

## Restaurant Review: DIG

*The Westword* sent its top food reviewer to Stamford's newest American style restaurants. The consensus: We seriously aren't digging DIG

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**SPICY CHICKEN SANDWICH** Photo by Case Clapps ('25)

When it comes to fast-casual dining, DIG is a place that prides itself on fresh, seasonal ingredients and a focus on wholesome meals.

Their menu offers a variety of protein, vegetable, and grain-based options, catering to a health-conscious crowd while still providing healthier choices for those craving something more indulgent.

I visited DIG twice to get a full sense of their offerings, and my experiences were a mixed bag: some hits, some misses, and one outright disaster.

On my first visit, I decided to try the spicy chicken sandwich combo, as it seemed like a solid option for a first impression.

The sandwich itself was decent, with a nice balance of spice and texture. The chicken had a good crust, and the

sauce was the real stand-out: creamy, flavorful, and packing just the right amount of heat. It was enough to make me think I'd found a reliable go-to meal. The side that came with it was forgettable, but overall, I left feeling like DIG was a decent spot for a quick, well-prepared meal.

Feeling confident after my first experience, I returned to DIG and ordered the spicy chicken sandwich combo again, expecting another solid meal.

Unfortunately, what I received was far from acceptable. Upon biting into the sandwich, I immediately noticed that the chicken was raw in the center. It wasn't just undercooked; it was raw; a serious food safety issue that could have led to illness if I hadn't checked it.

I immediately sent it back, and while the

staff was apologetic and replaced my order, the damage was done. Serving undercooked chicken is a major red flag for any restaurant, and it completely changed my perception of DIG's food quality control.

Beyond the sandwich, I also tried their mac and cheese on both visits. Unfortunately, it was consistently disappointing.

The biggest issue with the mac and cheese was the saltiness. It was overwhelming to the point of being inedible at times. Mac and cheese should be comforting, creamy, and well-balanced, but DIG's version was almost unpleasant due to the excessive salt.

Even after giving it a second chance, it was clear this wasn't a one-time issue, but a flaw in their preparation.

Next, I gave the Classic DIG Plate a try,

hoping for a simple, well-executed meal. The plate came with a mix of protein and sides, and while everything was cooked properly, the overall flavor was lacking. It wasn't bad, but it was undeniably bland.

The seasonings were mild to the point of being forgettable, and nothing on the plate really stood out. For a place that markets itself as a fresh and flavorful dining option, this was a letdown.

To DIG's credit, their service was generally good. The staff was friendly and efficient, and when I had to send my sandwich back, they handled the situation professionally.

The restaurant itself had a clean and modern design, with a welcoming atmosphere that made it a comfortable place to eat. However, good service and ambiance can't make up for serious food quality

inconsistencies.

DIG had potential, but my experiences showed a restaurant struggling with consistency. My first visit gave me hope with a solid spicy chicken sandwich, but the second visit's raw chicken incident was unacceptable.

The mac and cheese was excessively salty, and the Classic DIG Plate, while fine in execution, was too bland to be memorable.

Would I return? It's hard to say. If they can address their kitchen inconsistencies, particularly ensuring that all proteins are fully cooked, then DIG could be a decent choice for a quick meal. However, as it stands, I'd hesitate to recommend it without serious improvements.

I ended up giving DIG a rating of 1.5 out of 5 stars, as there is a lot the restaurant has to improve.