

THE SAND BAR

Breakfast

From 7 a.m. till 2:30 p.m.

The First Tee Breakfast

Two eggs cooked to your liking, served with your choice of bacon or sausage with potatoes and your choice of toast
\$11

Create your own Omelet

Bacon, sausage, bell pepper, onion, tomato, black olives, mushrooms, spinach and cheddar cheese (egg whites and egg beaters available) Served with potatoes, and a side of your choice of toast
\$13

Homemade Pancakes

A stack of freshly made pancakes hot from the griddle served with butter and maple syrup
\$10

Yogurt Parfait

Yogurt layered with granola and fresh strawberries
\$8

Oatmeal

Served with raisins and brown sugar
\$4

Starters

Lunch Menu 11 a.m. - 2:30 p.m.

Lowcountry She Crab Soup

With fresh crab meat and laced with sherry
cup 5.50 bowl 7.50

Housemade Soup of the Day

cup 5 bowl 6

Spicy Island Wings

Jumbo wings tossed in buffalo sauce served with blue cheese, celery and carrots
8

Salads

Cobb Salad

A bed of crispy garden greens topped with black olives, diced tomatoes, crumbles blue cheese, chopped bacon, sliced avocado, hard-boiled egg served with roasted chicken and your choice of dressing
10

Caesar Salad

Crisp romaine, croutons and anchovies tossed in our creamy housemade Caesar dressing
7

Salad and Soup

Our soup of the day or she crab bisque with choice of Caesar salad or Sand Bar house salad
7

Additions from the Grill

Shrimp 8 Grilled Grouper 12
Chicken Breast 5 Sirloin Steak 11

Sandwiches

All sandwiches served with coleslaw, and French fries

Sand Bar Club Sandwich

Classic triple decker with thin sliced turkey and ham, bacon, lettuce and tomatoes with your choice of bread
Bread Selection – whole wheat, rye
Make it a wrap – low carb
10

Links Angus Beef Burger

Half pound of fresh Angus beef, grilled to perfection, served with tomato, lettuce, onion and pickle
10

Choice of Accompaniments

Avocado, Bacon, Sautéed Onions, Sautéed Mushrooms and Chili
50¢ each

Sand Bar's Jumbo Hot Dog

Quarter pound all-beef frank on a hoagie roll
6

Choice of Accompaniments

Guacamole, Bacon, Sautéed Onions, Sautéed Mushrooms and Chili
50¢ each

Lowcountry Grouper Sandwich

Grilled, blackened, jerk seared or fried with tartar sauce
12

Pulled Pork BBQ Sandwich

With Carolina mustard BBQ sauce
9

Chicken and Cheese Quesadilla

With green onions and jalapenos served with guacamole, sour cream and pico de gallo
10