

LUNCH

Starters

Shrimp Cocktail . . . \$8.95

Chilled jumbo shrimp served with our own cocktail sauce

Fresh Mozzarella Roll-- . . . \$7.95

Prosciutto, fire roasted red peppers, homemade pesto and fresh basil wrapped in fresh mozzarella and serve it with truffle infused balsamic glaze

Crudites Platter . . . \$9.95

An assortment of fresh garden veggies served with our creamy blue cheese, homemade balsamic and Asian ginger sauces

Humus platter . . . \$4.95

Homemade hummus served a Panini pressed pita

Antipasto platter . . . \$9.95

An assortment of Charcuterie, garnished with olives, pepperonis and vegetables. Enough to share, but why would you?

Grilled Portobello Mushrooms . . . \$6.95

Marinated and grilled Portobello, served with gorgonzola and our truffle infused balsamic glazed

Cheese Puffs . . . \$6.95

A mixture of 3 chesses baked in a puff pastry dough. A staple dish from Georgia (the Republic, not the State . . .)

Smoked Salmon Platter . . . \$8.95

Smoked Atlantic salmon, chopped egg, red onions, and capers

Duck Drumsticks . . . \$9.95

Lightly breaded and baked to perfection. Served with our Asian ginger sauce

Quesadillas . . . \$8.95ea.

Our very own "extra stuffed" quesadillas like no others

Quesadilla from Hell

Diablo!!! Grilled Cajun chicken, oven roasted jalapenos, hot cherry peppers, scallions, melted cheddar & jack served with a side of sour cream and our own cherry pepper mayo sauce

Cancun Quesadilla

Remember spring break? Chipotle glazed shredded beef, grilled onions, sliced cherry peppers, black beans and Jack/Cheddar cheese. Served with a side of sour cream and mild salsa

Quesadilla Loco-

Cajun grilled chicken, melted Cheddar, sweet baby corn, black beans and southwestern rice, smothered with our very own cilantro lime sauce. Served with a side of sour cream

Park City Quesadilla

Thinly sliced roast beef with grilled Portobello mushroom, green peppers and melted jack & cheddar served with side of sour cream and our homemade cilantro lime sauce.
Unforgettable

Quesadillas Cont ...

Veggie Quesadilla

Grilled zucchini, summer squash, roasted peppers and melted jack-cheddar with bits fresh Mozzarella on a sundried tomato wrap. Served with sour cream and our own balsamic vinaigrette

Philly Cheese Steak Quesadilla

Thinly sliced roasted beef with roasted green peppers, onion, melted American and a light horseradish sauce. Served with a our cherry pepper mayo and our homemade "Russian" for dipping

Soups ... \$5.95

Always fresh. Ask your server for our daily selection

Salads

Make Your Own ... \$6.99 (3 topp.)/\$7.99 (5 topp.)

Make your way to our salad bar and our server will customize your salad just the way you like it.. Add a scoop of our Chicken or Tuna salad for an additional \$2.25.

Chicken Caesar ... \$8.50

Romaine hearts, grilled Chicken breast, multigrain Croutons and Parmesan cheese tossed with our savory Caesar dressing.

San Diego Salad ... \$7.99

Mixed greens, avocado, corn, chick peas and grilled chicken, garnished with pita chips and tossed with cilantro lime vinaigrette

Protein Lovers Salad ... \$8.50

Crisp Romaine, roast beef, tomatoes, garbanzo beans and red onions, topped with crumbled Feta and fat-free vinaigrette

Chopsticks Salad ... \$8.50

Crisp romaine, grilled chicken, shredded carrots, Mandarin orange, crunchy rice noodles, diced cucumbers and tomatoes tossed with Asian Sesame dressing

Turkey Cobb Salad ... \$8.50

Crisp Romaine with oven roasted turkey breast, chopped egg, bacon, tomato and avocado tossed in a chunky bleu cheese dressing.

Sundance Chef Salad ... \$8.95

Romaine, roast beef, turkey, ham, provolone, cheddar/Jack mix, a sliced egg and croutons. Our homemade house balsamic vinaigrette is served on the side or tossed per your request.

Buffalo Chicken Salad ... \$8.50

Spice up your salad. Buffalo chicken over crisp Romaine with tomato, corn and shredded Jack cheese tossed in chunky bleu cheese dressing

Napa Valley Salad ... \$8.50

Mixed greens with grilled chicken, crumbled Gorgonzola, chopped walnuts, dried cranberries and shredded carrots tossed in our fat-free red wine vinaigrette.

Panini Sandwiches

Our famous Panini sandwiches named after the local towns make you feel right at home. Served with a

Ask your Server for our Daily Specials

Fairfield--TurKey & SmoKed Gouda . . . \$7.79

Turkey breast, sliced prosciutto, pesto alla genovese, diced sundried tomato aioli, smoked Gouda cheese on panini flatbread

Stamford--Honey Ham and Brie . . . \$7.79

Carved Honey Ham, thinly sliced Granny Smith apples, Brie cheese and Honey Mustard on a Panini flatbread

Greenwich--Asian Chicken Wrap . . . \$7.79

Roasted chicken, shredded Romaine & carrots, cucumber slices & chopped peanuts with sesame ginger dressing in a white wrap

Darien--Our version of a Reuben . . . \$7.49

thinly sliced corned beef, Finlandia Swiss cheese, clear salad and whole grain mustard on our extra thick seeded NYC Rye

Norwalk--Buffalo chicken Wrap . . . \$7.79

Grilled Buffalo style chicken breast, Blue Cheese dressing, Romaine and shredded Monterey Jack cheese on a white wrap

Bridgeport--Roast Beef with a Japanese twist . . . \$7.99

Carved roast beef, BBQ sauce, Wasabi mayo, sautéed onions, chopped Romaine and sharp Cheddar on a focaccia bread

New Cannan--How an Italian Combo should be . . . \$7.99

Genoa salami, pepperoni, capicola ham, Virginia ham, provolone, shredded Romaine & splash of Vinaigrette on Panini

Ridgefield--Chicken & Fresh Mozzarella . . . \$7.79

Grilled chicken breast, roasted red peppers, fresh Mozzarella, Pesto and a drizzle of balsamic vinaigrette on focaccia bread

Milford--Our own chicken salad BLT . . . \$7.79

homemade chicken salad with chopped walnuts and dried cranberries, with bacon, lettuce & tomato on an NYC Rye

Wilton--Fresh Mozzarella Sandwich . . . \$6.99

Fresh Mozzarella, shredded parmesan, radicchio and baby arugula splashed with Balsamic Vinaigrette on our 6 grain bread

Trumbull--Our Chicken Salad Wrap . . . \$7.49

Homemade chicken salad with cranberries and walnuts, Jack cheese, tomatoes Romaine in a sundried tomato wrap

Shelton--Fat Free Tuna Wrap . . . \$7.49

The finest white meat tuna salad with fat free mayo, minced cranberries, apple, lettuce and tomato in a whole wheat wrap

Danbury--Generous Turkey Club Wrap . . . \$7.49

Fresh carved turkey, Monterey Jack cheese, mayo, lettuce, tomato, lean bacon and avocado in a white wrap

Monroe--Vegetarian Wrap . . . \$6.99

Assorted fresh veggies and jack cheese with balsamic vinaigrette in a whole wheat wrap.

Coffee & Tea Drinks

Drip Coffee 12oz ... \$1.90/22oz Cozy Cup ... \$2.80

Enjoy coffee the way coffee should be enjoyed. Choose from our medium bodied SUMATRA blend, bold Black Onyx or Decaf served to perfection in a warm cup.

Specialty Coffee

all specialty coffees are available in decaf

Espresso	Single	...	\$1.50/Double	...	\$2.25
Cappuccino	Small	...	2.75/Cozy	...	\$3.75
Cafe Latte	Small	...	\$2.75/Cozy	...	\$3.75
Cafe Americano	Small	...	\$2.50/Cozy	...	\$3.35
Red Eye	Small	...	\$2.95/Cozy	...	\$4.10
Macchiato	Small	...	\$2.25/Cozy	...	\$3.25
Carmel Macchiato	Small	...	\$2.70/Cozy	...	\$3.65
Van./Car./HazInt Latte	Small	...	\$3.25/Cozy	...	\$4.10
White Choc. Moca Latte	Small	...	\$3.25/Cozy	...	\$4.10
Cafe Mocha Latte	Small	...	\$3.25/Cozy	...	\$4.10
Hot Chocolate	Small	...	\$2.10/Cozy	...	\$2.90

Iced Coffee Drinks

Small--16oz/Large--24oz

Iced Coffee	Sm	...	\$1.95/Lg	...	\$2.75
House Iced Coffee	Sm	...	\$2.25/Lg	...	\$3.25
Iced Cafe Latte	Sm	...	\$3.25/Lg	...	\$4.10
Iced White Choc. Late	Sm	...	\$3.25/Lg	...	\$4.10
Iced Carmel Late	Sm	...	\$3.25/Lg	...	\$3.35
Iced Moca Late	Sm	...	\$2.50/Lg	...	\$3.35

Hot Tea

Cup ... \$1.75/Pot ... \$3.75--Artisan/Rare Cup ... \$2.25/Pot ... \$4.75

Organic Red Raspberry Rooibos • Organic Lemon Chamomile • Organic Earl Grey • Organic Rooibos Bourbon • Organic Masala Chai • Citron Green Tea • Japan Gen Mai Cha Select • Pineapple Papaya Green Tea • Jasmine Pearls*^A • White Pomegranate • Crimson Berry Fruit Tisane • Passionberry Fruit Tisane • English Breakfast • Japan Osmanthus* • China Black Needles* • Lavender Dream Hibiscus*

*** Denotes Artizan/Rare Tea--"A" Denotes sold by pot only

Iced Tea

Small--16oz/Large--24oz

Passionberry Sm ... \$1.95/Lg ... \$2.75

This award winning iced tea brews a deep rich cup with pronounced notes of raspberry and passion fruit

Classic Assam Sm ... \$1.95/Lg ... \$2.75

Our traditional iced tea. A blend of North Indian black tea that brews up a rich single malt type infusion, and gives viscous liquor

Organic Green Mystic Sm ... \$1.95/Lg \$2.75

A blend of three organic green teas blended with some unusual exotic organic ingredients like mango, Indian ginger and Schizandra berries.

Beverages

Fresh Orange Juice/Lemonade

Sm.(16oz) . . . \$2.25ea/Lg.(24oz) . . . \$3.25ea

Mineral Water . . . Individual . . . \$2.25/Large . . . \$6.75

Your choice sparkling or still

Bottled Vitamin Water . . . \$2.25ea

Raspberry Apple (Defense) • Green Tea (Rescue) • Grape (Formula) • Dragon Fruit (Power C) • Acai Blueberry Pome (XXX) • Fruit Punch (Revive)

Bottled Fuze Tea . . . \$1.75ea

Peach Mango • Diet Pomegranate White Tea • Green Tea W/Honey
Blackberry Grape

Bottled Juice . . . \$1.75ea

Cranberry Apple Raspberry Juice • Orange Juice • Apple Juice

Bottled Soda . . . \$1.75ea

Coke • Diet Coke • Coke One • Sprite • Fresca • Dr. Pepper • Diet Dr. Pepper
Ginger Ale

Iced Green Tea Smoothies

Small (16oz) . . . \$4.50/Large (24oz) . . . \$5.50

Mango Mania • Strawberry Bomb • Pomegranate

Beer, Wine & Smirnoff Ice

Mimosa Special . . . \$2.50

Bottled Beer

Domestic . . . \$4.00ea

Coors Light • Miller High Life • Miller Light • Rolling Rock

Imported/Domestic Top Shelf . . . \$4.75ea

Corona • Corona Light • Molson Ice • Brahma • Sam Adams (Boston Ale)
Guinness (Draught) • La Batts Blue

Large Bottles . . . \$6.75ea

Foster's Oil Can (25.4 oz) • Harpoon Helles Blond Rock (22oz)

Smirnoff Ice . . . \$5.75ea

Original • Strawberry Acai • Pomegranate Fusion

Wine by the Glass

House Wine By the Glass . . . \$6.00ea

Chardonnay • Pinot Grigio • Sauvignon Blanc • Cabernet Sauvignon • Merlot
(Wine Tasting Menu Available; Please Consult our Wine List)

House Special Wine By the Glass . . . \$8.00ea

Please view our Wine List for current selection