

# Bistro Baldanza

1020 Post Rd 06820-4534 · +12033095777 · Updated: Jan 14, 2026

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## APPETIZERS 10

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### Organic Baby Iceberg Wedge \$17.00

uncured bacon, plum tomato, buttermilk dressing & point Reyes blue cheese

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### Organic Summer Corn Salad \$18.00

organic corn, organic peas, organic red bell peppers, feta cheese, hearts of palm & blueberries with dijon vinaigrette

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### Baldanza Caesar Salad \$16.00

baby romaine, shaved reggiano, fresh croutons with our classic anchovi caesar dressing

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### Fritto Misto \$21.00

crispy fried calamari, rock shrimp & fried zucchini with a red pepper aioli sauce and mariana sauce

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### Caprese Antipasto \$20.00

local liuzzi burrata, red & yellow bell peppers, heirloom tomato, mellon, artisanal olives, prosciutto de parma, fresh basil, evoo with crostini

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### Beet Salad \$18.00

vermont creamery goat cheese, cherry tomato, haricot vert, candied pistachios, apples, fennel & medjool dates, orange slices and dijon vinaigrette

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### Organic Local Kale Salad \$17.00

manchego, pine nuts, tomato, medjool dates, lemon preserve & evoo

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### Baldanza Meatballs \$17.00

3 grass-fed beef, veal and pork meatballs with our marinara sauce

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### Blistered Shishito Peppers with Miso \$15.00

charred bacon

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### Hand Cut Tuna \$21.00

Yuzu soy sauce, cilantro, pomme frites, sliced avocado, red onions

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## BALDANZA PASTA 7

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### Pappardelle Bolognese \$28.00

with fresh ricotta

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### Ricotta Gnocchi alla Vecchia Bettola \$28.00

roasted tomato vodka sauce with shaved onions and parmigiano-reggiano

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### Rigatoni con Pallottine \$27.00

rigatoni in a light tomato sauce with our baldanza meatballs

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<b>Risotto with Jumbo Gulf Shrimp</b>	<b>\$39.00</b>
carnaroli aborio rice, cherry tomatoes, asparagus & saffron	
<b>Penne alla Norma</b>	<b>\$27.00</b>
soffer farms eggplant, tomato, basil, ricotta salata	
<b>Tagliatelle Caprese</b>	<b>\$27.00</b>
hand made tagliatelle with imported buffalo mozzarella and a fresh cherry tomato sauce	
<b>Baldanza's Cheese Ravioli</b>	<b>\$28.00</b>
filetto di pomodoro sauce	

## ENTRÉE 7

<b>Niman Ranch Grass Fed Burger</b>	<b>\$19.00</b>
cheddar & gruyere with bacon onion jam, romaine, heirloom tomato, on a brioche bun with our hand cut fries	
<b>Ora King New Zealand Salmon</b>	<b>\$38.00</b>
capers, broccoli, asparagus with a lemon white wine sauce	
<b>Wild Maine Halibut Steak</b>	<b>\$39.00</b>
shaved asparagus, wild arugula, citrus pinot gris sauce	
<b>Prime NY Strip Steak</b>	<b>\$46.00</b>
allen brothers steak, with peppercorn au jus, deep sautéed root farms string bean & cherry tomatoes & smashed baby potato	
<b>Berkshire Pork Chop</b>	<b>\$39.00</b>
double cut mosner family farms organic pork chop, with roasted peppers, smashed baby potato & sautéed spinach, brandy sauce	
<b>Chicken Milanese</b>	<b>\$28.00</b>
Murray's organic chicken breast pan fried with baby arugula salad	
<b>Wild Line Caught Tuna au Poivre</b>	<b>\$38.00</b>
fried zucchini sticks, roasted asparagus, sautéed cherry tomato, sauce vierge	

## BARISTA BAR 10

<b>Café Espresso</b>	<b>\$4.00</b>
<b>Café Latte</b>	<b>\$5.00</b>
<b>Café Cappuccino</b>	<b>\$5.00</b>
<b>Café Macchiato</b>	<b>\$4.50</b>
<b>Café Americano</b>	<b>\$5.00</b>
<b>Café Mochaccino</b>	<b>\$5.00</b>
<b>Baldanza's Organic Fair Trade Coffee</b>	<b>\$4.00</b>
full bodied regular or decaf	

<b>Cocochino</b>	<b>\$5.50</b>
Our Hot Chocolate made with Valrhona Chocolate and Organic Whole Milk	
<b>Mighty Leaf Organic Tea</b>	<b>\$4.00</b>
Artisanal Selection	
<b>Hot Water, Lemon &amp; Honey</b>	<b>\$2.50</b>

## DRINKS 13

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<b>Mighty Leaf Organic Iced Tea</b>	<b>\$5.00</b>
ginger peach or black	
<b>Minard Farms Apple Cider</b>	<b>\$5.00</b>
<b>Lambeth Groves Florida Orange Juice</b>	<b>AVAILABLE OPTIONS</b>
	Sm: \$4.00
	Lg: \$5.00
<b>Fresh Pressed Orange Juice</b>	<b>AVAILABLE OPTIONS</b>
	Sm: \$6.00
	Lg: \$8.50
<b>Fresh Squeezed Lemonade</b>	<b>\$5.00</b>
<b>Fresh Berry Spritzer</b>	<b>\$6.00</b>
blueberries, strawberries and raspberries	
<b>Gus's Soda Lightly Sweetened</b>	<b>\$5.00</b>
grapefruit, ginger Ale, blackberry, orange	
<b>Mexican Coke</b>	<b>\$5.00</b>
<b>Diet Coke</b>	<b>\$5.00</b>
<b>San Pelligrino</b>	<b>AVAILABLE OPTIONS</b>
	33oz: \$8.00
	16oz: \$4.00
<b>Acqua Panna 33 oz Still Mineral Water</b>	<b>\$10.00</b>
<b>Fountain Soda</b>	<b>\$4.00</b>
gingerale, seltzer, diet pepsi, sprite, pepsi, tonic	
<b>Fresh Pink Grapefruit Juice</b>	<b>\$6.00</b>

## ORGANIC RAW DRINK AND SMOOTHIE BAR 6

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<b>Raw Kale Power Drink</b>	<b>\$8.50</b>
kale, blueberry, banana, acai, raw honey	

<b>Raw Green Way</b>	<b>\$8.50</b>
green apple, spinach, celery, ginger, parsley, pineapple, lime	
<b>Raw Sublime</b>	<b>\$8.50</b>
lime, kiwi, orange, parsley, kale, spinach, cucumber	
<b>Orange is the New Black</b>	<b>\$8.00</b>
carrots, valencia oranges, mangos, romaine	
<b>Strawberry Fields Smoothie</b>	<b>\$8.00</b>
strawberries, lemon, orange juice, stonyfield yogurt, raw honey	
<b>Blueberry Burst Smoothie</b>	<b>\$8.00</b>
blueberries, blackberries, lemon, banana, stonyfield yogurt, raw honey	

## ORGANIC LUNCH 10

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<b>Baldanza's Soup of the Day</b>	<b>AVAILABLE OPTIONS</b>
	Cup: \$8.00
	Bowl: \$9.50
<b>Chili of the Day</b>	<b>AVAILABLE OPTIONS</b>
	Cup: \$9.50
	Bowl: \$12.00
<b>Mediterranean Power Playte</b>	<b>\$17.00</b>
Shredded Chicken, Cucumber, Tomato, Radish, Onion, Zucchini & Red Beet Hummus	
<b>Mixed Bag Salad</b>	<b>\$13.00</b>
Kale, Romaine Hearts, Arugula, Tomato, Watermelon Radish, Shaved Gruyere & Lemon EVOO Dressing	
<b>Grilled Shrimp Power Playte</b>	<b>\$19.00</b>
Jumbo Gulf Shrimp, Zucchini, Peppers, Asparagus, Avocado with citrus Vinaigrette	
<b>Baldanza Caesar Salad</b>	<b>\$13.00</b>
Baby Romaine, Reggiano Parmesano, Fresh Croutons with our Classic Caesar Dressing	
<b>Quinoa Salad</b>	<b>\$14.00</b>
Quinoa, Kale, Zucchini, Tomato, Peppers with Lemon EVOO Dressing	
<b>Beet Salad</b>	<b>\$16.00</b>
Red and Golden Beets, Tangerine, Pistachios, String beans, Cherry Tomatoes, Apples, fennel, dates, VT Goat Cheese with Citrus Vinaigrette	
<b>Nicoise Salad</b>	<b>\$22.00</b>
Seared Ahi Tuna, Egg, Romaine, Olives, Green Beans, Potato, Red Onion, Capers Lemon EVOO Dressing	
<b>Fifth Avenue Chopped Salad</b>	<b>\$17.00</b>
Iceberg, Gruyere, Egg, Ham, Bacon, Chicken, Beets, Tomato, Sriracha Aioli Dressing	

## ORGANIC LUNCH - ADD 8

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<b>Uncured Bacon</b>	<b>\$4.00</b>
<b>Organic Grilled Chicken</b>	<b>\$6.00</b>
<b>Wild Smoked Salmon</b>	<b>\$8.00</b>
<b>Crabcake</b>	<b>\$9.00</b>
<b>Seared Ahi Tuna</b>	<b>\$8.00</b>
<b>Grilled Ora King Salmon</b>	<b>\$8.00</b>
<b>Grilled Jumbo Shrimp</b>	<b>\$8.00</b>
<b>Lobster</b>	<b>\$9.00</b>

### FEATURED ITEM 3

#### Power Wrap

#### AVAILABLE OPTIONS

Whole Wheat Tortilla, Egg, Spinach, Pepper Jack, Avocado, Cholula

\$13.00

Egg White Add:

\$1.50

#### "BEC" Bacon, Egg & Cheese

**\$9.50**

Egg Over Easy, Nitrate Free Bacon, Aged Gruyere on an Brioche Bun

#### Design Your Own Omelette

**\$15.00**

Choice of: Asparagus, Broccoli, Red and Yellow Peppers, Onions, Spinach, Tomato, Zucchini, Cheddar, Gruyere, Goat cheese, Ham or Bacon. choice of Toast & a Side Mixed Salad

### MAIN 14

#### Crispy Chicken Club

**\$14.00**

Panko Fried Chicken Cutlet, Romaine, Heirloom Tomato, Uncured Bacon, Red Pepper Aioli on Grilled Tuscan Bread

#### Smoked Salmon Tartine

**\$16.00**

Wild Smoked Salmon, Hass Avocado with Cucumber & Herbs Over Tuscan Bread

#### Crabcake on Brioche

**\$17.00**

Heirloom Tomato, Romaine, Red Pepper Aioli on a Toasted Brioche Bun Served with French Fries

#### Chicken Salad Sandwich

**\$13.00**

Organic Chicken, Cranberries, Grapes, with Avocado and Heirloom Tomato on Multi-Grain Bread

#### Roasted Turkey Sandwich

**\$14.00**

Avocado, Lettuce, Bacon, Heirloom Tomato, Sriracha Aioli on Multi Grain Bread

#### Grass Fed Burger

**\$18.00**

Cheddar & Gruyere with Shoestring Onions, Romaine, Heirloom Tomato, on a Brioche Bun with Fries

#### CT Lobster Roll

**\$22.00**

Served Warm with Butter & Lemon, Pepper Aioli on a Toasted Brioche Bun & French Fries

<b>Ahi Tuna Salad Sandwich</b>	<b>\$14.00</b>
Fresh Line Caught Ahi Tuna, Mayo, Avocado with Iceberg & Tomato on Multi Grain Bread	
<b>Veggie Burger</b>	<b>\$15.00</b>
Tuscan Red Rice, Sweet Potato, Chickpea, Quinoa, Asparagus, Red & Yellow Peppers, Red Pepper Aioli on Grilled Naan Bread	
<b>The Melt Down Sandwich</b>	<b>\$14.00</b>
Our Grilled Ahi Tuna Melt with Avocado, Gruyere, on Multi Grain Bread	
<b>Grilled Cheese Sandwich</b>	<b>\$12.00</b>
Grafton Cheddar, Gruyere, Heirloom Tomato on Grilled Tuscan Bread	
<b>Turkey Burger</b>	<b>\$17.00</b>
Heirloom Tomato, Avocado, Iceberg, Red Pepper Aioli on a Brioche Bun with French Fries	
<b>The Rodrigo Sandwich</b>	<b>\$14.00</b>
Grilled Organic Chicken Breast, Roasted Peppers, Arugula, Balsamic Vinaigrette on Tuscan Bread	
<b>Pappardelle Bolognese</b>	
with fresh ricotta	

## SIDES 7

<b>Sweet Potato Fries</b>	<b>\$6.00</b>
<b>Sliced Hass Avocado</b>	<b>\$6.00</b>
<b>Petite Baby Mixed Salad</b>	<b>\$8.00</b>
Tomato, Cucumber, Watermelon Radish, Lemon EVOO Dressing	
<b>Organic Fresh Berries</b>	<b>\$6.00</b>
<b>Fresh Coleslaw</b>	<b>\$3.00</b>
<b>Hand Cut Idaho or Sweet Potato Fries</b>	<b>\$6.00</b>
ketchup or aioli	
<b>Guacamole &amp; Chips</b>	<b>\$12.50</b>

## HOT 13

<b>Mini Lobster Rolls</b>	
<b>Mini Crab Cakes</b>	
<b>Devils on Horseback</b>	
<b>Pigs in Blankets</b>	
<b>Mini Franks</b>	
<b>Salmon on Cucumber Dill Sauce</b>	

**Fillet Mignon Crostini**

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**Mini Beef Sliders**

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**Mini Vegetable Sliders**

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**Lamb Lollipops**

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**Mini French Fry Cones**

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**Arancini Balls**

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**Stuffed Mushrooms with Breadcrumbs**

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**COLD** 11

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**Hand Cut Tuna Tartare**

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**Mini Salmon Cucumber Tartines**

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**Smoked Trout Dip**

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**Caprese Skewer**

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**Deviled Eggs (Vegetarian) or with Bacon (Gluten Free)**

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**Mini Beet and Avocado Tartines**

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**Seasonal Soup Shooter**

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**Vegetable Skewers**

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**Squash Toast**

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**Chicken Salad on Watermelon Radish**

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**Tuna or Salmon Poke**

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**SWEET** 4

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**Mini Chocolate Cupcakes**

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**Cookies**

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**Mini Lemon Squares / Brownies (Nut Free)**

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**Handrolled Chocolate Truffles**

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**SALADS** 2

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**Kale Caesar**

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**Beet**

## SOUPS 2

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**Asparagus**

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**Butternut Squash**

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## MAINS 4

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**Ora King Salmon**

served with vegetables

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**Filet Mignon**

served with vegetables

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**Chicken Short Rib**

served with vegetables

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**Quinoa Risotto**

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## PASTA 8

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**Grass Fed Beef**

pork and veal Meatballs with Spaghetti

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**Pomodoro Chitarra**

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**Penne Broccoli Garlic Olive Oil**

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**Fettuccini Carbonara**

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**Meat Lasagna**

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**Vegetable Lasagna**

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**Spaghetti Squash Marinara**

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**Eggplant Bolognaise**

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## DESSERTS 7

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**Carrot, Chocolate or Coconut Cake**

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**Assortment Cookies (Oatmeal, Choc Chip, Ginger)**

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**Lemon Squares**

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**Brownies**

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**Seasonal Galette**

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**Flourless Chocolate Cake**

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**Cheesecake**

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## KIDS 3

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**Mini Burgers or Hotdogs**

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**Organic Chicken Fingers and Fries**

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**Penne Pasta with Marinara or Butter**

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## TO START 4

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**Riberbank Farms Beet Salad**

local goats cheese, candied California pistachios and medjool dates

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**Kale Salad**

Pine Nuts, Manchego, Lemon infused Extra Virgin Olive Oil

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**Hand Cut Tuna with Himalayan Salt**

pommes pailles, lamb lettuce and cilantro

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**Monster Bisque**

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## DESSERT 3

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**Apple Crumb Pie**

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**Flourless Chocolate Cake**

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**Blood Orange Cheesecake**

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## FEATURED DRINKS 3

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**Mimosa**

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**Bloody Mary**

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**Margarita**

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## ORGANIC SIDES 10

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**Hand Cut Idaho or Sweet Potato Fries**

**\$6.00**

ketchup or aioli

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**Hash Browns**

**\$6.00**

Red and Yellow Peppers & Scallions

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**Sweet Potato Fries**

**\$6.00**

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**Sliced Hass Avocado & Tomato**

**\$6.00**

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**Applewood Smoked Uncured Bacon**

**\$6.00**

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**Guacamole & Chips**

**\$12.50**

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<b>Sliced Hass Avocado</b>	<b>\$6.00</b>
<b>Darien Butcher Breakfast Sausage</b>	<b>\$6.00</b>
<b>Petite Baby Mixed Salad</b>	<b>\$8.00</b>
Tomato, Cucumber, Watermelon Radish, Lemon EVOO Dressing	
<b>Organic Fresh Berries</b>	<b>\$6.00</b>

## BALDANZA COCKTAILS 6

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<b>"Chili" Margarita</b>	<b>\$14.00</b>
don julio blanco tequila, cointreau, fresh lime juice, fresh pink grapefruit juice, mexican chili salt	
<b>Bistro Berry Cooler</b>	<b>\$13.00</b>
mt gay rum, fresh lemonade, pomegranate juice, fresh lime, strawberries & blueberries	
<b>Cucumber Gimlet</b>	<b>\$14.00</b>
titos vodka, muddled cucumber, fresh lime juice	
<b>Paloma</b>	<b>\$14.00</b>
bribon tequila, fresh grapefruit and lime juice, soda water	
<b>Blueberry Vodka Lemonade</b>	<b>\$14.00</b>
nantucket blueberry vodkas, our lemonade, fresh blueberries, fresh lime juice	
<b>Kentucky Mule</b>	<b>\$13.00</b>
makers mark bourbon, fever tree ginger beer, fresh lime juice	