



Sundara Inn & Spa

Sundara's Fresh Seasonal Cuisine

Served from 11:00 am to 9:00 pm

Fresh and Bursting with Flavor: Spa-Inspired Salads

Spa Salad 8
Field greens, Montrachet goat cheese, crisp onion, toasted almonds, roasted red bell pepper vinaigrette.

Cobb Salad 10
Field greens, layered with tomatoes, avocado, egg, crisp pancetta and onion, dressed with chive vinaigrette. Topped with your choice of chicken or tofu.

Sundara Caesar Salad 8
Tofu dressing with flavors of anchovy, garlic and lemon, tossed over Romaine lettuce with Sarvecchio cheese and pita crisps.

Add: Grilled steak 14
Add: Grilled chicken 12
Add: 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.

Seasonal Soup 7
Our chef's creation, utilizing the freshest ingredients and reflective of the season.

Smoothies

Sunrise Smoothie 7
Bananas, Strawberries, Orange Juice, Yogurt

Black Beauty Smoothie 7
Blackberries, Blueberries, Grape Juice, Yogurt

Rhapsody Smoothie 7
Cranberry, Raspberry, Strawberry, Yogurt

Rainforest Rave Smoothie 7
Guava, Mango, Pineapple, Yogurt

Colada Cooler Smoothie 7
Non-dairy, Pineapple, Coconut, Banana

Brainwave Smoothie 7
Non-dairy, Soy Milk, Blueberry, Banana, Apple

Beverages

Perrier Sparkling Water 4

Fiji Water 4

Hot Tea 2

With Healthy Satisfaction in Mind: All Day Energizers

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, whole grain chips or fruit salad.

Add: Grilled chicken 12
Add: Grilled tofu 11

Grilled Fresh Fish Tacos 11
Seasonal white fish, spicy guacamole, shredded cabbage and tomato, wrapped in white corn tortillas. Accompanied with fruit salad.

Coriander Grilled Shrimp 14
Grilled shrimp seasoned with coriander, paired with a shaved raw fennel and red onion salad, orange supremes, dressed with a tart sour orange vinaigrette.

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, whole grain 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, whole grain chips or fruit salad.

Bruschetta 8
An assortment of house made toppings, served with grilled bread and cucumber planks.

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:
• Asparagus pesto, Stravecchio cheese, pine nuts and olive oil.
• Margherita-tomato, basil, mozzarella and balsamic drizzle.
• Pancetta, herbed goat cheese, roasted mushrooms, arugula and truffle oil.

Chef's Selection of Cheese 16
A pairing of artisanal cheeses with seasonal fresh fruit.

A Delicious Idea

Classic desserts present a sweet finish to your meal.

Crème Brulée of the day 8

Carrot Cake 8

Warm Chocolate Cake 8

Traditional Tiramisu 8

ENERGIZE YOUR SOUL

To order call 2033

Sundara's Starters

Mona Vie® Salad - 10

Spring mix tossed with red onions, blueberries, chévre and walnuts. Dressed with our signature Mona Vie® vinaigrette.

Caprese Plate - 9

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

Artichoke and Baby Lima Bean Salad - 10

Baby lima beans paired with artichokes, roasted red bell peppers, grilled asparagus and fresh herbs garnished with preserved Feta cheese.

English Pea Risotto - 10

Risotto featuring fresh peas and garnished with organic Pecorino Sardo. (Perfect for sharing or as a light entree.)

Sundara's Entrées

Jumbo Lump Crab Cake - 25

A classic 6oz. crab cake presented with paprika roasted potatoes, charred sweet corn relish and roasted sweet and spicy pepper aioli.

Linguini with Mushroom Ragù - 17

Seasonal mushrooms, tossed with al dente pasta and finished with Sarvecchio cheese, black truffle oil and parsley.

6oz Australian Lamb Loin - 29

Served with a chick pea puree, Moroccan spiced eggplant, tangy pickled cucumber salad and finished with crispy chick peas.

Fresh Catch - Market Price

Featuring sustainable and seasonal fish. Please ask your server for today's offerings.

Cornish Game Hen - 17

Oven roasted semi-boneless half Cornish game hen presented with a warm Dijon potato salad and fresh green beans.

Grilled 8oz Skirt Steak* - 28

Marinated and grilled to order, presented with fresh spring vegetables and a sauce Romesco.

6oz Petite Filet Mignon* - 39

Grilled to order and served with celery root whipped potatoes, spring vegetables and house made demi glace.

12oz New York Strip* - 42

Grilled to order and served with garlic whipped potato, seasonal vegetable and house made demi glace

Entrées of the Day

In the spirit of Sundara we are proud to offer daily specials using the bounty of the season to create different tantalizing entrées both vegetarian and non.

Ask your server for today's offerings.

A Delicious Idea

Classic desserts present a sweet finish to your meal.

Crème Brulèe of the day • Carrot Cake • Warm Chocolate Cake • Traditional Tiramisu
8 Each

Served from 5:00 pm to 9:00 pm To order call 2033



* We proudly serve Certified Angus Beef®

Consuming raw or undercooked meat, poultry, seafood, shellfish or eggs may increase your risk of food borne illness.