

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

Ahi Tuna* 13

Ahi Tuna cooked medium rare, served over spring mix with a balsamic glaze

Boom Boom Shrimp 10

Japanese-style tempura shrimp served with boom boom sauce

Beef Teriyaki Skewers 10

Filet tips marinated in teriyaki sauce, served with stir-fried rice

Sand Springs Nachos 15

Waffle fries topped with seasoned ground beef, diced tomatoes, shredded cheese, black olives, jalapenos,
& shredded lettuce **Substitute chicken for an additional \$2**

*** 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

Lotus Panini 15

Choice of breaded eggplant, chicken, or roast beef topped with sweet peppers, pesto, choice of cheese
& balsamic glaze on grilled panini bread

Black & Bleu Steak Sandwich 17

Blackened filet tips, Pico de Gallo, shredded lettuce, crumbled bleu cheese & balsamic glaze
on a brioche 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

Maryland Crab Cake 19

Maryland crab cake, pan-fried and topped with lettuce, tomato, and cajun mayo on a brioche roll

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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
 Ghost Pepper 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
 Mozzaluna 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

Salisbury Steak 16

Seasoned sirloin steak patty smothered in mushroom gravy. Served with French Fries & coleslaw

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

Mediterranean Chicken* 24

Boneless chicken breast sautéed with artichoke hearts, baby spinach, grape tomatoes, green olives, oregano, garlic, & feta cheese

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

Pork Porterhouse* 24

10 oz. pork porterhouse, pan seared, served in your choice of sauce: Calabrese, Honey Cajun or Salt & Pepper

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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