



Appetizers

- Classic & Creamy Clam Chowder**
Prepared with tender clams, applewood smoked bacon and all the traditional ingredients. Served with oyster crackers. Cup ... \$6.95 Bowl ... \$9.95
- Real Deal Crab Cakes**
Fresh lump blue crab "No Fillers"
Served with our Kale & Napa Cabbage Slaw & house made remoulade ... \$12.95
- Chicken Tenders**
Jumbo chicken tenders, hand breaded and fried golden brown. Served with house made whole grain honey mustard ... \$12.95
- Sand Bar Chicken Wings**
A dozen of our jumbo chicken wings tossed in a classic buffalo sauce. If you like it blazing ask about our house made Ghost Pepper Sauce ... \$13.95

Crispy Calamari
Hand breaded tender calamari, fried golden brown, tossed with garlic & parmesan cheese. Served with a lemon-caper poppy seed aioli ... \$12.95

The Slider Trio
Share or enjoy by yourself a trio of Crab Cake topped with kale & Napa slaw, Carolina pulled pork and Lobster roll sliders ... \$13.95

Homemade Nachos & Cheese
With Guacamole & Pico de Gallo ... \$10.95
With Black Bean & Grilled Corn Salsa and Guacamole... \$11.95
Add pulled pork ... \$14.95 or Grilled Chicken ... \$14.95

Canellini Bean & Roasted Eggplant Hummus
Creamy blend of canellini beans, roasted eggplant, fresh herbs and roasted garlic. Served with grilled pita points, cucumbers and roasted red pepper ... \$12.95

Tacos, Wraps & Quesadillas

The Original Fish Taco
Grilled fresh cod in warm flour tortillas with crispy cabbage, diced tomato, scallions and a cilantro jalapeno dressing ... \$12.95

Sashimi Wrap
Seared Ahi tuna with fresh cucumbers, shredded carrot, seaweed salad & pickled ginger. Rolled in a soft flour tortilla with wasabi and soy-lime glaze ... \$15.95

Mediterranean Veggie Wrap
Mesculin greens, our house made hummus, cucumber, avocado, roma tomatoes, roasted red peppers and fresh mozzarella. Drizzled with Extra Virgin Olive Oil & Red Wine Vinegar ... \$11.95

Our Classic Quesadilla
Grilled flour tortilla stuffed with cheddar-jack cheese and served with house made guacamole & pico de gallo ... \$10.95
Add blackened shrimp ... \$6.95 or chicken ... \$5.95

Lobster Quesadilla
Just like the Classic with the addition of grilled peppers & Fresh Maine Lobster Meat ... \$19.95

Soups and Salad

- Chef Don's Cobb Salad**
Mixed greens, marinated fresh mozzarella, roma tomatoes, grilled pineapple, applewood smoked bacon, crumbled blue cheese and Jerk grilled shrimp. With Extra Virgin Olive Oil & Balsamic Reduction ... \$16.95
- Chinese Chicken Salad**
Shredded Napa cabbage, crisp romaine, mandarin orange segments, edamame and cashews. Topped with seasoned chicken and served with sesame ginger dressing ... \$14.95
- Caesar Wedge**
A crisp romaine heart dressed with classic Caesar dressing, house made croutons and shaved Parmesan Reggiano Cheese ... \$10.95
Add Grilled Chicken ... \$5.95 or Tuna ... \$8.95
- Nacho Salad**
Mixed greens topped with roasted red peppers, black bean & grilled corn salsa, avocado and cheddar-jack cheese. Served with house made tortilla strips, pico de gallo and ranch dressing ... \$12.95

Small Plates & Baskets

- Savory Country Style Ribs**
Tender grilled country style boneless pork ribs share this plate with quick-pickled summer watermelon. Garnished with grape tomatoes and a drizzle of champagne & cilantro vinaigrette ... \$18.95
- Glazed Salmon**
Fresh salmon, grilled and brushed with our house made Thai-chili glaze then served over a refreshing soba noodle & cucumber salad ... \$17.95
- The Real Fish-n-Chips**
Hand battered local cod, fried golden brown and served with our house made Old Bay Chips & coleslaw ... \$16.95
- Fried Oysters & Chips**
Vineyard Select Oysters, hand breaded, fried and served with our house made Old Bay Chips & coleslaw ... \$20.95

Sides

- \$5.95
- Natural Cut Fries**
- Vidalia Onion Rings**
- Old Bay Chips**
- Sweet Potato Fries**
- Southern Style Slaw**
- Kale & Napa Cabbage Slaw**
- Seasonal Fresh Fruit Salad**
-
- \$8.95
- Lobster Mac-n-Cheese**

Desserts

- Summer Berry Parfait**
Fresh berries layered with graham cracker crumbs, whipped cream and topped with a buttery pound cake crisp \$4.95
- Rich Chocolate Cake**
Layers of chocolate cake, chocolate ganache and chocolate butter cream. Topped with macerated berries and whipped cream \$6.95

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Oak Bluffs Board of Health

Burgers and Co.

- The "American"**
A 1/2 lb. of Angus beef topped with melted American cheese, lettuce, tomato, onion and pickle ... \$12.95
- "Dude" Burger**
Our 1/2 lb. Angus beef brushed with smoky BBQ sauce, sharp cheddar, applewood bacon and fried onion straws ... \$14.95
- "Black & Blue" Burger**
Angus beef dusted with Cajun Blackening spice, grilled and topped with blue cheese crumbles and fried onion straws ... \$14.95
- "Cabo" Burger**
Seasoned Angus beef topped with pepper-jack cheese, fried jalapenos, fresh avocado and pico de gallo ... \$17.95
- "Eat Ur Veggies" Burger**
House made veggie burger prepared with brown rice, fresh herbs, vegetables & beans. With melted provolone cheese and chipotle aioli ... \$11.95

All burgers are served on a soft Kaiser Roll with lettuce, tomato, onion and a pickle spear. Includes your choice of side item.

Sandwiches

- Lobster Roll**
Classic and simple. 6 oz. of fresh lobster mixed with a touch of mayonnaise. Served in a buttery toasted New England style hot dog roll ... \$20.95
- Sandbar Oyster Po' Boy**
"Calabash" style hand breaded Select Oysters, fried and served on a toasted hoagie roll with shredded lettuce, and tartar sauce ... \$16.95
- Jerk Grilled Ahi Tuna Sandwich**
Yellowfin tuna seasoned and grilled to desired temp then topped with a grilled pineapple & jalapeno relish. Served on a toasted Kaiser roll... \$12.95
- Buffalo Chicken Sandwich**
Hand breaded chicken tenders tossed in buffalo sauce with blue cheese crumbles, applewood bacon, shredded lettuce & tomato. Served on a toasted hoagie roll with ranch dressing ... \$11.95
- Menemsha Fish Sandwich**
Local Cod beer battered, fried and served on a toasted Kaiser roll with coleslaw and tarter sauce ... \$12.95
- Appalachian Pulled Pork**
Brined, smoked slow-cooked pork shoulder hand pulled and served on a toasted Kaiser roll with southern style slaw and Carolina vinegar based BBQ sauce ... \$11.95

All sandwiches are served with your choice of side item



All items available to go...



Sushi

MENU



Sand Bar
Martha's Vineyard

Nigiri & Sashimi Menu ~ Two Piece = One Order

Tuna (Maguro).....	7.50	Flying Fish Roe (Tobiko).....	6.50
Salmon (Sake).....	7.50	Wasabi Flying fish Roe (Wasabi Tobiko) ..	6.50
**Smoked Salmon.....	7.50	Smelt Roe (Masago).....	6.00
Yellowtail (Hamachi)	7.50	**Spicy Lobster.....	MKT
Albacore Tuna.....	6.50	Scallop (Hotate)	7.50
**Shrimp (Ebi).....	6.00	**Tamago (Japanese Omelette)	5.50
**Eel (Unagi).....	7.50	**Octopus (Tako)	6.50
Squid (Ika)	6.50	**Mackerel (Saba)	7.00
Salmon Roe (Ikura).....	6.00	Red Clam (Hokkigai)	6.50
**Crab (Kani)	6.50	Super White Tuna (Escolar)	7.00

Sushi Starters ~ Soups & Appetizers

All Salads Served with Home Made Ginger Dressing

Miso Soup	3.00	Tuna Tataki Seared tuna w/ Ponzu ..	15.00
Vegetable Miso Soup.....	4.00	Brown Rice.....	5.00
Seaweed Salad.....	7.00	Hawaiian Style ~ Tuna or Salmon Poke' Tacos	
Sushi Rice	3.00	Fish, avocado, ponzu ,cabbage, sesame wasabi aioli	
Sushi Appetizer (4pcs.).....	12.00	2 for 12.00
Sashimi Appetizer (7pcs.)	15.00	4 for 22.00
**Kani Salad	9.95	6 for 30.00

Kitchen Appetizers

Edamame (<i>lightly Salted</i>).....	5.95	Gyoza (5pcs.)	6.95
**Shrimp Shumai (5pcs.) <i>Fried or Steamed</i>	5.95	**Fried Shrimp Tempura (5pcs.).....	12.00

Sushi Bar Combos

Veggie Delight ~ Veggie Maki, Avocado Maki, Cucumber Maki	15.50
Kelley's Traditional Combo ~ California Maki, Tuna Maki, Veggie Maki	16.25
Spicy Merman's Combo ~ Spicy California Maki, Spicy Tuna w/avo.Maki, Spicy Salmon Maki	22.50
**Uncle Sushi Cooked Creations ~ Godzilla's Eye, Chef Omakase, Dynamite Maki	26.95
Sushi Dinner (8pcs.) Nigiri with California Maki.....	23.25
Sashimi Dinner (15pcs.) of Assorted fish	25.95
Sushi & Sashimi Combo Platter ~ (8pcs.) Sashimi, 4pcs sushi with a Spicy Tuna Maki.....	27.95
Sushi for Two (20pcs.) of sushi, a Spicy Tuna Maki and a Dragon Maki.....	59.95

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Sushi Menu

Sushi Extravaganza A

Cucumber Maki, Avocado Maki, Alaska Maki, California Maki, Spicy Tuna Maki, Tempura Caterpillar Maki, Tuna Maki, Boston Maki, Rainbow Maki

~ Served with Rice & Miso Soup75.00

Sushi Extravaganza B

Salmon Maki, Tuna Maki, Spicy Tuna Maki, Eel Avocado Maki, Tuna Avocado Maki, Godzilla Eye, Caterpillar Maki, Philadelphia Maki, Rainbow Maki

~ Served with Rice & Miso Soup89.00

Chefs Special Maki's

**California Maki (6pcs.) Imitation Crab, Cucumber, Avocado	5.95
Spicy Tuna or Spicy Salmon or Spicy Yellowtail (6pcs.) w/cucumber	8.50
**Krazy Maki (8pcs.) Shrimp Tempura, Cucumber, Avocado & Spicy Mayo	9.95
Tuna or Salmon or Yellowtail Maki (6pcs.)	6.95
**Eel w/Cucumber or Avocado Maki (6pcs.)	9.95
Cucumber Maki or Avocado Maki (6pcs.)	5.50
**Philadelphia Maki (6pcs.) Smoke Salmon, Cream Cheese, Avocado	7.50
**Boston Maki (6pcs.) Ebi, Cucumber, Lettuce & Mayo	7.50
**Spam Masubi Maki (5pcs.) Spam, Teriyaki Sauce, Scallion & Sesame	7.50
Rainbow Maki (8pcs.) California Maki topped w/ Tuna, Salmon, Yellowtail	13.95
Tiger Eye Maki (8pcs.) Spicy Tuna topped w/Tuna, Salmon, Escolar, Eel, and Tempura Flakes w/Tobiko and Spicy Mayo	18.00
**Caterpillar Maki (8pcs.) Eel, Cucumber Topped with Avocado, Eel Sauce and Bonito Flakes ..	15.95
Tempura Caterpillar Maki (8pcs.) Shrimp Tempura, Cucumber Topped with Avocado, Eel Sauce and Bonito Flakes	16.95
**Baked GODZILLA'S Eye ~ Imitation Crab Wrapped with Salmon topped w/ Scallops & Sweet and Spicy Sauces	13.95
Incredible Maki (8pcs.) Spicy Tuna, Spicy Salmon, wrapped in Soy Paper Topped w/mango & Tempura Flakes- Spicy Eel sauce	19.00
Godzilla Maki (8pcs.) Crunchy Spicy Tuna and Cucumber Topped w/Avocado and Tobiko	15.95
**Oishii Maki (8pcs.) Shrimp Tempura Topped w/Avocado and Spicy Imitation Crab	17.00
Hermosa Pub Crawl Maki (6pcs.) Shrimp Tempura Topped w/ Tuna, Salmon, yellowtail, Eel and Avocado Topped with Scooby Snax Sauce and Scallions	18.00
**Baked Dynamite Maki (6pcs.) California Maki Topped w/ Scallops, Spicy Mayo, Tempura Flakes and Scallion	15.50
**Spyder Maki (5pcs.)Tempura Soft Shell Crab, Imitation Crab, Cucumber, Avocado Topped w/Teriyaki Sauce	12.50
Omakase (お任せ o-makase) is a Japanese phrase that means "I'll leave it to you"	
Omakase	\$50, \$100, \$150, \$200 per person



Sand Bar
Martha's Vineyard

On the Oak Bluffs Harbor
508.693.7111



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