



DAILY SPECIALS
LOCAL ISLAND SEAFOOD
FRESH LOBSTERS
BURGERS • TACOS
NACHOS • WINGS
LOCAL BEER ON TAP
HAND CRAFTED COCKTAILS
FROZEN DRINKS • WINE
KIDS MENU
INDOOR & OUTDOOR DINING,
WITH 3 BARS

ON OAK BLUFFS HARBOR • 508.693.7111

MVSANDBAR.COM •   SANDBARMARTHASVINEYARD

•APPETIZERS•



Executive Chef – John M. White

Chicken Wings

wings (10) \$13.99 | (20) \$24.99
boneless zingers (6) \$12.99

your choice of traditional wings or our boneless style zingers. tossed in one of our signature sauces... served with celery and bleu cheese

signature sauces

mild buffalo | hot buffalo
Carolina style bbq | garlic parmesan
Jamaican Jerk bbq | mango-habanero | sweet & spicy Thai
hot honey | sweet teriyaki
Maryland style old bay seasoning
spicy sriracha dry rub
or try our famous "Judgement Day" sauce, if you dare... 

Truffle Fries \$9.99

seasoned with white truffle oil parmesan and garlic

Calamari \$13.99

calamari rings and tentacles with banana pepper rings, lightly fried, tossed with garlic & parmesan cheese. served with marinara sauce.

Maryland Style Crab Cakes ^{GF} \$18.99

2 fresh lump blue crab with a touch of old bay spice, pan seared, served with our island remoulade sauce

Lobster Mac & Cheese \$18.99

corkscrew pasta and local lobster come together in a rich creamy cheese sauce, served with toasted naan bread.

Island Ceviche ^{GF} \$19.99

local island lobster, with shrimp, crab and mahi, fresh citrus & cilantro. served with tortilla chips

Spinach & Artichoke Dip \$11.99

chopped spinach and artichoke hearts with a blend of four cheeses and just the right amount of spices, served with toasted naan bread • top with lobster or lump crab meat +\$16

Stuffed Avocado ^{GF} \$19.99

two avocado halves, stuffed with lump crab, goat cheese, tomato and chopped walnuts with cilantro vinaigrette and balsamic reduction

Quesadillas \$11.99

cheddar-jack cheese, tomatoes and green onions on a flour tortilla, with house made salsa and sour cream.

stuff your quesadilla with your choice;

sautéed mushroom, pepper & onion \$5

chicken (grilled or blackened) \$6 | buffalo style zingers \$8

smoked pulled pork \$6 | pepperoni & mozzarella \$5

grilled skirt steak \$12 | grilled shrimp \$10 | lobster or crab \$16

• add guacamole (small)+\$2 | (large)+\$5

•SIDES & SNACKS•

Baskets

fries \$6.99

truffle fries \$9.99

tater tots \$7.99

onion rings \$8.99

naan bread \$3.99

Sides

guacamole (small) \$2.5 | (large) \$5

queso sauce (small) \$2.5 | (large) \$5

rice & black beans \$5.99

fresh corn on the cob \$3.99

salad \$4.99

Caesar salad \$4.99

cole slaw \$3.99

fruit salad \$5.99

ask one of our beach bar staff members about purchasing your own sandbar t-shirt or hat!

please be advised that consuming raw or undercooked meat, poultry, eggs or seafood increases the risk of foodborne illness

allergy advisory – before placing your order, please inform your server if a person in your party has a food allergy.

mass. food code 105 cmr 590.009 (g) oak bluffs board of health

Nachos, Nachos, Nachos...

All nachos served with sour cream and salsa on the side
add guacamole (small)+\$2.5 | (large)+\$5

Classic Sand Bar Nachos \$12.99

fresh corn tortilla chips with your choice of chili or grilled chicken, topped with our queso cheese, mixed cheeses, tomatoes, jalapeno, and green onions.

Lobster Nachos \$22.99

topped with our rich lobster cheese sauce, crumbled cojita cheese, chopped lobster meat, tomato and green onions.

BBQ Pork Nachos \$13.99

smoked pulled pork, queso & mixed cheeses, drizzled with our Carolina style bbq sauce, tomatoes, jalapeno and green onions

Lobster Guacamole \$18.99

our fresh made guacamole topped with a quarter pound of lobster meat served with fresh corn tortilla chips

Chips & Salsa \$5.99 • Chips & Queso \$7.99

Chips & Guacamole \$8.99 • Chips Trio \$11.99

Loaded Sand Bar Tots \$12.99

crispy tater tots, loaded with queso sauce & mixed cheese, green onions, bacon, jalapenos, and drizzled with chipotle ketchup • add chili +\$4 | loaded fries or loaded onion rings also available

Fried Jalapeno Mac & Cheese Bites \$12.99

spicy, breaded and deep fried, with raspberry inferno sauce & ranch

Chilled from the Raw Bar ^{GF}

Katama Bay Oysters

\$17.99 (6 pcs) | \$32.99 (12 pcs)

Vineyard Little Neck Clams

\$10.99 (6 pcs) | \$16.99 (12 pcs)

Cocktail Shrimp (cooked)

\$17.99 (6 pcs) | \$27.99 (12 pcs)

Peel & Eat Shrimp (cooked)

\$16.99 (half pound) | \$26.99 (pound)

"buck a shuck" oysters and clams

Daily 9am till noon in the tap room bar

•SOUP & SALADS•

Classic New England Clam Chowder ^{GF}

cup \$6.99 | bowl \$9.99

our version of this New England classic is made from scratch in house daily, and completely gluten free, it starts with bacon, tender clams, and cream, then slow cooked with all the traditional ingredients. served with oyster crackers.

Top Your Salad

chicken (grilled or blackened) \$6

buffalo-style zingers \$8

sesame seared ahi tuna \$10

mahi (grilled or blackened) \$9

salmon (grilled or blackened) \$10

grilled shrimp skewer \$10

grilled skirt steak \$12

lobster or crab \$16

Oriental Salad \$14.99

shredded cabbage, radicchio, romaine lettuce, carrots, mandarin oranges and cashews, tossed in our sesame honey ginger dressing topped with sesame seeds and fried wontons

Caesar Salad \$12.99

chopped romaine lettuce, our classic creamy house made Caesar dressing, sourdough croutons and parmesan cheese. Anchovies available on request

Orchard Salad ^{GF} \$14.99

baby spinach tossed in a lite raspberry vinaigrette with fresh apples, walnuts, dried cranberries, and goat cheese

Greek Salad ^{GF} \$13.99

romaine and iceberg lettuce, tomatoes, Kalamata olives, onions, cucumbers, banana peppers, and feta cheese with a Greek vinaigrette

• Dressings •

ranch | bleu cheese | Caesar | raspberry balsamic vinaigrette
honey mustard | sesame honey ginger | cilantro citrus vinaigrette
oil & vinegar | Greek vinaigrette

•FLAME GRILLED BURGERS & DOGS•

Our burgers are half-pound 100% fresh premium, lean, angus beef, cooked to order with our signature seasonings, served on a fresh toasted brioche bun with lettuce, tomato, onion and pickle, served with fries. sub onion rings +\$2 | tater tots +\$2 | truffle Fries +\$2 | side salad +\$2 | loaded tots +\$5
GF gluten free burger bun or lettuce wrap available for any burger.

All American Sand Bar Burger \$13.99

American cheese, lettuce, tomato, onion, pickle

Dude Burger \$15.99

Carolina style bbq sauce, cheddar cheese, thick cut bacon, fried onion rings on top

Black & Blue Burger \$14.99

blackening spices, blue cheese crumbles

Cabo Burger \$16.99

pepper jack cheese, jalapeno relish, avocado

Bacon-Bacon Burger \$16.99

cheddar cheese, roasted garlic Dijon aioli, bacon jam, 3 slices of thick cut bacon

Judgment Day Burger \$17.99

rubbed in sriracha dry spices, pepper jack cheese, judgement day wing sauce, jalapeno relish, sriracha spiked aioli, jalapeno bacon (this is hot! You are warned!)

Hangover Burger \$17.99

American cheese, fresh avocado, bacon jam, sriracha spiked mayo, fried egg

Chili Cheese Burger \$15.99

black bean chili, queso cheese sauce, shredded mixed cheese, jalapeno relish, crunchy Fritos on top

Portobello Swiss Burger \$14.99

marinated grilled Portobello mushroom cap, swiss cheese

Smokehouse Burger \$16.99

braised pork belly, thick sliced bacon, smoked gouda cheese

Bacon Chili Bomb Dog \$11.99

quarter pound all beef dog, wrapped in bacon, topped with chili, jalapeno relish, chipotle ketchup on top, in a New England style hot dog bun

• substitute a turkey burger or black bean veggie burger  for any selection •

•TACOS & WRAPS•

served with choice or fries, cole slaw, or corn.
sub rice & beans, onion rings, tater tots or side salad +\$2 | loaded tots +\$5

Ahi Tuna Tacos \$18.99

sesame seared ahi tuna, Asian slaw, sliced avocado, sriracha spiked mayo on crispy fried wonton taco shells

Steak Tacos \$17.99

grilled skirt steak, cabbage, pickled onions, cojita cheese, cilantro and fresh lime on soft flour tortillas

Famous Baja Fish Tacos \$16.99

the Sand Bar favorite, blackened mahi, cabbage, mango salsa, and Hawaiian bbq sauce on soft flour tortillas

Sriracha Shrimp Tacos \$18.99

spicy sriracha rubbed shrimp over cabbage, sliced avocado and cilantro sour cream on soft flour tortillas

Veggie Wrap \$13.99

baby spinach, cucumber, carrots, guacamole, tomato, roasted red pepper, goat cheese and cilantro lime vinaigrette

Chicken BLT Caesar Wrap \$14.99

grilled, blackened or fried chicken, romaine lettuce, bacon, tomatoes, Caesar dressing & parmesan, rolled in a soft flour tortilla

•LOBSTER ROLLS•

served with choice or fries, cole slaw, or corn.
sub rice & beans, onion rings, tater tots or side salad +\$2 | loaded tots +\$5

Traditional \$ MARKET PRICE \$

local island lobster, mixed with a touch of mayonnaise and served chilled, on a buttery toasted New England style hot dog roll

Hot Buttered \$ MARKET PRICE \$

local island lobster, poached in hot butter and served on a buttery toasted New England style hot dog roll

Fried \$ MARKET PRICE \$

Local island lobster, lightly breaded and deep fried with lettuce and tomato on a buttery toasted New England style hot dog roll, served with our house made tartar sauce on the side

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•SANDWICHES•

served with choice or fries, cole slaw, or corn.
sub rice & beans, onion rings, tater tots or side salad +\$2 | loaded tots +\$5

Classic Fish Fry Sandwich \$13.99

tender cod, beer battered and fried with lettuce, tomato and onion on a toasted brioche roll, house made tartar sauce on the side

Drunken Mermaid Fish Sandwich \$15.99

blackened mahi, Asian slaw, sriracha spiked mayo, tomato, and provolone cheese on a toasted brioche roll

Philly Cheese Steak \$15.99

shaved ribeye steak, piled high with sautéed peppers, onions and mushrooms, provolone and queso cheese sauce

Fried Clam Roll \$ MARKET PRICE \$

served on a toasted New England style hot dog roll, shredded lettuce, tomato, house made tartar sauce on the side

Red Hot and Bleu Chicken \$13.99

breaded and fried chicken breast tossed in our hot buffalo sauce with blue cheese crumbles, lettuce tomato & onion, on a toasted brioche roll

Smoked Salmon BLT \$17.99

smoked salmon, crispy thick cut bacon, lettuce, tomato, roasted garlic Dijon aioli on toasted sourdough bread

Chicken Panini \$14.99

roasted marinated chicken, melted provolone, pesto, caramelized onions & tomato on ciabatta bread and pressed

Carolina BBQ Pork Sandwich \$14.99

crispy pork belly, smoked pulled pork, drizzled with our Carolina style bbq sauce & topped with coleslaw on a toasted brioche bun

Gyro \$15.99

tender lamb, cucumber salsa, and tzatziki sauce on a grilled pita

Pressed Cuban Sandwich \$14.99

crispy pork belly, black forest ham, swiss cheese, pickles and sriracha spiked mustard on Cuban bread

The Plain Jane \$12.99

marinated chicken breast, grilled or blackened with lettuce, tomato and onion on a toasted brioche bun

•Sand Bar Chef's Features•



Whole Vineyard Lobsters ^{GF}

\$ MARKET PRICE \$

steamed fresh 1 ¼ pound average
with fries & fresh corn on the cob

Sand Bar Lobster Bake ^{GF}

(for 1) \$39.99 | (for 2) \$74.99 | (for 4) \$139.99

local island lobster, 1 ¼ pound average,
6 steamers, 6 shrimp, linguisa smoked sausage,
boiled potatoes and fresh corn on the cob.
with cup of our house made clam chowder
(no substitutions please)

The Sand Bar & Grille strives to bring to its guests the freshest quality ingredients from our all scratch style kitchen

Our Chef will be bringing you fresh daily specials on this page all season long!

•FRIED ENTREES•

sub onion rings +\$2 | tater tots +\$2 | side salad +\$2 | loaded tots +\$5

Classic Fish-n-Chips \$19.99

hand battered in our signature Yuengling beer batter, golden fried cod, served on a mound of fries with slaw, & house made tartar

Chicken Tenders \$16.99

tempura battered, served on a mound of fries, cole slaw, and our house made honey mustard and bbq sauces

Scallops \$22.99

lightly hand breaded and fried served with fries, cole slaw, and our house made cocktail sauce

Whole Belly Clams \$ MARKET PRICE \$

lightly hand breaded and fried served with fries, cole slaw, with our house made tartar sauce

Jumbo Shrimp \$21.99

lightly hand breaded and fried served with fries, cole slaw, and our house made cocktail sauce

^{GF} Indicates that this item is prepared Gluten Free

•Soft Drinks•

Pepsi, Diet Pepsi, Sierra Mist,
Unsweetened Iced Tea,
Fruit Punch Gatorade,
Pink Lemonade, &
Ginger Ale \$2.75 (free refills)
IBC Root Beer \$4.00
Panna Bottled Water \$4.50
San Pellegrino Sparkling \$4.50

Red Bull \$5.00
Sugar Free Red Bull \$5.00
Ginger Beer \$5.00
Juice \$4.00
Orange | Cranberry | Apple | Pineapple
Milk | Chocolate Milk \$3.00

•FROM THE GRILL•

Baby Back Ribs ^{GF} (half) \$14.99 | (full) \$23.99

slow cooked and grilled with our Carolina style bbq sauce, these ribs are 'fall off the bone' good! served with fries & corn on the cob

Garlicky Chicken ^{GF} \$17.99

half chicken, marinated in roasted garlic with herbs and spices, slow roasted and finished on the grill, served with rice & corn on the cob

Flame Grilled Skirt Steak ^{GF} \$22.99

topped with fresh chimichurri with rice & corn on the cob

Crab Cakes ^{GF} \$21.99

Maryland style crab cakes, pan seared, on a bed of slaw, with rice and corn on the cob with our island remoulade sauce

Pan Seared Atlantic Salmon ^{GF} \$19.99

gently seasoned, topped with fresh lemon dill sauce, with rice & corn on the cob

Island Lime Grilled Shrimp ^{GF} \$19.99

two skewers of jumbo shrimp with bell peppers and onions seasoned with old bay and fresh lime, served over rice with corn on the cob

•Sweet Treats•

Key Lime Pie \$7.99

made with real key limes, topped with whipped cream

Brownie Madness \$9.99

chunks of warm brownie & chocolate chip cookie dough over vanilla ice cream, topped with chocolate sauce, whipped cream and crushed oreo cookies

Giant Milk Shakes \$9.00

made with real ice cream
chocolate | vanilla | strawberry

Root Beer Float \$7.50

real vanilla ice cream, IBC root beer & whipped cream



•Liquid Sunshine•

Cocktails to enjoy in the sand...

SAND BAR FAVORITES

Lemonade Stand \$12

Deep Eddy Ruby Red grapefruit vodka, Pamplemousse Rose, House Made Lemonade and a dash of cayenne pepper

Menemsha Sunset \$12

Bacardi Silver, Captain Morgan Spiced Rum, Orange, Cranberry and pineapple juices. Topped with a Myers Dark Rum Floater.

RumChata Colatta \$11

RumChatta cream liquor, Blue Chair Bay Rum, pineapple juice, and a touch of coconut cream

Painkiller \$11

Goslings Gold Rum, pineapple and orange juices, and cream of coconut. topped with a dash of nutmeg

Havanas & Bananas \$12

Bacardi dark rum, Bailey's Irish Cream, Crème de banana, & coconut cream, served frozen

MV Palmer \$12

Deep Eddy Sweet Tea vodka & house made lemonade.

SAND BAR MARGARITAS

The Original Sand Bar Margarita \$12

Cazadores Silver Tequila, Combier Triple Sec, fresh lime and lemon juices and a touch of agave nectar, frozen or on the rocks

Watermelon Agave Margarita \$13.50

Cazadores Silver Tequila, Combier Triple Sec, watermelon liquor, fresh watermelon and lime juices with a touch of agave nectar, served on the rocks

Jalapeno Margarita \$13.50

Sauzu Blue Agave Tequila, Blue Curacao, fresh squeezed lime juice a touch of agave nectar and jalapeno, served on the rocks

Coronita Margarita \$16

our Original Sand Bar Margarita served on the rocks with an upside down coronita right in it.

SIGNATURE COCKTAILS

Privateer Mojito \$12

Privateer Rum, fresh mint, lime soda.

Sand Bar Bloody Mary \$10

Titos Vodka with our secret recipe bloody mary mix, with all the fixings add a pair of jumbo shrimp +\$5.00 | add spicy jalapeno smoked bacon +\$2.00

Prosecco Mimosa \$10

the Italian sparkler with orange juice

Blue Shark Attack \$11

Blue Chair Bay Rum, blue curacao, pineapple juice and a school of gummy sharks

Menemsha Sunset \$11

Bacardi Silver, Captain Morgan Spiced Rum, Orange, Cranberry and pineapple juices. Topped with a Myers Dark Rum Floater.

Sand Bar Mudslide \$11

Irish Cream, coffee liquor, vodka and real ice cream blended, topped with chocolate and whipped cream

Rum Runner Punch \$12

Goslings Dark Rum, Blackberry liquor, Banana liquor, Cranberry, Pineapple and Orange Juices, with a Captain Morgan's float

Blackberry Bikini \$10

Cazadores Silver Tequila, Blackberry Liquor, house lemonade

Stranded on a Sand bar Mai Tai \$12

Bacardi Light rum and triple sec, with a touch of lime juice and simple syrup, poured over ice, with a float if Bacardi Dark Rum

Bahama Mama \$11

Blue Chair Bay Rum, Orange and Pineapple Juices, Grenadine.

Daquiris... \$10

Blue Chair Bay Rum with your choice of strawberry, banana or mango, served frozen and topped with whipped cream

•Cold Draft Beer•

Yuengling Lager USA, PA	\$5
Sam Adams Summer USA, ma.	\$6
Allagash White USA, ME.	\$7
Whales Tale Pale Ale USA, MA.	\$7
Shipyard Monkey Fist IPA USA, ME.	\$7
Shipyard Blueberry USA, ME.	\$6.5
Seadog Sunfish USA, ME.	\$6
Blue Moon Belgian White USA, CO.	\$6.5
Down East Cider USA, MA.	\$6
Washashore IPA USA, MA.	\$7.5

•Bottles & Cans•

Budweiser USA	12 oz - \$5
Bud Light USA	12 oz - \$5
Miller Lite USA	16 oz - \$5
Michelob Ultra USA	16 oz - \$6
Coors Light USA	16 oz - \$5
PBR USA	16 oz - \$3
Harpoon Session IPA USA	16 oz - \$6
Farmer Willies Hard Ginger Beer USA	12 oz - \$6
Ballast Point Grapefruit Sculpin USA	12oz - \$6
Cape Cod Cranberry Spiked Seltzer USA	12oz - \$6
Amstel Light Holland	12 oz - \$6
Heineken Holland	12 oz - \$6
Sapporo Japan	22 oz - \$7
Corona Mexico	12 oz - \$6
Corona Light Mexico	12 oz - \$6
Tecate Mexico	12oz - \$6
Pacifico Mexico	12 oz - \$6
Modelo Especial Mexico	12 oz - \$6
Strongbow Cider UK	12 oz - \$6
Red Stripe Jamaica	12 oz - \$6

•Wine by the Glass•

Cono Sur Chardonnay	\$8
Cono Sur Sauvignon Blanc	\$8
Cono Sur Cabernet Sav	\$8
Cono Sur Pino Noir	\$8
Noble Vines 181 Merlot	\$8
Sofia Coppola	\$10
P&G Pinot Grigio	\$8
Martini & Rossi Prosecco	\$10
Martini & Rossi Sparkling Rosé	\$10
Campo Viejo Brut Rosé	\$11
Sangria	\$10
Apple Sangria (white)	
Pomegranate sangria (red)	
Frozen Wine Slushy	\$10
Strawberry shiraz (red)	
Mango Moscato (white)	