



ZSTRICT MENU

1 BLACHLEY RD • STAMFORD CT

SALADS

COBB SALAD \$18

Mixed Greens, Grilled Chicken*, Blue Cheese Crumbles, Bacon, Eggs, Red Onion, Corn, Tomato, Ranch Dressing

CLASSIC SALAD \$10

Mixed Greens, Tomato, Cucumber, Red Onions, Carrots, Balsamic Vinaigrette

POWER SALAD \$18

Chopped Kale, Grilled Salmon*, Quinoa, Sunflower Seeds, Cucumbers, Red Onion, Blueberries, Chickpeas, Vinaigrette

BUFFALO CHICKEN SALAD \$18

Romaine Lettuce, Grilled Chicken*, Buffalo Wing Sauce, Shredded Carrots, Chopped Celery, Cucumber, Tomato, Blue Cheese Dressing

GREEK SALAD \$15

Romaine Lettuce, Tomatoes, Cucumbers, Peppers, Red Onions, Feta Cheese, Olives, Oregano, Red Wine Vinaigrette

"MAC" SALAD \$19

Romaine, 6 oz Burger*, Tomato, Onion, Pickles, Fries, Shredded Cheddar, 1000 Island Dressing

CAESAR SALAD \$13

Romaine Lettuce, Parmesan Cheese, Croutons, Caesar Dressing

ADD ONS

Grilled Chicken* \$7 | 6 oz Burger* \$8
Salmon* \$9 | Crispy Chicken* \$7
Sesame Tuna Steak* \$14
Extra Cheese \$1 | Bacon \$4
Avocado \$4 | Extra Dressing 75¢

STARTERS

MEDITERRANEAN \$13

Hummus, Pita, Cucumbers, Olives

MOZZARELLA TRIANGLES \$14

4 triangles, served with tomato sauce

PRETZEL BITES \$9

Spicy Brown Mustard

NACHOS \$16

Corn Tortilla Chips, Melted Cheese, Jalapenos, Charred Corn, Sour Cream, Guacamole, Pico De Gallo, Black Beans
ADD CHICKEN +\$7

HUSHPUPIES \$12

Cornmeal fritters, Habanero bacon jam

FRIED PICKLE CHIPS \$10

Comeback sauce

BEER BATTERED ONION RINGS \$11

Honey Mustard Sauce

QUESADILLAS

served with sour cream

PLAIN CHEESE \$10 CHICKEN + CHEESE \$14

LOADED \$16 (Cheese, Black Beans, Pico)

LOADED with CHICKEN \$18

GUACAMOLE \$12

Homemade Corn Tortilla Chips

PHILLY CHEESESTEAK EGG ROLLS \$12

Comeback Sauce

CHICKEN PARM SLIDERS \$15

Garlic Knot Rolls, Marinara, Mozzarella

WINGS

Served With Celery + Carrot Sticks

Blue cheese or Ranch Dip

TRADITIONAL WINGS

6 pc | \$15 12 pc | \$24

BONELESS WINGS

6 pc | \$9 12 pc | \$18

Sauce Choices

BUFFALO, BBQ, STICKY (Sweet + Spicy)
HOT PEPPER PEACH, CHILI CRISP

Dry Rub Choices

NASHVILLE HOT, HAWAIIAN TERIYAKI,
REALLY RANCH

Extra Blue Cheese, Ranch, or Wing Sauce 75¢
Extra Celery + Carrot Sticks \$1.50

Before placing your order, please inform your server if anyone in your party has a food allergy.

* Serving raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of food-borne illness, especially if you have certain medical conditions.

Parties of 8+ subject to added 20% Gratuity. Prices and Items are subject to change without notice.

BOWLS

ASIAN TUNA BOWL \$22

Rare Sesame Crusted Tuna*, Cilantro Rice,
Mixed Greens, Cucumbers, Carrots, Scallions,
Toasted Sesame Dressing

CHICKEN SHAWARMA BOWL \$20

Shawarma Seasoned Chicken*, Cilantro Rice, Mixed Greens,
Cucumber, Tomato, Tzatziki, Tahini Dressing

HANDHELDS

BEYOND BURGER \$16

100% Plant Based Burger, Lettuce, Tomato,
Red Onions, Cheddar, Pickle, Fries

THE CLASSIC BURGER \$16

8oz Angus Beef Burger*, American Cheese,
Lettuce, Tomato, Pickle, Fries

BBQ BURGER \$19

Angus Beef Burger*, Bacon, Beer Battered Onion Rings,
Cheddar, Lettuce, BBQ Sauce, Fries

BURNT END JALAPENO SAUSAGE \$14

All Beef Sausage*, Spicy Brown Mustard,
Sweet Pickle Relish, Pickled Jalapenos,
Pretzel Long Bun, Fries

CHICKEN PICKLE WRAP \$15

Grilled Chicken*, Mixed Greens, Dill Pickle Aioli,
Fried Pickle Chips, Spinach Wrap, Fries

CALIFORNIA CHICKEN \$16

Grilled Chicken*, Lettuce, Tomato, Avocado,
Green Goddess Aioli, on Pita, Fries

BUFFALO CHICKEN WRAP \$15

Crispy Chicken*, Lettuce, Tomato, Wing Sauce,
Blue Cheese Sauce, Fries

CRISPY CHICKEN \$18

Cornflake Crusted Chicken Breast*, Bacon, Swiss Cheese,
Lettuce, Tomato, Chipotle Aioli, Toasted Roll, Fries

PIZZA

16 inch (8 slices)

PLAIN CHEESE \$16

PEPPERONI \$19

SAUSAGE, BACON + ONIONS \$22

BUFFALO CHICKEN \$20

DESSERT

CHOC CHIP LAVA CAKE \$9

Whipped Cream

CINNAMON MILK CEREAL CAKE \$8

Cinnamon Cereal Crumbles, Whipped Cream

GLAZED DONUT BITES \$8

BAR

DRAFT BEER

	Pint	Pitcher
Stella	8	25
RI Whalers IPA	7	19
"Seasonal" Rotating	8	25
"Fun" Rotating	7	19
Bud Light	6	18
Montauk IPA	7	19

BOTTLES & CANS

Corona Extra 7	Coors Light 7
Corona Light 7	Guinness 8
Heineken 7	Blue Moon 7
Heineken Light 7	Budweiser 6
Michelob Ultra 6	Angry Orchard 7
Lagunitas IPA 7	Suncruiser 7
Juice Bomb IPA 8	High Noon 7
Athletic Club N.A. 7	Links Drinks 8

WHITE WINE

	GLS	BTL
Chalk Hill Chardonnay	14	50
Lagaria Pinot Grigio	11	42
Echo Bay Sauvignon Blanc	12	46
Mini Prosecco Bottle		12

RED WINE

	GLS	BTL
Josh Cellars Cabernet	14	50
Elouan Pinot Noir	14	50

ROSÉ WINE

	GLS	BTL
Fleur de Mer St. Tropez	14	50

COCKTAILS

THE MULES

Made with your choice:
Titos, Casamigos Blanco Tequila, OR Makers Mark
ginger beer & fresh lime juice **\$14**

BLOODY MARY

Homemade bloody mary mix
with your choice of vodka or gin **\$15**

THE ARNOLD

Makers Mark, peach liquor, iced tea, lemonade **\$14**



**PLEASE DRINK
RESPONSIBLY**



SOFT DRINKS

SODAS	\$3
Coke, Diet Coke, Coke Zero, Sprite, Ginger Ale	
SODA PITCHER	\$10
JUICES	\$4
Orange, Grapefruit, Cranberry, Pineapple	
SWEETENED ICED TEA	\$3
LEMONADE	\$3