



• JUST-ONE-MORE-BITE •

Menu

Where hunger stops and the party begins



Party Starters

Add Bull Chips, sweet potato fries, or fries to any appetizer for **\$2.99**

Basket of Bull Chips

The b'ys have been making them for 30 years now. Our famous Bull Chips are deep fried and tossed in Sundance Spice for **\$3.99**

Sundance Nachos

The best nachos in town (trust us, we've tried them all!) Our tri-color tortilla chips are topped with fresh red onions, green peppers, tomatoes, and jalapeños. Have an individual size nachos for **\$8.99**

If you're really hungry or with some friends, why not make it a double for **\$13.99?**

Add seasoned chicken or chilli for **\$2.99**

Add barbeque chicken for **\$3.99**

Add extra vegetables for **\$0.75**

Add extra cheese for **\$1.99**

Sundance Wings

One of Bull's favourites (and he's an expert on the subject). Big, juicy wings seasoned with Sundance Spice. Enjoy them any way you want: Dry, Mild, Medium, Hot, Suicide, Honey Garlic, or try them with our new Sundance BBQ sauce. **1lb \$10.99 2lbs \$17.99**

Jalapeño Poppers

Jalapeños and cream cheese stuffed into a breaded shell for **\$6.99**

Onion Rings

Fresh cut onions made with the Sundance's homemade batter. Deep fried to golden perfection and seasoned with our secret spice for **\$6.99**

Chicken Fingers

Breaded all-white chicken strips, deep fried until that magic moment when they're not too crispy, not too soft, with a side of dipping sauce for **\$7.99**

Mozza Sticks

Classic finger food. Lightly-breaded mozzarella cheese sticks with a dipping sauce of your choice for **\$6.99**

Vegetable Spring Rolls

A refreshing way to start a meal. Seasoned golden spring rolls with a side of plum sauce for **\$6.99**

Garlic Cheese Bread

Four pieces of fresh baked bread topped with garlic and cheese, baked to golden melty goodness for **\$4.99**

Add bacon for **\$1.99**

Spinach and Crab Dip

A great mix of baked spinach and crab. You won't ever want to stop dipping. Served with naan bread for **\$9.99**

Cod Tongues

A great Newfoundland tradition. Floured cod tongues pan fried to perfection. Served with scrunchions and a side of tartar sauce for **\$9.99**

The Roundup Platter

"Give me the Roundup"- it's almost as much fun to order as it is to eat! A mix of all of your favourites: Bull Chips, chicken fingers, Sundance Wings, vegetable spring rolls, mozzarella sticks, jalapeño poppers and our famous onion rings, all for **\$23.99**

The Main Events

It's the moment you've all been waiting for. Bring your appetite and buckle up. All mains come with a choice of side of fries, Bull Chips, sweet potato fries, house salad, Caesar salad, Mexican rice, white rice or baked potato.

Substitute soup or onion rings for **\$2.99** or seafood chowder for **\$3.99**

Pan Fried Cod

A hearty piece of Atlantic cod, pan seared just how you like it. Served with scrunchions, a side of tartar sauce and a choice of side for **\$16.99**

Make it a "surf and surf" by adding cod tongues, a great Newfoundland tradition for an additional **\$6.99**

Fish n' Chips (one or two piece)

A true Newfoundland tradition. Atlantic battered cod, deep fried until golden and flaky with a side of tartar sauce for **\$8.99** or have a two piece for **\$11.99**

Make it a real Newfoundland treat by adding dressing or gravy for just **\$1.99**, or both for **\$2.99**

The Sundance Striploin

Why let someone restrict you to one size of steak? Fresh AAA Canadian Beef with cuts from an 8oz up to a 16oz, grilled just the way you like it, starting at just **\$17.99** for 8oz.

Why not make it a "surf and turf" by adding shrimp or scallops for **\$5.99**, or both for **\$9.99?**

The Sundance Ribs

We're new to the rib game, but we know what we're doing. Our pork ribs are grilled to perfection so the meat just falls off the bones, then smothered with our new Sundance Specialty BBQ sauce. It's the best in town. Try a half rack for **\$13.99** or a full rack for **\$21.99**

Stuffed Chicken Breast

A skinless chicken breast stuffed with savoury dressing and baked to perfection for **\$10.99**

Hot Turkey Sandwich

Fresh cut turkey between two slices of home-style bread topped with gravy and savoury dressing on the side for **\$10.99**



Pasta & Stir Fry

We make pastas and stir fries for people who know pastas and stir fries. Pastas are served with two slices of garlic bread (let's put it this way: you won't be leaving hungry).

Fettuccine Alfredo

Tossed in a home-style cream sauce, topped with parmesan cheese and served with garlic bread for **\$9.99**

Add steamed vegetables for **\$1.99**, chicken for **\$2.99**, or shrimp for **\$3.99**

Vegetable Stir Fry

Gluten Free

A fresh medley of vegetables served on a bed of rice. Served with your choice of mango curry, honey garlic, or teriyaki sauce for **\$9.99**

Add chicken for **\$2.99** or shrimp for **\$3.99**

Penne Pasta

New!

A pile of perfect penne pasta! (Say that three times fast). A tomato based rosé sauce, topped with aged cheddar and Canadian mozzarella served with garlic bread for **\$9.99**

Add steamed vegetables for **\$1.99**, chicken for **\$2.99** or shrimp for **\$3.99**. Have all the additions for **\$6.99**

Sandwiches & Wraps

Grab a sammie or wrap it up! Both come with a choice of side.

Classic Club House

The king of classics. You don't just eat this sandwich, you conquer it! Made with fresh turkey, bacon, lettuce, tomato, cheese and mayo packed in between three pieces of toast for **\$10.99**

Veggie Wrap

Fresh lettuce, green pepper, mushrooms, onions, tomato and cheese served on a white or whole wheat wrap for **\$8.99**

Buffalo Chicken Wrap

Buffalo chicken, lettuce, tomato, green pepper and cheese served on a white or whole wheat wrap for **\$11.99**

BLT

How do they fit so much taste into three little letters? Crispy bacon, fresh lettuce, tomato and mayo on bread or a white or whole wheat wrap for **\$8.99**

Soups & Salads

Soup Du Jour

Try our fresh homemade soup for **\$4.99**
Ask your server what kind of delicious creations we've got today.

Seafood Chowder

The ultimate comfort food for Newfoundlanders everywhere. Made with fresh cod, scallops and shrimp for **\$5.99**

Harvest Salad

Try something deliciously different. A blend of dried cranberries, apples and pecans served with bakeapple vinaigrette on the side for **\$8.99**

Try a starter size for **\$5.99**

Add grilled chicken breast for **\$2.99**

Spinach Salad

Gluten Free

A fresh delight! Cantaloupe, strawberries and sliced almonds, served with a side of poppy seed dressing on a bed of spinach for **\$8.99**

Try a starter size for **\$5.99**

Add grilled chicken breast for **\$2.99**

Caesar Salad Supreme

Made with fresh romaine lettuce, tossed in a light Caesar dressing, and topped with croutons, real bacon and parmesan cheese for **\$8.99**

Try a starter size for **\$5.99**

Add grilled chicken breast for **\$2.99**

House Salad

Gluten Free

Fresh artisan lettuce topped with red cabbage, carrot, brocolli, cauliflower and tomato, served with a side of salad dressing for **\$8.99**

Try a starter size for **\$5.99**

Add grilled chicken breast for **\$2.99**

Taco Salad

Iceberg lettuce, tomato, red onion and spicy chicken with cheese, served in a delicious taco bowl. Served with salsa and sour cream for **\$10.99**

Cobb Salad

New!

Now for something completely different. Romaine and iceberg lettuce, tomato, bacon, chicken breast, egg, and chives for **\$10.99**



Get Your Burger On!

Build your own burger, starting from scratch, into a work of art... Then, eat the art. All burgers come with a choice of side of fries, Bull Chips, sweet potato fries, house salad, Caesar salad, Mexican rice, white rice or baked potato

Substitute soup or onion rings for **\$2.99** or seafood chowder for **\$3.99**

Sundance Beef Burger

Sundance Original

A homemade beef burger, grilled to perfection and served on an open faced Kaiser bun topped with lettuce, tomato, red onion and pickle for **\$8.99**

Veggie Burger

A vegetarian patty served on an open faced Kaiser bun topped with lettuce, tomato, red onion and pickle for **\$8.99**

Grilled Chicken Burger

A fresh grilled chicken breast, served on an open faced Kaiser bun and topped with lettuce, tomato, red onion and pickle for **\$8.99**

Thunder Crunch

A lightly breaded chicken breast served on an open-faced Kaiser bun topped with lettuce, tomato and pickle for **\$9.99**

For any burger, add mozzarella or cheddar cheese, bacon, mushrooms or onions for \$1.50 each or add all the toppings (one type of cheese only) for \$4.99

Kids Corner

Ooey Goey Grilled Cheese Sandwich

Two pieces of bread stuffed with cheese and fried to yumminess. Comes with a choice of a side for **\$4.99**
Add bacon for **\$1.00**

Chicken Fingers

Breaded all-white chicken strips, deep fried to perfection with a side of plum sauce for **\$5.99**

Cod Nuggets

Want to be the Captain? Try our bite-size pieces of cod in a tasty, crispy batter, cooked until golden brown. Served with a side of tartar sauce for **\$3.99**

Burger

For a small person with a big appetite, here's a small burger with a big taste for **\$5.99**
Add cheese or bacon for **\$1.00** each.

Dessert



Carrot Cake

Enjoy a thick slice of moist, golden carrot cake smothered in white icing. Classic comfort food. **\$4.99**

Chocolate Temptation

Give in to temptation just once and enjoy a symphony of chocolate flavours all in one compact, delicious cake. **\$4.99**

New York Cheesecake

It's just like the Big Apple... Except instead of a big apple... It's a big slice of melt-in-your-mouth cheese cake. Toppings include: Strawberry, Chocolate & Bakeapple. **\$4.99**

Bailey's Cheesecake

We're not trying to brag, but we're pretty sure that this signature dessert is the finest cheesecake available in St. John's! **\$4.99**

Additional Information

We accept cash or credit only. Don't worry, we've got an ATM on hand if you need to use your debit card!

If you're so popular that you're in a group of 12 or greater, we only print one bill and add a 15% gratuity.

The Sundance is proud to serve the following beverages

