

lunch

Lunch served from 11 a.m. to 5 p.m. daily.

starters

GF 🌱 bruschetta 12

Grilled baguette with herb infused whipped goat cheese, tomatoes and basil. Topped with fresh arugula leaves and drizzled with balsamic reduction.

🐟 🌱 crab cakes 16

Pan-fried, golden brown, served over a sweet chili sauce and finished with a nappa cabbage slaw and our housemade tartar sauce.

🌱 chicken quesadilla 13

Tender chicken, spinach, chipotle cream, Wisconsin cheddar cheese and fresh sweet corn relish folded in a grilled whole wheat tortilla. Served with pico de gallo and sour cream.

GF 🌱 chef's selection of cheese 18

A pairing of Wisconsin artisanal cheeses with grapes and fresh berries, served with homemade compote and assorted natural crackers.

GF 🐟 ahi tuna bites 16

Cubes of ahi seared and paired with a summer slaw, fresh aioli and avocado served on sesame-ginger crackers.

GF 🌱 roasted garlic hummus 12

Roasted garlic studded with kalamata olives and feta cheese. Served with tomato wedges, cucumber, carrot planks and toasted pita.

GF chips and dips 10

Organic blue corn tortilla chips with spa-made guacamole and fresh pico de gallo.

oven baked naan flatbread 14

Margherita – fresh sliced tomatoes, basil, mozzarella and balsamic reduction
Spicy Chicken – pepperjack, roasted mushrooms, arugula and roasted red peppers with seasoned chicken
Mediterranean – feta, red onion, grape tomatoes, black olive and finished with fresh spinach

soup and salads

GF spa salad 10

Fresh baby spinach tossed with avocado, strawberry, red onion, candied walnuts, lemon poppy seed vinaigrette and topped with crumbled goat cheese.

GF cobb salad 13

Field greens tossed with chive vinaigrette and topped with halved grape tomatoes, diced red onion, sliced avocado, hard boiled egg, crispy pancetta.
Finished with your choice of grilled chicken or tofu.

GF 🌱 sundara caesar salad 11

Traditional Caesar dressing flavored with anchovies, garlic, lemon and parmesan and a wedge of lemon.
add: grilled steak - 6 salmon - 6 🐟
grilled chicken - 5 grilled tofu - 4

🐟 GF seared ahi tuna 18

Fresh greens topped with avocado, mango, onions, feta cheese and strawberries. Served with a sweet vinaigrette dressing.

caprese plate 11

Fresh local mozzarella, garden tomatoes and basil topped with a balsamic reduction.

orzo salad 9

Orzo pasta with sweet bell peppers and roasted red onion. Mixed with balsamic dressing, grape tomatoes and fresh arugula.

GF fresh fruit 9

A delicious combination of fresh mixed melons and berries.

🌱 seasonal soup 8

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

to order dial 2033

🌱 This symbol indicates items which feature ingredients sourced locally. GF This symbol indicates a meal that can be made gluten free upon request. 🐟 This symbol indicates certified sustainable seafood. Consuming raw or under cooked meat, poultry, seafood, shellfish or eggs may increase your risk of food borne illness. Tax and 20% gratuity will be added to all orders. Sundara is proud to participate in the local Orange Cat Farms CSA program.



entrées

All entrées are served with your choice of flavored kettle chips, fresh fruit or orzo salad.

GF sundara lettuce wraps 14

Rice noodles, matchstick carrots, cucumbers and jicama tossed with a ginger vinaigrette. Finished with cilantro and your choice of grilled chicken, poached shrimp or tofu.

GF grilled fresh fish tacos 14

Warm corn tortillas with seasoned mahi-mahi, cilantro lime aioli, shredded cabbage, pico de gallo and a side of spicy guacamole.

GF steak sandwich 16

Tender marinated steak with roasted red peppers, caramelized onions, sauteed wild mushrooms and avocado. Prepared on a toasted Ciabatta roll with sweet chipotle-honey sauce and finished with arugula.

GF california chicken sandwich 14

Seasoned chicken breast topped with Nueske's™ bacon Pepper Jack cheese, avocado, lettuce, tomato and chipotle mayo on a ciabatta roll.

GF grilled salmon BLT 16

Grilled wild-caught salmon on toasted honey whole-wheat bread with Nueske's bacon, sliced roma tomatoes, arugula and avocado mayo.

GF vegetarian corn cakes 14

Warm cheesy polenta with fresh sweet corn served over black bean salsa. Finished with arugula salad tossed in honey jalapeño vinaigrette, topped with crème fraîche.

GF turkey burger 14

Freshly grilled quarter-pound turkey burger with tomato, bibb lettuce, onion, avocado and topped with thick-sliced local Mozzarella served with a spicy aioli on a ciabatta roll.

dessert

GF vanilla crème brûlée 9

Delicate vanilla custard finished with caramelized sugar and fresh berries.

fresh seasonal gelato 10

Gelato made with real fruit ingredients and velvety in texture.

handmade local chocolates 10

Five seasonal farm-crafted chocolates created by Roots Chocolate.

GF chocolate mousse 8

Smooth dark chocolate with hints of coffee and orange liqueur. Topped with shaved white chocolate, organic whipped cream and fresh raspberries.

GF organic banana split 10

Sliced organic bananas topped with local, fresh vanilla gelato. Finished with fresh strawberries, fresh pineapple, chocolate sauce, pecans, organic whipped cream and a cherry. This delight is generous enough for two to enjoy.

to order dial 2033

dinner

Dinner served from 5 p.m. to 9 p.m. daily.

starters

GF 🌿 bruschetta 12

Grilled baguette with herb infused whipped goat cheese, tomatoes and basil. Topped with fresh arugula leaves and drizzled with balsamic reduction.

🐟 🌿 crab cakes 16

Pan-fried, golden brown, served over a sweet chili sauce and finished with a nappa cabbage slaw and our housemade tartar sauce.

🌿 chicken quesadilla 13

Tender chicken, spinach, chipotle cream, Wisconsin cheddar cheese and fresh sweet corn relish folded in a grilled whole wheat tortilla. Served with pico de gallo and sour cream.

GF 🌿 chef's selection of cheese 18

A pairing of Wisconsin artisanal cheeses with grapes and fresh berries, served with homemade compote and assorted natural crackers.

🐟 ahi tuna bites 16

Cubes of ahi seared and paired with a summer slaw, fresh aioli and avocado served on sesame-ginger crackers.

GF 🌿 roasted garlic hummus 12

Roasted garlic studded with kalamata olives and feta cheese. Served with tomato wedges, cucumber, carrot planks and toasted pita.

GF chips and dips 10

Organic blue corn tortilla chips with spa-made guacamole and fresh pico de gallo.

oven baked naan flatbread 14

Margherita – fresh sliced tomatoes, basil, mozzarella and balsamic reduction
Spicy Chicken – pepperjack, roasted mushrooms, arugula and roasted red peppers with seasoned chicken
Mediterranean – feta, red onion, grape tomatoes, black olive and finished with fresh spinach

soup and salads

GF spa salad 10

Fresh baby spinach tossed with avocado, strawberry, red onion, candied walnuts, lemon poppy seed vinaigrette and topped with crumbled goat cheese.

GF cobb salad 13

Field greens tossed with chive vinaigrette and topped with halved grape tomatoes, diced red onion, sliced avocado, hard boiled egg, crispy pancetta. Finished with your choice of grilled chicken or tofu.

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Traditional Caesar dressing flavored with anchovies, garlic, lemon and parmesan and a wedge of lemon.
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caprese plate 11

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entrées

GF mahi-mahi 29

Grilled mahi-mahi with coconut jasmine rice, topped with bruschetta and seasonal vegetables.

grilled salmon 28

Grilled wild-caught salmon, finished with lemon compound butter, toasted almond orzo with capers and seasonal vegetables.

grilled ahi tuna 32

Grilled ahi tuna topped with fresh mango salsa on a bed of Basmati rice and asparagus.

GF frenched chicken breast 26

Pan-seared free-range organic chicken breast with potato gnocchi, seasonal vegetables and pan jus.

GF sweet and spicy rice noodles 20

Rice noodles with fresh sauteed vegetables and sweet chili sauce. Finished with grilled tofu.

Substitute grilled chicken **24** or poached shrimp **28**.

mushroom and kale ravioli 28

Vegan ravioli stuffed with mushrooms and kale, served with cherry tomatoes and finished with a white wine sauce.

petite filet mignon 42

8 oz. Certified Black Angus grilled to order and served with garlic whipped potatoes, seasonal vegetables and house made demi-glace.

GF Niman Ranch™ ribeye 44

12 oz. Prime Niman Ranch™ ribeye grilled to order and served with garlic whipped potatoes, seasonal vegetables and house made demi-glace.

dessert

GF vanilla crème brûlée 9

Delicate vanilla custard finished with caramelized sugar and fresh berries.

fresh seasonal gelato 10

Gelato made with real fruit ingredients and velvety in texture.

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