

BREAKFAST

Pastries ... \$1.99ea

freshly baked daily; call us for our daily selection

Muffins \$1.99ea

freshly baked daily; call us for our daily selection

Georgian Cheese Puffs (hachapuri) ... \$3.00ea

freshly baked to order; please allow 15 to 20 minutes

Bagel w. Cream Cheese ... \$2.25

Bagel w. Cream Cheese & Smoked Salmon \$4.95

Egg Sandwich--\$2.79/w. Bacon, Ham or Sausage--\$3.59

your choice of roll, bagel, croissant or English muffin

Signature Breakfast Sandwiches & Wraps ... \$3.99ea

your choice from any of the sandwiches and wraps below

Breakfast Burrito Loco--scrambled eggs, Cajun chicken, black beans, sweet baby corn, melted cheddar and home made cilantro lime in a white wrap

Spinach & Feta Wrap--egg whites, fresh Spinach, shredded carrots, feta cheese and a touch of Greek feta vinaigrette in a Spinach wrap

Mediterranean Wrap--egg whites, our homemade Humus spread & fresh Mediterranean chopped salad (tomatoes, cucumbers, onions), in a Spinach wrap

Southwestern Wrap--scrambled eggs, grilled chicken breast, melted combo of Cheddar and Jack cheeses & our own spicy cherry pepper mayo in a white wrap

Trail Mix Wrap--fresh strawberries and blueberries, honey nut granola, all natural strawberry preserve and fresh Ricotta cheese in a whole wheat wrap

All American Wrap--scrambled eggs, bacon, ham, sausage and American cheese, piled high and grilled in a white wrap

Egg BLT Wrap--our variation on this classic, featuring scrambled eggs, bacon, fresh Romaine, diced tomato and light mayo in a white wrap

Ham & Alpine Swiss--scrambled eggs, ham and Alpine Swiss in a white wrap

PB&J and So Much More--mmm . . . Peanut butter, natural strawberry preserve, sliced bananas and thinly sliced green apples in a white wrap

European Sandwich--a heaping serving of real Nutela, sliced bananas and crushed almonds between two slices of thick six grain bread

Fresh Mozzarella Wrap--egg whites, fresh Mozzarella, fresh basil, roasted peppers, diced tomatoes and pesto sauce, in a sundried tomato wrap

Waffles . . . \$5.95ea

our oversized Belgian waffles with your choice of topping; or customize your own; add \$1.25 for each additional topping

Traditional--real Vermont maple and whipped cream.

Dulce De Leche--the finest dulce de leche and whipped cream.

Nutella & Banana--real Nutella mixed with a whole banana and crushed almonds

Strawberry Champagne Sauce--a Sundance favorite home-made with fresh strawberries, brown sugar, California champagne and a touch of lime juice, served hot and topped with whipped cream

Australian Fruit Stew--fresh slices of cantaloupe, honeydew, strawberries & bananas, topped with vanilla yogurt and a touch of honey

Trail Mix--our signature mix of nuts and dried fruits served with vanilla yogurt and topped with a touch of honey

Parfait . . . \$4.25

All our parfaits feature low fat/sugar free vanilla yogurt; substitute for plain yogurt available

Red White and Blue--Low fat vanilla yogurt mixed with fresh strawberries and blueberries and drizzled with Special K and a hint of real maple syrup

Hawaiian--Low fat vanilla yogurt mixed with fresh pineapples, toasted coconut, granola and raisins

Banana Nut--Low fat vanilla yogurt, sliced banana, chopped unsalted peanuts, crushed graham crackers topped with ground cinnamon

Mixed Melon--Low fat vanilla yogurt, Honeydew and cantaloupe, topped with special K

Grape Harvest--Low fat vanilla yogurt, seedless grapes, granola and a touch of real maple

Apple Pie--Low fat vanilla yogurt, ground cinnamon, brown sugar and diced green apples, topped with crushed oatmeal cookies and chopped walnuts

Make your own--Combine up to 3 toppings of your choice. Ask your server for seasonal availability

Sundance Hot Oatmeal . . . \$4.25

Artfully mixed with dried cranberries, crushed walnuts and a touch of brown sugar. As good as it is good for you.

Cold Cereal . . . \$2.75

Choose from our selection of Cheerios, Honeynut Cheerios, Special K, Raisin Bran, Frosted Shredded Wheat or Frosted Flakes. Specify skim or regular milk. Add fresh strawberries, blueberries, bananas or green apples for an additional \$1.25

Sundance Breakfast Skillet Creations

served with your choice of a our extra thick six grain or rye breads, a Panini pressed pocketless pita or an English muffin

All American Skillet ... \$7.95

Proud to be American! 3 eggs, bacon, sausage and ham, piled high and smothered with jack & cheddar cheese

Ham & Swiss Skillet ... \$6.95

3 eggs with low sodium ham smothered in Alpine Swiss

Omelet Loco Skillet ... \$6.95

3 eggs, Cajun chicken breast, black beans, corn & our own cilantro lime sauce smothered in jack & cheddar cheese

Egg White Greek Skillet ... \$6.45

3 egg whites, diced tomatoes and fresh spinach covered with feta cheese

Four Cheese Skillet ... \$7.95

3 eggs with fresh mozzarella islands smothered in provolone, mozzarella and parmesan

Sundance Egg Skillet ... \$7.95

3 eggs, diced tomatoes, thinly sliced red onions, mushrooms, bacon bits and diced grilled chicken smothered in jack & cheddar

Western Egg Skillet With a Twist ... \$6.95

3 eggs, ham, green peppers and onions smothered with jack & cheddar and served with a side of our extra spicy cherry pepper sauce

Philly Cheese Steak Egg Skillet... \$8.95

3 eggs, thinly sliced steak with sautéed onions, mushrooms and peppers smothered in American cheese

Egg Skillet from Hell ... 6.95

Hot, Hot, Hot, Hot . . . 3 eggs, Cajun chicken, roasted Jalapenos, scallions and our own cherry pepper sauce smothered in jack & cheddar

Make Your Own Skillet ... \$5.95/\$0.50 per topping

Choose any of the following toppings:

Meats: bacon•ham•sausage•chicken•cajun chicken

Veggies: tomatos•onions•peppers•mushrooms•corn•black beans•rosted red peppers•green peas•broccoli

Cheese: feta•cheddar•jack&cheddar•provolone•american•swiss

Other: Jalapenos•hot cherry peppers•black olives• artichoke hearts•

Sides

Red & Sweet Potato Medley ... \$2.95

Mediterranean Salad ... \$2.95

Fresh Garden Salad ... \$2.95

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