



# Sundara Inn & Spa

## lunch starters

### bruschetta 8

Grilled baguette with whipped goat cheese and balsamic tomatoes.

### caprese plate 9

Fresh cow milk mozzarella, roasted Roma tomatoes and basil leaves drizzled with white balsamic vinaigrette.

### chef's selection of cheese 16

A pairing of artisanal cheeses with seasonal fresh fruit.

### hummus plate 8

Preserved feta cheese, cucumbers, olives, toasted pita and cucumber-yogurt sauce.

### grilled flatbread 12

Fresh flatbread, grilled and topped with your choice of the following:

- spicy shrimp and chorizo, jalapeño cream, roasted peppers and mozzarella
- margherita-tomato, basil, mozzarella and balsamic drizzle
- pancetta, herbed goat cheese, roasted mushrooms, arugula and truffle oil

## soup and salads

### spa salad 8

Field greens, Montrachet goat cheese, crisp onion, toasted almonds, roasted red bell pepper vinaigrette.

### cobb salad 12

Field greens, layered with tomatoes, avocado, egg, crisp pancetta and onion, dressed with chive vinaigrette, topped with your choice of chicken or tofu.

### seasonal soup 7

Chef's creation, utilizing the freshest ingredients reflective of the season.

### sundara caesar salad 8

Tofu dressing with flavors of anchovy, garlic and lemon, tossed over Romaine lettuce with Stravecchio cheese and pita crisps.

**add: grilled steak - 14 grilled chicken - 12 grilled tofu - 11**

### orzo salad 8

Orzo pasta with sweet and sour bell peppers, balsamic dressed with arugula and tomato.

### seasonal fruit salad 7

A delicious combination of the season's best fruit.

## entrées

### sundara wrap 8

Whole-wheat wrap, field greens, scallions, bell pepper, carrots and cabbage, dressed with a light jalapeno vinaigrette, accompanied with your choice of orzo pasta salad, organic chips or fruit salad.

**add: grilled chicken - 12 grilled tofu - 11**

### grilled fresh fish tacos 12

Seasonal white fish, spicy guacamole, shredded cabbage and tomato, wrapped in white corn tortillas, accompanied with fruit salad.

### steak sandwich 12

Grilled to order and served on a ciabatta roll with arugula, balsamic onion marmalade and truffle mayonnaise, accompanied with your choice of orzo pasta salad, organic chips or fruit salad.

### turkey burger 9

Sundara spiced and served on a whole-wheat bun with lettuce, tomato and crisp onion, with your choice of cheddar or Swiss cheese, accompanied with your choice of orzo pasta salad, organic chips or fruit salad.

### gyro 10

Grilled lamb tenderloin with grape tomatoes, red onion, Tzatziki sauce and marinated feta wrapped in a warm pita.

### lamb quesadilla 11

Grilled lamb with goat cheese, red onion jam and sliced dates.

**to order dial 2033**





# Sundara Inn & Spa®

## dessert

### vanilla crème brûlée 8

Delicate vanilla custard finished with caramelized sugar and fresh berries.

### flourless chocolate torte 8

Decadent rich velvety chocolate torte topped with fresh juicy raspberries and cream.

### pumpkin cheesecake 8

Light pumpkin cheesecake with spiced whipped cream.

### apple tart 8

Crisp green apples with a date and walnut crust.

### ✿ handmade local chocolates 10

Lil chocolates, locally farm-raised ingredients.

## non alcoholic beverages

### soda 2

Coca-Cola, Diet Coke, Sprite

### sundara water 2

### fiji water 4

### perrier 4

### B12 magic coffee 5

organic grade B maple syrup, organic cocoa powder and coffee

### sundara chai latte 7

organic chai tea, frothy skim milk

### ✿ NessAlla kombucha 4

Local and alive

## raw pressed juices

### apple mint coconut 5

### carrot beet celery 5

### apple lemon ginger 5

### orange coconut water 5

### wheatgrass shot 2

### coconut water 4

## smoothies

### autumn 7

banana, probiotic yogurt, granola, orange juice

### rythym 7

cranberry, raspberry, strawberry, probiotic yogurt

### savory 7

organic pumpkin, milk, banana, granola, cinnamon

### serenity 7

guava, mango, pineapple, probiotic yogurt

### tropic 7

non-dairy, pineapple, coconut, banana

### beauty 7

blackberry, blueberry, probiotic yogurt, Mona Vie®

### bliss 7

non dairy, blueberry, strawberry, banana, Mona Vie®

### earth 7

non dairy, blueberry, apple, banana, almond milk

