

SUNDANCE DINNER MENU

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 Panin 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 ... \$9.95ea.

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 ... \$10.95ea.

Make Your Own

Make your way to our salad bar and our server will customize your salad just the way you like it. Choose 1 protein and 4 other toppings with your favorite dressing

Chicken Caesar

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

San Diego Salad

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

Protein Lovers Salad

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

Chopsticks Salad

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

Turkey Cobb Salad

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

Sundance Chef Salad

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

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

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

*****NEW*****

Sundance Skillet Creations

served with a side of our Sundance salad and your choice of red and sweet potato medley or Spanish rice

Beef Stroganoff Skillet . . . \$14.95

Sliced Angus sirloin covered in our own Stroganoff sauce . . . unforgettable

Tilapia with Baby Shrimp Skillet . . . \$15.95

Grilled Tilapia with baby shrimp covered in our own coconut & tomato sauce

Baked Chicken & Tortellini Skillet . . . \$12.95

Tri colored tortellini with grilled chicken our own Alfredo Pomodoro sauce sprinkled parmesan cheese (not served with potatoes or rice)

Chipotle Shredded Beef . . . \$12.45

Shredded beef, sautéed mushrooms and onions covered in hot Chipotle sauce and smothered in jack & cheddar

Ultimate Burger Skillet . . . \$11.95

8oz sirloin burger topped with bacon and sautéed onions and mushrooms and smothered in jack & cheddar. Ask for a bun and fixings or eat directly from the skillet.

Veggie Skillet . . . \$13.95

An assortment of grilled veggies and portabella mushrooms covered in fresh mozzarella and sprinkled with parmesan cheese

Chicken Cordon Bleu Sundance Style . . . \$12.95

Grilled chicken breast covered in ham and bacon and smothered in our own Gorgonzola cheese sauce

Southwestern Chicken Skillet . . . \$12.95

Grilled Cajun spiced chicken breast covered in corn, black beans, sautéed onions and our own cherry pepper sauce, smothered in jack & cheddar

Pork Winglet Skillet . . . \$13.95

Bone in pork winglets covered in BBQ sauce and smothered in jack & cheddar

Sundance Grilled Chicken Skillet . . . \$12.95

Grilled chicken covered in diced tomatoes, sautéed onions and mushrooms, ham & bacon bits and smothered in jack & cheddar

Salmon Skillet . . . \$16.95

Grilled Atlantic salmon covered in our own garbanzo bean paste

Panini Sandwiches . . . \$10.95ea.

Our famous Panini sandwiches named after the local towns make you feel right at home. Served with a side of our garden salad, a pickle and chips

*****Ask your Server for our Daily Specials*****

Fairfield--Turkey & Smoked Gouda

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

Stamford--Honey Ham and Brie.

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

Greenwich--Asian Chicken Wrap.

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

Darien--Our version of a Reuben.

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

Norwalk--Buffalo chicken Wrap

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

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

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

Ridgefield--Chicken & Fresh Mozzarella

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

Milford--Our own chicken salad BLT

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

Wilton--Fresh Mozzarella Sandwich

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

Trumbull--Our Chicken Salad Wrap

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

Shelton--Fat Free Tuna Wrap

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

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

Deserts

Peanut Butter Tartuffe ... \$6.95

Peanut butter gelato with a caramel center, coated in milk chocolate and drizzled with peanut butter cream

Tiramisu ... \$5.95

Imported mascarpone & ladyfingers delicately soaked in espresso & topped with cocoa

Tres Leches Cake ... \$5.95

Pound Cake soaked in three luscious milks and covered with a satiny white cream topping

Strawberry Tiramisu ... \$5.95

A variation on this Italian classic

Chocolate Decadent cake ... \$5.95

Luscious chocolate cake with a rich chocolate middle

Coconut Sorbet ... \$5.95

Coconut Sorbet served in a coconut shell

Orange Sorbet ... \$5.95

Orange Sorbet served in a frozen orange

Brownie Bottom Pie ... \$6.95

A hot brownie topped with a scoop of premium vanilla ice-cream

Chocolate Middle Pie ... \$7.95

A soft chocolate cake with a chocolate sauce middle served hot and topped with premium vanilla ice cream

Turtle Cheesecake ... \$6.95

an individual serving of premium vanilla cheesecake topped with a caramel sauce and crushed peanuts

Sundance Sundae ... \$6.95

A large scoop of vanilla ice cream topped with our own crushed chocolate chip cookies, brownies, crushed peanuts and fudge.

Seasonal Fresh Fruits ... \$5.95

Seasonal fresh fruit selection, served with whipped cream

Parfaits ... \$5.95ea. (ask about other available flavors)

Red, White & Blue—low fat vanilla yogurt, fresh strawberries, blueberries, Special K & real maple

Hawaiian—low fat vanilla yogurt, fresh pineapples, toasted coconut, granola and raisins

Banana Nut—low fat vanilla yogurt, banana, chopped peanuts, crushed graham crackers & cinnamon

Make Your Own—Low fat vanilla yogurt with any 3 available toppings of your choice