Springs Parmesan**

Your choice of protein, topped with marinara and melted mozzarella served over pasta

Eggplant 18    Chicken 24    Shrimp 21    Veal 26

### **Cheese Ravioli 18**

Jumbo cheese ravioli tossed in homemade marinara sauce

Add Meatballs 5    Add Sausage 6

### **Grandma Cavatelli 16**

Cavatelli handmade the old-fashioned way, tossed with marinara, vodka, or Fra Diavolo sauce.

*Served with Garlic Bread*

### **Fresco Pasta 15**

Pasta tossed with tomatoes, spinach, white wine, Italian seasonings, and parmesan cheese

Add Chicken 6    Add Steak 11    Add Shrimp 10

### **Pasta & Meatballs 19**

Pasta of the day tossed in your choice of homemade marinara, vodka, or Fra Diavolo sauce, served with meatballs

### **Tortellini Rebecca 17**

Cheese tortellini tossed with chicken, broccoli, butter, garlic, and parmesan cheese

\*Substitute gluten free penne pasta in any dish \* + 2

## Entrees

*All Entrees served with choice of Side Salad or Cup of Soup du Jour, Chef's choice of potato and vegetable*

### **Chicken Bruschetta\* 25**

Boneless chicken breast, sautéed and topped with provolone cheese & homemade bruschetta.  
Oven baked and drizzled with balsamic glaze

### **Keto Chicken with Balsamic Cream Sauce\* 22**

Pan seared chicken breast, baby Bella mushrooms, baby spinach, bacon, balsamic vinegar & cream

### **Twin Filet Mignon\* 32**

Two 4oz filets, pan seared and cooked to your liking. Topped with herb butter

### **Delmonico Steak\* 33**

12 oz. hand cut steak, nicely seasoned and cooked to your liking.  
Topped with sautéed baby Bella mushrooms and onions, & finished with herb butter

### **Lotus Salmon\* 28**

Pan seared Faroe Island Salmon, topped with a chipotle brandy butter sauce

### **Crab Au Gratin\* 37**

Jumbo lump crabmeat simmered in a mornay sauce or brown butter and oven baked

### **Baked Haddock\* 24**

Haddock filet nicely seasoned, oven baked and topped with a lemon butter sauce

\* Gluten Free items

## Side Dishes

French Fry Basket 7

Sweet Potato Fries 8

Potato du jour 4

White or Spanish Rice 5

Cauliflower Rice 7

Side of Pasta 5

Applesauce 3

Vegetable Du Jour 3

Side Salad 5

Side of coleslaw 3

Sautéed Mushrooms 3

Sautéed onions 3

Side of gravy 2

Side of sausage 6

Side of meatballs 5

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