

Appetizers

Mozzaluna 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 mozzalunas, 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

Crab Stuffed Mushrooms 12

Crab imperial stuffed in mushroom caps, oven baked & served with a lemon garnish

Shrimp Cocktail* 16

Jumbo shrimp, cocktail sauce & a lemon garnish

*** 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.

Winter Salad * 16

Mixed greens and arugula topped with mandarin oranges, candied walnuts, crispy bacon, red onions, dried bleu cheese, dried cranberries & grilled chicken. Served with choice of dressing.

Mediterranean Salad* 15

Mixed greens topped with kalamata olives, artichoke hearts, cucumbers, grape tomatoes, red onions & feta cheese. Served 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*

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

Mahi Wrap 17

Blackened mahi, pico de gallo, lettuce, pepperjack cheese & boom boom sauce wrapped in a
tortilla

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Pizza & Flatbreads

	<u>12" Pan or Thin Crust</u>	<u>11"x17"</u>
Cheese	12	15
Sand Springs Pizza	17	23
Crispy chicken, bacon, ranch, BBQ		
Additional Toppings	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
 Onion Rings Fried Egg
 Mozzaluna Hash Brown

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

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

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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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