

STARTERS & FINGER FOOD

NACHOS	– <i>Chicken or beef, oven baked with 3 cheese blend, tomatoes, onions, olives & jalapeños served with salsa & sour cream</i>	: \$12.95
CRISPY CRAB CAKES	– <i>2 cakes, made in house, breaded in Japanese panko bread crumbs, served with dipping sauce</i>	: \$10.95
SAUTÉED PRAWNS OR CRAB CLAWS	– <i>Pan fried in herb butter & served with saffron rice</i>	: \$10.95
SEAFOOD MUSHROOM CAPS	– <i>Mushrooms stuffed with a special blend of seafood and cream cheese, topped with a light sprinkle of Parmesan cheese and served with garlic toast</i>	: \$9.95
ESCARGOT	– <i>12 snails, nested in 6 mushroom caps, sautéed in our herb butter, then baked to perfection</i>	: \$8.95
CALAMARI	– <i>Breaded & lightly fried to a golden brown, topped with red onion & served with tzatziki</i>	: \$9.95
ROASTED GARLIC & BRIE	– <i>Whole garlic clove & a baked Brie wheel, drizzled with raspberry coulée & served with herb baguettes</i>	: \$10.95
BAKED SPINACH & ARTICHOKE DIP	– <i>Spinach and artichoke blended with cream cheese topped with tri-cheese & served with tortilla chips</i>	: \$10.95
GINGER BEEF	– <i>Crispy tender beef strips, tossed in a spicy ginger sauce, served over top of a bed of rice or thai noodle</i>	: \$9.95
SANDBAR WINGS	– <i>Cajun (hot), honey garlic, teriyaki, lemon pepper, oriental Thai, Sandbar special wings, or BBQ</i>	: \$9.95
DRY RIBS	– <i>Garlic ribs tossed in salt, pepper, & lemon juice – 1lb</i>	: \$9.95
CHICKEN STRIPS	– <i>5 crispy strips, served with honey mustard, plum or sweet chili</i>	: \$9.95
POTATO SHELLS	– <i>4 half shells, stuffed with cheese, bacon bits & green onions, served with sour cream</i>	: \$8.95
BRUSCHETTA	– <i>Served on rosemary herb bread, topped & baked with cheese</i>	: \$7.95
PITA BREAD	– <i>Served with tzatziki dip</i>	: \$7.95
POUTINE	– <i>Home fries, smothered with cheese & gravy</i>	: \$6.95
FRIES	– <i>Home made fries</i> \$4.95 <i>Add Gravy</i>	: \$1.00
ONION RINGS	– <i>Served with tartar sauce</i>	: \$6.95
SANDBAR LATTICE FRIES	– <i>Topped with cheese & green onions, served with honey mustard</i>	: \$6.95

LUNCH ITEMS

ALL LUNCHES SERVED WITH YOUR CHOICE OF SOUP, FRIES, CAESAR OR HOUSE SALAD

BLT SANDWICH	– <i>Classic BLT</i> : \$8.95 <i>Add cheese for a BLTC</i> : \$1.00
CLUBHOUSE	– <i>A classic triple layer sandwich with smoked turkey, bacon, cheese and mayo</i> : \$11.95
REUBEN	– <i>Shaved pastrami, sauerkraut, swiss cheese & Dijon mustard all on lite rye bread</i> : \$10.95
BEEF DIP	– <i>Shaved beef on a french loaf served w/ au jus</i> : \$9.95
HAM & TURKEY MELT	– <i>Served with swiss cheese, red onion on foccacia bread</i> : \$10.95
HALIBUT & CHIPS	– <i>Beer battered & served with fries – 1pc</i> : \$11.95 <i>2pc</i> : \$14.95
QUESADILLA	– <i>Beef or chicken, tomatoes, green onion & cheese with salsa & sour cream</i> : \$10.95
8OZ NEW YORK SANDWICH	– <i>Canadian Angus Beef</i> : \$11.95
VEGGIE WRAP	– <i>Tomato, lettuce, cucumber, red pepper & three cheese blend, all tossed in a creamy dressing & wrapped in a tomato tortilla</i> : \$8.95
THAI CHICKEN WRAP	– <i>Chicken breast, thai noodles & bean sprouts, on a bed of greens tossed in a creamy oriental dressing. Served with garlic toast</i> : \$10.95
CRISPY CHICKEN WRAP	– <i>A wrap with all the crunch and low in fat, chicken, tomatoes, spring mix salad, ranch, cheese and crunchy tortilla chips</i> : \$10.95

SOUPS & SALADS

ALL FULL ORDER SOUPS & SALADS ARE SERVED WITH GARLIC TOAST

SOUP DU JOUR – *Full order* : \$5.95 – *Cup* : \$3.25

NEW ENGLAND CLAM CHOWDER – *Full order* : \$6.50 – *Cup* : \$3.95

BAKED FRENCH ONION – *Topped with puffed pastry* : \$7.95

LOBSTER BISQUE – *A creamy lobster soup served with real lobster meat* : \$7.95

SOUP OF THE DAY & SALAD – *Choice of caesar or garden salad* : \$8.95

EAST COAST BOUILLABAISSSE – *Lobster, scallops, prawns, white fish, salmon and mussels in a fish broth, served with garlic toast* \$9.95

CHEF SALAD – *Your choice of dressing* : \$12.95

BERT'S FAMOUS CAESAR SALAD – *For garlic lovers* : \$8.95 *Starter size* : \$6.95

MIXED GREENS HOUSE SALAD – *Your choice of dressing* : \$7.95 *Starter size* : \$5.95

TUSCANY SPINACH – *Fresh spinach tossed in our house dressing topped with tomato wedges, bacon bits & mushrooms* : \$9.95 *Starter size* : \$7.95

GREEK SALAD – *Tomatoes, peppers, cucumber & onions tossed in a light vinaigrette topped with feta & olives* : \$9.95 *Starter size* : \$7.95

STRAWBERRY ALMOND FETA – *Mixed greens tossed in a raspberry vinaigrette, topped with fresh strawberries, almonds & feta cheese* : \$11.95

ORIENTAL CHICKEN – *Chicken breast, thai noodles and bean sprouts served on a bed of greens tossed in a creamy oriental dressing* : \$11.95

SANTA FE CHICKEN – *Cajun chicken, feta, black beans & corn, tossed in a vinaigrette, served with tortillas, salsa & guacamole* : \$12.95

ADD A CHICKEN BREAST, PRAWNS OR LOBSTER MEAT TO ANY SALAD FOR 4.95

BURGERS

BEEF OR CHICKEN. CHOICE OF SOUP, FRIES, CAESAR OR HOUSE SALAD.

ALL BURGERS ARE MADE IN HOUSE FROM SCRATCH.

THE SAND BAR CLASSIC – *A traditional homemade hamburger* : \$7.95 *add Cheese* : \$1.00

THE B.C. – *Classic bacon & cheddar burger* : \$9.95

THE SAND BAR SPECIAL BURGER – *A loaded burger. Bacon, mushrooms & cheese* : \$10.95

THE SANTA FE BURGER – *A little taste of Mexico. Jalapenos, topped with melted cheese* : \$10.95

VEGGIE BURGER – *A vegetable based patty (not soy), topped with mushrooms and cheese* : \$9.95

BUFFALO BURGER – *A healthier alternative to beef, topped with cheese* : \$9.95

THE AQUATICO BURGER – *The Grand Daddy. A patty topped with bacon, mushrooms, 2 onion rings, BBQ sauce, and cheese. You may need a fork and knife* : \$11.50

PASTA

SEAFOOD PENNE – *Lobster, scallops, prawns & mussels in a light brandy & sherry tomato sauce. Seafood lovers delight, served with garlic toast* : \$14.95

STIR FRY – *Prawn, Chicken or Beef, served with over a bed of rice or pasta* : \$13.95

GINGER BEEF – *Crispy tender beef strips, tossed in a spicy ginger sauce then served on rice or thai noodles* : \$13.95

FETTUCCHINE ALFREDO – *A rich and creamy alfredo sauce topped with parmesan cheese and served with garlic toast* : \$10.95

Add Chicken or Prawns : \$4.95

FETTUCCHINE OR PENNE MARINARA – *A rich creamy garlic and tomato sauce served on your choice of fettuccine or penne noodles with garlic toast* : \$10.95

Add Chicken or Prawns : \$4.95

MAIN COURSES

ALL DINNER ITEMS SERVED AFTER 5PM. ALL DISHES SERVED WITH YOUR CHOICE OF HOUSE POTATO, BAKED POTATO OR OUR SPECIAL RICE & VEGETABLES

- CHICKEN SCHNITZEL – *6oz breaded chicken breast with mushroom gravy cream sauce* : \$14.95
CHICKEN PARMESAN – *Breaded chicken breast topped with our special tomato sauce and Parmesan cheese* : \$14.95
CHICKEN MARSALA – *6oz breast with a reduced mushroom marsala sauce (Marsala: A sweet Italian wine)* : \$15.95
LAMB SHANK – *Slowly roasted with vegetable and light tomato sauce, served with a rosemary demi-glaze* : \$16.95
CHICKEN CORDON BLEU – *Chicken wrapped with ham and swiss cheese, on a bed of white wine sauce* : \$16.95
SALMON FILLET – *8oz wild salmon fillet served with a fresh dill lemon caper sauce* : \$17.95
FULL RACK OF BABY BACK RIBS – *Tender pork ribs smothered in our BBQ Sauce* : \$18.95
CHICKEN NEPTUNE – *6oz breast topped with seafood & hollandaise* : \$21.95
HALIBUT FILLET – *8oz halibut cooked to perfection, served with a lemon bernaise sauce* : \$22.95



STEAK & SEAFOOD

- AAA NEW YORK STEAK – *8oz* : \$16.95 *10oz* : \$19.95
AAA RIB STEAK – *10oz* : \$19.95 *Add mushrooms* : \$2.95
STEAK NEPTUNE – *8oz New York topped with seafood & hollandaise* : \$23.95
T-BONE STEAK – *14oz served with garlic mushrooms & onion rings* : \$25.95
STEAK & CRAB CLAWS – *8oz New York & 6 crab claws sautéed in herb butter* : \$25.95
STEAK & PRAWNS – *8oz New York & 3 monster prawns sautéed in herb butter* : \$25.95
FILET MIGNON – *8oz bacon wrapped tenderloin with peppercorn sauce* : \$26.95
STEAK & LOBSTER – *8oz New York & 4oz lobster tail with drawn butter* : \$34.95
STEAK & CRAB LEGS – *8oz New York & 1lb of King Crab legs* : \$36.95
CALAMARI DINNER – *Greek salad with rice & pita bread* : \$21.95
PRAWN DINNER – *5 monster prawns sautéed in herb butter* : \$24.95
CRAB CAKES & PRAWNS – *2 breaded crab cakes & monster prawns* : \$24.95
EAST COAST BOUILLABAISSSE – *A seafood medley soup with saffron rice & focaccia bread* : \$24.95
LOBSTER DINNER – *Two 4oz lobster tails* : \$39.95
CRAB LEGS DINNER – *1 ½ lbs of king crab legs* : \$39.95