

breakfast



all day!

Eggs

1 Egg	2.85	3 EGG OMELETS (Pan tossed) -	
2 Eggs	3.25	Cheese Omelet	5.99
3 Eggs	3.50	with ham, bacon or sausage	6.99
ADD:		with all 3	7.49
Bacon - Sausage - Ham	2.95	Western - ham, onion, peppers, cheese	7.99
Corned Beef Hash (made fresh)	3.75	Veggie - tomato, mushroom, spinach, onion, cheese	7.99
NY Strip (hand cut)	6.95	Spinach - spinach, bacon, mushroom, jack cheese	7.99
BREAKFAST COMBOS - includes		The Sand Bar - tomato, spinach, feta	7.99
2 eggs & 2 meats		Steak, Mushroom & Cheese	7.99
Biscuits & Cravy Combo	6.99	Spanish	7.99
French Toast Combo	6.99	BREAKFAST WRAPS	6.99
2 Pancakes Combo	6.99	Spinach, bacon, egg and jack cheese wrap or	
Waffle Combo	7.49	Bacon, egg and cheddar cheese wrap	

BUILD YOUR OWN BREAKFAST SANDWICH . . . 6.99

All the above breakfasts are served with your choice of homefries, hash browns (with onion add .25), grits, fresh fruit, biscuit or toast. Egg whites / egg beaters add \$1.00

House Specials

Chicken & Waffles - Belgian waffles with hand breaded chicken tenders and light gravy	6.95
Biscuits & Cravy - Baked fresh daily biscuits with homemade sausage gravy	half \$3.95 full 5.49
Chipped Beef on Toast - Freshly made over Texas Toast	half \$4.25 full 6.25
Cinnamon French Toast - 2 thick slices	4.99 Add fruit & whipped cream . . 5.99
Pancakes - 1 pancake - 3.25 2 pancakes - 4.25 3 pancakes - 5.25	
With pecans, blueberries, strawberries or chocolate chips:	
1 pancake - 3.95 2 pancakes - 4.75 3 pancakes - 5.50	
Belgian Waffles with whipped cream	4.95
With strawberries, blueberries, pecans or chocolate chips	6.49

Sides

Bacon, ham, or sausage	2.95	Toast or biscuit	1.50
Hash browns or home fries	2.00	English muffin	1.25
hash browns w/ onion	2.25	Chipped beef	2.25
Grits	1.75 . . . w/ cheese 2.00	Sliced Tomato	1.50
Croissant or bagel	2.25	Fresh Fruit	2.25
Bagel with cream cheese	3.00	French Toast 1/2	2.50
Oatmeal	2.75 . . . w/ raisins 2.95	Sauteed vegetables	2.75
Corned Beef Hash	3.75	Sauteed spinach	1.99
Basket of French Fries	2.25	Sausage Gravy	2.25
Basket of Sweet Potato Fries	2.49	Add egg95

because our dishes are home-made daily, biscuits and gravy, chipped beef, hash browns and grits will only be served until noon



Beverages

Coffee or hot tea	1.99
Orange Juice . .sm 2.25 lg 3.75	
Hot chocolate	2.25
Milksm 1.99 lg 2.99	
Cranberry Juice	2.25
Tomato Juice	2.25
Mimosa	2.75



Appetizers

- 10 Jumbo wings – mild, hot, teriyaki, BBQ served with blue cheese, carrots and celery 8.99
- Quesadilla – stuffed with cheddar jack cheese topped with fresh pico de gallo served with salsa & sour cream . . .6.99
 ADD Chicken . . . 2.00 Steak . . . 3.00 Shrimp . . . 4.00
- Chicken fingers – hand breaded chicken tenders with french fries & honey mustard 7.99

Burgers & Sandwiches

All Burgers are 8oz. hand pattied sirloin. All sandwiches & burgers served with pickles, lettuce, onions & tomato and with your choice of french fries, sweet potato waffle fries, fresh fruit, cole slaw or vegetable of the day

- Burger 7.99
 Add Cheese 75
- Black & Blue – blackened and topped with melted blue cheese 8.99
- Mexican – fresh pico de galo and pepper jack cheese 8.99
- Mushroom & Swiss – fresh sautéed mushrooms and swiss 8.99
- Bacon & Cheese – thick sliced bacon and your choice of cheese (Blue cheese .50) 8.99
- Chicken Sandwich – grilled or blackened with lettuce, onions & tomato 8.99
 Add cheese. 75
- The Sand Bar Chicken Sandwich – grilled or blackened topped w/ pico de galb, pepper jack cheese & . . .9.99
 spicy ranch Add cheese. 75
- Chicken Salad Croissant - chicken pecan salad served on fresh croissant with lettuce and tomato . .8.99
- Tuna Salad Croissant - tuna salad served on a fresh croissant with lettuce and tomato 8.99
- House Club -ham, turkey, bacon & swiss on whole wheat with lettuce, tomato, honey mustard and mayo . . . 8.99
- B.L.T. - Bacon, lettuce and tomato on your choice of bread 6.49

Wraps & Grillers

All served with your choice of french fries, sweet potato waffle fries, fresh fruit, cole slaw or vegetable of the day

- Turkey Club Wrap – fresh roasted turkey, swiss, bacon, lettuce, tomato and mayo 8.99
- Vegetable Wrap – sautéed fresh vegetables, tomato, onion, and pesto sauce 8.99
- Caesar Wrap – grilled chicken, romaine lettuce, tomato & parmesan cheese with Caesar dressing. . . . 8.99
- Crispy Chicken Wrap – hand breaded chicken tenders, lettuce, tomato, cheddar cheese & ranch dressing . . 8.99
- Patty Melt – 8 oz. burger on grilled rye with swiss and sautéed onion 8.99
- Reuben – fresh cooked corned beef on grilled rye with swiss, sauerkraut and thousand island dressing 8.99
- Turkey Melt – fresh roasted turkey on grilled sour dough with swiss and spicy ranch dressing 8.99
- Tuna Melt – fresh tuna on grilled sour dough with provolone and grilled tomato 8.99
- H.C.T. – ham, cheddar cheese & tomato grilled on sourdough bread. 7.99

Pastas

All served with garlic bread

- Shrimp Scampi – sautéed shrimp with scampi butter, tomato and scallions over linguini 8.99
- Our Chicken Pasta – grilled chicken, ham, creamy dijon alfredo sauce over penne pasta 8.99
- Cajun Steak Pasta – tender sirloin and sauteed mushrooms in a Cajun cream, topped with 8.99
 scallions and tomatoes served over linguini

Soup & Salads

All salads are served with warm baguette bread and your choice of dressing

Soups: Clam Chowder or Soup of the Day	Cup 2.99 ...	Bowl 3.99
Pick Two: Small House Salad Small Caesar Salad Small Spinach Salad	7.49	
Cup of Clam Chowder Cup of Soup of the Day		
Half of House Club Half of Chicken Salad Croissant		
House Salad – iceberg & spring mix with cucumbers, tomato, onion, cheddar	Lg 5.95 ...	Small 3.95
& jack cheese		
Caesar – romaine lettuce, dressing, fresh croutons and parmesan	Lg 5.95 ...	Small 3.95
Spinach Salad – fresh spinach, eggs, bacon, jack cheese, tomato	Lg 6.99 ...	Small 4.25
ADD to House, Caesar or Spinach Salad:		
Chicken (grilled, blackened or fried) ...	3.95	Shrimp (grilled, blackened or fried) ... 4.95 Steak ... 5.95
Chef – iceberg and Spring Mix lettuce, turkey, ham, egg, bacon, cheese, tomato	8.99	
Crispy Chicken - iceberg lettuce and spring mix with hand breaded chicken tenders,	8.99	
diced tomatoes, eggs, bacon and jack cheese		
Chicken Pecan – iceberg and Spring Mix lettuce with fresh fruit & chicken pecan salad on top	8.99	
Tuna – iceberg and Spring Mix lettuce with fresh fruit & tuna salad on top	8.99	

Kid's Menu ... 4.99

All kid's meals served with french fries, sweet potato waffle fries or fresh fruit.

For kids 12 and under

Kid's Cheeseburger

Grilled Cheese

Chicken Finger Basket

Grilled Chicken with Fresh Fruit

Soft Drinks ... 1.99

Coke	Barqs Root Beer
Diet Coke	Cherry Coke
Sprite	Minute Maid Lemonade
Iced Tea	

Bottled Beer ... 2.75

Wine 3.25

Mimosa 2.75

Ask your server for our fresh dessert of the day

the
Sand Bar
cafe

386-402-4977

OPEN 6AM - 3PM

1500 S. DIXIE FREEWAY
NEW SMYRNA BEACH, FL

EVERYTHING MADE FRESH DAILY!



**AND WE
MEAN IT!**