



SPECIALS

\$11 SOUP & SANDWICH FEATURE AVAILABLE 11-4

DAILY FEATURES 4 to Close

MONDAY

Flatbreads Night

Carnivore, Pop Eye & Olive Oyl, Cheese or Feature \$15

TUESDAY

Steak Night

Signature Steak Sandwich. 6oz sirloin, baguette, onion rings, served with fries and summer salad \$13.

WEDNESDAY

Appy Night

25% off all Front Nine starters

THURSDAY

Fish Night –Made in House

2 Piece Haddock & Chips \$13

2 Piece Halibut & Chips \$18

FRIDAY:

Jay's Full Rack Rib Night.

Full Rack of Ribs with creamy coleslaw, fries and baked beans \$19

SATURDAY AND SUNDAY

Ever Changing, ask your server for the night's selection.



BREAKFAST UNTIL 11AM

ON THE TEE ^{GFO}

The all time Sandtrap's favourite. 2 fried eggs, melted cheddar and your choice of sausage, ham or bacon on a Kaiser \$9

STANDARD SUNRISE ^{GFO}

2 eggs any style with your choice of bacon, ham, or sausage served with home fried potatoes and whole wheat toast \$11

MINI SUNRISE ^{GFO}

For smaller appetites, half the size of the standard sunrise. 1 egg any style with your choice of bacon, ham or sausage served with home fried potatoes and whole wheat toast \$7

EYE OPENER ^{GFO}

2 eggs any style served with home fried potatoes and whole wheat toast \$8

EGGS BENEDICT

2 poached eggs and ham on an English muffin topped with hollandaise sauce and served with home fried potatoes \$13

STEAK AND EGGS ^{GFO}

6oz sirloin steak, 2 eggs any style, home fried potatoes and whole wheat toast \$18

BREAKFAST COBB SALAD ^{GFO}

Bacon, roast turkey, feta cheese, avocado salsa, tomato, and fried egg on summer greens with garden ranch dressing and garlic naan bread \$17

B.L.T ^{GFO}

Bacon. Lettuce. Tomato. On multigrain toast \$9 With home fried potato \$11

HAM & CHEESE OMELETTE ^{GFO}

3 egg omelette folded with Valbella smoked ham and mozzarella cheese served with home fried potatoes and whole wheat toast \$11

CHOCOLATE CHIP BANANA BREAD FRENCH TOAST

With whip cream, fresh berries, & maple syrup \$10

SIDE OF HAM, BACON, OR SAUSAGE \$4

ENGLISH MUFFIN, SIDE OF TOAST, TOMATOES, OR HOME FRIED POTATOES \$3

GLUTEN FREE BREAD SUBSTITUTION \$2



OUT OF THE ROUGH

The moment the average golfer attempts to play from long grass or a bunker or from a difficult lie of any kind, he becomes a digger instead of a swinger.
- Bobby Jones



INTO THE GREEN

Additions

Chicken \$5

Halibut \$6

Steak \$6

Tuna \$6

Chorizo \$5

Shrimp \$5

Garlic Bread-2pc \$2

Gluten Free Bread \$2

TUNA STEAK GREEN SALAD^{GFO}

Seared tuna steak, mixed greens, toasted wontons and sesame dressing with grilled naan bread \$18

FRUIT AND NUT^{GFO}

Mixed greens dressed with strawberries, toasted almonds, feta cheese, & maple balsamic dressing \$16.50

SOUTHWEST SALAD^{GFO}

Mixed greens, corn, black beans, tomato, green onions, and creamy avocado cilantro dressing with grilled naan bread \$15

CAESAR SALAD^{GFO}

Romaine lettuce tossed with parmesan, croutons, bacon & *Boccolino Grotto Hail Caesar* dressing with garlic naan bread. Regular Size \$13 Side \$7

SUMMER SALAD^{GFO}

Cucumbers, carrots, grape tomatoes, radish, mixed summer greens with house-made apple honey cider vinaigrette and garlic naan bread. Regular \$11 Side \$6

DAILY SOUP always house-made
Large Bowl with grilled bread \$6.25

GFO (gluten free option) some of our meals are naturally gluten free and some require substitutions. Our deep fryers are not celiac friendly. For your safety please ensure you advise your server of any allergies or dietary considerations. For split plate service add \$2



FRONT NINE

This menu page offered at 25%
Discount on Wednesday after
4pm

BAKED NACHOS^{GF}

Corn tortilla chips topped with green onions, jalapenos, tomatoes, jalapeno jack cheese and served with sour cream and Jason's house-made salsa

Sharing Size \$25 Personal Size \$17 Extra Cheese \$4/\$2

Add Chicken \$5 Ground Beef \$5 Southwest Topping \$4

DRY RIBS^{GF}

Pork riblets marinated in soy and garlic served with ranch dressing and spicy pickles \$14

CHICKEN WINGS^{GF}

Frank's Red Hot, salt and pepper, lemon pepper, honey mustard, *Bow Valley BBQ Winged Buffalo* or *Bigfoot BBQ* served with ranch dip and spicy pickles \$17

CRAB CAKES

3 crab cakes served with an herbed crema \$14

With summer salad \$17

SHRIMP PO BOY TACO^{GFO}

2 soft shelled flour tortillas, fried shrimp, red cabbage, and chipotle cream \$14

SHORT RIB TACO^{GFO}

2 soft shelled flour tortillas, slow cooked short rib, pickled cabbage & creamy avocado salsa \$14

YAM FRIES^{GF}

Golden fried yam potato, green onion, chipotle cream drizzle \$11

POUTINE

House cut fries, cheese curds and beef gravy \$11

MONTREAL SMOKED MEAT POUTINE

House cut fries, cheese curds, steamed smoked meat and beef gravy \$14

GARLIC PARMESAN FRIES^{GF}

House cut fries with garlic and shaved parmesan cheese \$9

BASKETS

Yam Fries \$8 Onion Rings \$8 Chippers \$8 House Cut Fries \$7

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CLUBHOUSE FAVOURITES

Mighty Condor – As unlikely as a hole-in-one is on a par-three, imagine making one on a par-five. This highly unusual shot, informally known as a condor, has only been verified four times! (2013)

Breaking Barriers – Long before Annika Sorenstam competed in the 2003 Bank of America Colonial, Babe Zaharias became the first – and only – female golfer to make the cut at a PGA TOUR event, shooting 76 and 81 during the first two rounds of the 1945 Los Angeles Open.

Bird...ie – While playing in Atlantic City, N.J., in 1889, Ab Smith hit a shot he defined as a “bird of a shot.” His description ultimately led to one of the game’s most popular terms, which golfers regularly aim for – “birdie.”

Bring Your Parka – Northern Canadian territory Nunavut’s annual Toonik Tyme Festival includes a nine-hole golf tournament. With temperatures well below freezing, golfers play on a sheet of ice, using fluorescent balls, in fear of losing them in the snow.

Moonwalking – To this day, golf is one of only two sports, along with the javelin throw, to have ever been played on the moon. Back on February 6, 1971, Apollo 14 member Alan Shepard hit a ball with a six-iron, swinging one-handed as a result of his pressure suit.

STEAK SANDWICH ^{GFO}

6 ounce sirloin on grilled garlic baguette topped with onion rings, served with house cut fries and summer salad \$19

Tuesdays after 4pm \$13

FISH AND CHIPS ^{GFO}

A classic, served with house cut fries, creamy coleslaw, and tartar sauce

HADDOCK: 2 pieces \$17 1 piece \$13

Thursdays after 4pm, 2 pieces \$13

HALIBUT: 2 pieces \$26 1 piece \$19

Thursdays after 4pm, 2 pieces \$18

RICE BOWLS ^{GFO}

Sautéed vegetables with a sesame orange ginger sauce, served on brown rice with garlic naan bread \$17

With chicken, steak or seared tuna \$19

VEGETARIAN CHILI ^{GF}

Our house-made vegetarian chili garnished with jack cheese, served with corn chips \$12

PRAWN & LOBSTER LINGUINI

Tossed in a white wine cream sauce and topped with green onions. \$19

CHICKEN QUESADILLA

Seasoned chicken breast, grated cheese, salsa, green onions & tomato baked in a large flour tortilla with sour cream. \$16



SAND WEDGES

Choose a Side for your Sand Wedge. For 2 side choices add \$1.50

**Fries - House-made Daily Soup - - Caesar Salad - Coleslaw - Veggies with Ranch - Summer Greens with Honey
Apple Cider Vinaigrette - Chippers - Yam Fries - Brown Rice**

Gluten Free Bread \$2 Onion Rings \$2.50

For Split Plate Service add \$2

CLUBHOUSE ^{GFO}

Roast turkey, crisp bacon, tomato, lettuce and mayonnaise between two slices of sourdough toast \$17

LOBSTER CLUBHOUSE ^{GFO}

Chilled lobster, crisp bacon, tomato, lettuce & mayonnaise between two slices of multigrain bread \$18

ALBERTA BEEF BURGER ^{GFO}

Six ounce ground beef patty, cheddar, bacon, lettuce, tomato, red onion, dill pickle and burger sauce on a brioche bun \$18

SPICY BBQ BURGER ^{GFO}

Six ounce Alberta beef patty kicked up with some local flavour. *Bow Valley BBQ Buffalo Wing* sauce, jack cheese, jalapenos, lettuce, onion, tomato, and spicy pickles on a brioche bun \$19

OVER THE TOP BURGER ^{GFO}

Adding fried egg, chorizo sausage and Swiss cheese to our Alberta beef burger will have you hitting it hard \$22

VEGGIE BURGER ^{GFO}

Beyond meat patty, sautéed mushroom, lettuce, tomato, pickle, onion & *Boccolino Grotto Garden Ranch* on a brioche bun. \$15

PAN FRIED GRILLED TUNA BURGER ^{GFO}

Tuna Loin, tartar sauce, tomato, lettuce, pickles, onion on a brioche bun \$19

PAN FRIED HALIBUT BURGER ^{GFO}

Pan fried halibut fillet, coleslaw, pickle, onion on a brioche bun \$21

ON THE TEE – ALL DAY BREAKFAST SANDWICH ^{GF}

2 fried eggs, bacon, and cheddar on a brioche bun \$13 No side-\$9

BLT ^{GF}

Bacon, lettuce, tomato, mayonnaise, multigrain bread \$13 No Side \$9

MONTREAL SMOKED MEAT ^{GFO}

On sourdough rye, steamed, stacked, with Swiss cheese & ample dressing \$14

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FLATBREADS AND DESSERTS

Golf is so popular simply because it is the best game in the world at which to be bad. ~A.A. Milne

I have a tip that can take five strokes off anyone's golf game: it's called an eraser. ~Arnold Palmer

The number of shots taken by an opponent who is out of sight is equal to the square root of the sum of the number of curses heard plus the number of swishes. ~Michael Green, *The Art of Coarse Golf*, 1975

Add \$4 for gluten free crust

12" Flatbread Crusts from *Rocky Mountain Flatbread Company*

LIFE IS A CARNIVORE ^{GFO}

Short rib, chorizo, bacon, mushroom,
drizzle with BVBBQ BBQ sauce \$18

POPEYE AND OLIVE OYL ^{GFO}

Spinach, fresh tomatoes, goat cheese,
mozzarella and pesto tomato sauce \$15

THE CHEESE ^{GFO}

Tomato sauce & mozzarella cheese \$15

PIZZA AND A SALAD ^{no gf option}

A 6" version of one of the above with a
summer salad \$15

MOLTEN CHOCOLATE CAKE With a warm liquid chocolate centre \$8.50

STICKY TOFFEE PUDDING \$8

CHOCOLATE CHUNK ESPRESSO ICE CREAM Two Scoops \$4.50

VANILLA ICE CREAM A scoop for your dessert \$1.50 2 Scoops \$4.50

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TEAJA[®]
ORGANIC

Teaja teas are sourced directly from carefully selected tea gardens around the world, and hand-blended to produce the freshest and highest quality organic products. Proudly made in Canada. With imported ingredients.

Teaja Breakfast ●●●●

This classic breakfast blend of pure black teas can be enjoyed all day long. Superbly smooth and malty, it offers exceptional full-bodied richness with a light earthy finish. *Ingredients: organic black tea*

Earl Grey Cream ●●●●

A creamy alternative to traditional Earl Grey. This blend adds a touch of Tahitian vanilla and a smooth creamy taste to the bright notes of Italian bergamot. Indulge in the surprising decadence!

Ingredients: organic black tea, organic cornflower, natural flavoring

Booya! ●●●●●

This supercharged, fruity blend incorporates organic yerba mate and hibiscus flowers, both known for their antioxidant properties! Yerba mate acts as a stimulant, providing a sustainable boost in energy levels and mental alertness. Booya! *Ingredients: organic: yerba mate, black tea, ginkgo, hibiscus, lemongrass, blue cornflower.*

Simply Green ●●

A smooth cup of green tea without the bitter. This single origin pure green tea from Yunnan, China has been plucked from one of the finest tea gardens and is packed with potent antioxidants. The mellow and refreshing fruity notes make it a perfect Everyday green tea. *Ingredients: organic green tea*

After Ate ○

This soothing caffeine-free peppermint blend can be enjoyed after meals or simply because it tastes delicious.

Note: not suitable for pregnant or nursing mothers.

Ingredients: organic anise seed, organic fennel seed, organic licorice, organic peppermint, organic tulsi herb

Nana's Blueberry ○

Nana always believed that no challenge was too big to tackle after a good cup of tea. Inspired by visits to Nana's, this refreshing and vibrant caffeine-free blend contains floral and citrus notes with hints of blueberry, sage and rose. *Ingredients: organic rosehips, organic hibiscus, organic blueberries, organic cornflower blossoms.*

House of Bourbon ○

Uncover the aroma of bourbon and a smooth vanilla taste from this exceptionally delicious South African rooibos. Indulge freely in this creamy sweet tisane, which is completely caffeine-free and extremely rich in beneficial antioxidants. *Ingredients: organic rooibos, organic vanilla beans, organic vanilla extracts, natural flavoring*

Coconut Pu'erh ●●●●●

This energizing tonic balances the deep earthy taste of black pu'erh with the luxurious flavor of coconut and a touch of sweetness, resulting in an invigorating and delicious tea.

Ingredients: organic pu'erh black tea, organic coconut, organic calendula petals, natural flavoring

Powerhouse Peach ●●

Always a favorite! Don't let the subtly sweet peach flavors fool you; this white tea is also an antioxidant powerhouse that will keep you coming back for more.



MORE WINE-ING

WHITE WINE	6 oz	9oz	Bottle
Chablis Jean Paul & Benoit Drouin , Burgundy White Wine			
Chenin Blanc- Guinea Fowl , South Africa Try this one all on its own or paired with a fish dish	9	13	36
Chardonnay-Unoaked Schild Estate , Australia Well balanced with an intense depth of flavour	9	13	36
Chardonnay-Unoaked- Fielding Estate Winery -Niagra	9	13	36
Gewürztraminer- Hillside , Naramata Bench, Canada	9	13	36
Moscato, No Monkey Business, Craft & Origin	NA	NA	29 500mL
Organic White, Craft and Origin	NA	NA	29 500mL
Pinot-Grigio , Capagnola , Italy Re-	9	13	36
freshly dry with notes of honey			
Prosecco– Campagnola Italy	9	13	36
Reisling- Lemelson Think	9	13	36
lime leaf, jasmine, crystalized ginger and Meyer lemon.			
Rose- Long Weekend Wine Company , Canada	9	13	36
Not just a patio wine.			
Rose- Hillside , Naramarta Bench, Canada	NA	NA	39
Sauvignon Blanc- Domaine de la Portadiere , New Zealand	9	13	36
Vibrant and pure			
La Petit Lune Blanc, France	NA	NA	45
SANGRIA			
Colmado Casa Lolea, Red or White <i>Anna's favourite summer beverage!</i>	NA	NA	30
Dom Simon Sangria	9oz 7.50	1/2 L 11.75	
PORT			
Taylor 10 YO	2 oz pour \$6.75		



SOMETHING TO WINE ABOUT

REDS	6 OZ	9 OZ	Bottle
Baco Noir -Summerhill Pyramid Organic, Canada	NA	NA	45
Bordeaux Cru Bourgeois -Chateau Rouselle, France	NA	NA	45
Bordeaux - La Petit Lune Grand Vin, France	NA	NA	45
Cab Franc -Hester Creek, British Columbia	NA	NA	60
Cabernet Sauvignon - Ladybird, USA	9	13	36
Cabernet Sauvignon - Guenoc, USA	9	13	36
Cabernets - Summerhill Pyramid Organic, Canada	NA	NA	45
Carmignano DOCG - Piaggia Il Sasso, Italy	NA	NA	45
Chianti Classico - Rocca di Montegrossi, Italy	NA	NA	45
Gamay - Malivoire, Small Lot, Beamsville Bench, Canada	NA	NA	45
Malbec -Cuatro, Argentina	9	13	36
Merlot -Hillside , Naramata Bench, Canada <i>Silver winner at the 2017 Cascadia Wine Competition</i>	9	13	36
Merlot Malbec -Hillside, Naramata Bench, Canada	NA	NA	48
Pinot Noir - Ballard Lane , USA	9	13	36
Pinot Noir -Tour de Pech, France	NA	NA	36
Pinot Nero Rose Sparkling - Cantina Le Monde, Friuli <i>This is a MUST TRY, fresh and bubbly pinot noir is perfect on a patio day.</i>	9	13	36
Roble - Pagos de Araiz, Navarra <i>Selected for the Best Tinto Roble in appellation for the most consecutive years</i>	9	13	36
Sangiovese DOC Auxo Rosso, Spain	NA	NA	43
Shiraz -Boundary Line, Australia	9	13	36
Super Tuscan- Fattoria del Cerro Manero Rosso di Toscana	9	13	36
Valpolicella Classico DOC , Rubinelli Vajol, Italy <i>If you were to drink wine for breakfast, this should be the one.</i>	9	13	36
Valpolicella Ripasso -DOC, Italy	NA	NA	47



LIBATIONS

Signature Cocktails

APEROL SPRITZ 7.75

2oz Aperol, 4oz sparkling wine, soda

OLD FASHIONED 9.25

2oz Woodford Reserve, bitters, orange.

NEW YORK SOUR 9.25

2oz Forty Creek rye, lime juice, and red wine

TWO-ONE-TWO 9.75

2oz Espolon Tequila, 1oz Aperol, grapefruit juice

CLASSIC CAESAR 6.50

1oz Black Stallion Vodka, Worcestershire, Tabasco, Clamato & spicy pickled bean with a salted rim

EPSOLON MARGARITA ROCKS 9.75

2oz Espolon Blanco tequila, Triple Sec, Lime juice, salted rim and fresh lime

Coolers and Ciders

Smirnoff Ice 6.75

Mott's Caesar 6.75

El Jimador 5.50

Big Rock Apple or Pear Cider 6.75

MJ Spirits Mojito 7.75

Eau Claire Equinox Mule 7.75

Eau Claire Gin and Tonic 6.75

NUTRL Lemon Vodka Soda 5.50

NUTRL Cranberry Vodka Soda 5.50

Twisted Tea 5.50

Grizzly Paw Soda

Ginger Beer, Rootbeer, Orange 3.75

Juice/Soft Drinks Cranberry, orange, apple, grapefruit, lime, Clamato 2.38

Pepsi, Diet Pepsi, Iced Tea, Lemonade, 7Up, tonic water, soda water, gingerale 2.38

Coffee 2.38

Teaja Tea 2.38

Hot Chocolate 2.38

Milk 2.38

Virgin Cocktails 3.25

Beer

From our taps 16oz/60oz

Moosehead Lager

6.25/22

Brewster's Hawaiian Coconut Porter

7.25/24

Big Rock Czech Style Pilsner

6.75/22

Brewster's Jimmy's Easy IPA

6.75/22

350 mL Bottled Beer

Alexander Keiths 6.50

Budweiser 6.50

Bud Light 6.50

Canadian 6.50

Kokanee 6.50

Corona 7

Stella Artois 7.25

Canned Beer

Stanley Park Pilsner 355ml 6.50

Canmore Brewing Ten Peaks Pale Ale 500ml 8.75

Moosehead Radler 355ml 6.50

Grizzly Paw Rundlestone Session 500ml 8.75

Guinness 500ml 8.50

Kilkenny 500ml 8.50

PBR 500 ml 5.75

Brewster's River City Raspberry 6.50

Alpine Lager 355 ml 4.25

Spirits

Domestic Hi Balls 1oz pour 5.50

Premium Hi Balls 1oz pour 6—7.50

Liqueurs 1oz por 5.50

Shooters 1 oz pour 5.25-15

Non Alcoholic Beer

Heineken 0 375 ml 5.50

Budweiser Prohibition 355 ml 4.75