

the GRANOLA bar

TO GO

700 CANAL STREET, STAMFORD, CT » 203.883.0304

coffee & drinks

DRIP COFFEE	2.25	2.75	HABANERO HOT CHOCOLATE	3.00	3.50
ICED COFFEE	2.75	3.25	CHAI LATTE	4.00	4.50
RISE® NITRO COLD BREW	5.00		MATCHA LATTE	4.00	4.50
POUR OVER	4.50		HOT GINGER	2.50	3.00
CORTADO	3.75		LEMON TEA		
LATTE	4.00	4.50	TEA	2.00	2.50
CAPPUCCINO	4.00	4.50	english breakfast » earl grey » hot cinnamon spice		
AMERICANO	3.00	3.50	jasmine green » passion plum » peppermint		
MOCHA	4.50	5.00	ICED TEA	2.50	3.00
TURKISH	4.50	5.00	black » green » hibiscus		
with vanilla, cardamom & cinnamon			LEMONADE	2.25	2.75
NUTELLA™	4.50	5.00	HALF & HALF	2.50	3.00
CARAMEL	4.50	5.00	ROSEMARY PEACH		
MAPLE CINNAMON	4.50	5.00	LEMONADE	3.00	3.50
HOT CHOCOLATE	2.50	3.00	RED, WHITE & BLUEBERRIES	3.50	4.00
			pomegranate lemonade with organic blueberries		

MILK OPTIONS » WHOLE » SKIM » 2% » ALMOND » COCONUT » SOY LIKE SPICE? ADD HABANERO SYRUP +.50

GRANOLA & BAKED GOODS

granola

CINNAMON HONEY » VANILLA ALMOND » TOASTED COCONUT » DARK CHOCOLATE
LEMON CARDAMOM » MORNING ZEST » BLACK SESAME » TRAIL MIX GRAIN FREE

traditional

SWEETS » RICE CRISPY BARS » CHOCOLATE CHIP COOKIES » M&M™ COOKIES
S'MORES BAR » BROWNIES » MUFFIN OF THE DAY » ENERGY BITES

paleo

COOKIES & BROWNIE » ALMOND CHOCOLATE CHUNK » CHOCOLATE COCONUT
CHOCOLATE CRANBERRY » SWEET POTATO BROWNIE MUFFINS » ALMOND BUTTER
CHOCOLATE BANANA » BLUEBERRY CHIA » MAPLE CRUNCH » APPLE CINNAMON
BREADS » FLAX » BLUEBERRY CHIA » APPLE CINNAMON

granola bars

- » ORIGINAL
- » ALMOND BUTTER & JELLY
- » ALMOND BUTTER & CHOCOLATE CHUNK
- » NUTELLA™
- » WHITE CHOCOLATE & CRANBERRY
- » PRETZEL & M&M™

smoothies

VERY BERRY | 8

strawberry, banana, honey, plain yogurt, milk

SHREK | 8

kale, spinach, banana, apple, house almond butter, almond milk

THE MOUNTAIN | 9

chocolate whey, banana, house almond butter, almond milk

THE WAKE UP | 8

Rise® Nitro Cold Brew, banana, almond butter, coconut oil, almond milk

FROZEN HOT CHOCOLATE | 7

topped with whipped cream, marshmallows and chocolate sauce

CATERING & PRIVATE PARTIES: CATERING@THEGRANOLABARCT.COM

eggs

EGG SCRAMBLE | 7

three eggs scrambled with two toppings

BREAKFAST BURRITO | 9.50

three eggs scrambled with quinoa, black beans, avocado, cheddar cheese & pico de gallo in a grilled whole wheat wrap

THE DANA | 8.50

three egg whites scrambled, spinach, avocado, turkey bacon, in a whole wheat wrap

BACON, EGG & CHEESE | 5.50

on a brioche bun

granola & parfaits

GRANOLA BOWL | 7

your choice of granola and milk with two toppings

OATMEAL | 6

with two toppings

AFTERNOON DELIGHT | 9

greek yogurt, vanilla almond granola, dark chocolate chunks & house berry compote

CRUNCHY ELVIS | 9

greek yogurt, vanilla almond granola, house almond butter, honey & banana

THE 700 | 11

cashew yogurt (non dairy!) with vanilla almond granola, blueberries & honey

THE CLASSIC | 9

greek yogurt, cinnamon honey granola and mixed berries

starters

AVOCADO TOAST | 8

drizzled with olive oil & sea salt, served on toasted multi grain bread

» soft egg +2

» feta & crushed red pepper flakes +2

ROASTED CAULIFLOWER CHOWDER | 6

vegan!

CHICKEN CHILI | 8

topped with sour cream, cheddar cheese & scallions

salads

BUDDHA BOWL | 12

warm quinoa, sautéed spinach, avocado, portobello mushrooms, tomato, soft egg, choice of dressing

BRUSSELS & KALE | 12

shaved brussel sprouts, kale, quinoa, sesame almonds, dried cranberries, with maple mustard vinaigrette

THE NAUGHTY COBB | 12

mixed greens, chicken, hard boiled egg, feta, tomato, cucumber, house maple-bacon granola, with fig balsamic

UPPER WEST SIDE | 16

mixed greens, poached salmon, hard boiled egg, avocado, tomato with paleo flax bread croutons, choice of dressing

house dressings

» green goddess » maple-mustard

» fig balsamic » citrus vinaigrette

all dressings are gluten free

sandwiches & wraps

served with side salad

THE 203 | 11

chicken, bacon, cheddar cheese, lettuce, tomato & green goddess dressing on brioche

PALEO TURKEY CLUB | 12

roast turkey, bacon, greens, tomato, avocado, mayo & maple mustard vinaigrette served open faced on house paleo flax bread

POACHED SALMON WRAP | 16

poached salmon, quinoa, avocado, spinach, smoked aioli in a whole wheat wrap

BUFFALO CHICKEN WRAP | 10

chicken, cheddar cheese, house jalapeño sauce, hot sauce, lettuce, tomato in a grilled whole wheat wrap

AVOCADO GRILLED CHEESE | 8

with cheddar on multi grain
» bacon & tomato +3.50

TOP IT OFF!

PROTEIN » BACON (+4) » TURKEY BACON (+3) » SALMON (+8) » TURKEY (+5) » SOFT EGG (+2) » TWO HARD BOILED EGGS (+3)

CHEESE » CHEDDAR » AMERICAN » FETA **FRUIT** » AVOCADO (+2) » STRAWBERRY » BLUEBERRY » BANANA » GRAPE » APPLE

DRIED CRANBERRY **SAUCE** » HONEY » AGAVE » MAPLE SYRUP » BERRY COMPOTE (+1) » ALMOND BUTTER (+1) » JALAPEÑO SAUCE (+1)

VEGETABLE » AVOCADO (+2) » BLACK BEAN » CARROT » SCALLION » TOMATO » CUCUMBER » MUSHROOM » ONION » SPINACH

KALE » MESCULIN **CRUNCH** » CHOCOLATE CHUNKS » SESAME ALMONDS (+1) » CHIA SEEDS » PALEO CROUTONS (+1)

ALL TOPPINGS .50 UNLESS OTHERWISE NOTED

CONSUMING RAW OR UNDERCOOKED MEATS, POULTRY, SEAFOOD, SHELLFISH OR EGGS MAY INCREASE YOUR RISK OF
FOODBORNE ILLNESS. BEFORE PLACING YOUR ORDER, PLEASE INFORM US IF A PERSON IN YOUR PARTY HAS A FOOD ALLERGY.