

# the GRANOLA bar

WESTPORT, CT • GREENWICH, CT • STAMFORD, CT • FAIRFIELD, CT • ARMONK, NY • RYE, NY

## coffee & drinks

DRIP COFFEE	2.25	HOT CHOCOLATE	2.50
ICED COFFEE	2.75	CHAI LATTE	4.00
POUR OVER	4.50	MATCHA LATTE	4.00
CORTADO	3.75	<i>contains dairy</i>	
LATTE	4.00	TEA	2.00
CAPPUCCINO	4.00	<i>chamomile, english breakfast, earl grey, hot cinnamon spice, jasmine green, passion plum, peppermint</i>	
AMERICANO	3.00	HOT GINGER LEMON TEA	2.50
MOCHA LATTE	4.50	ICED TEA	2.50
TURKISH LATTE	4.50	<i>black, green, hibiscus</i>	
<i>with vanilla, cardamom &amp; cinnamon</i>		LEMONADE	2.25
NUTELLA™ LATTE	4.50	HALF & HALF	2.50
CARAMEL LATTE	4.50	<i>half lemonade, half iced tea</i>	
TURMERIC LATTE	4.50	ROSEMARY PEACH LEMONADE	3.00
<i>turmeric and ginger with steamed milk</i>		RED, WHITE & BLUEBERRIES	3.50
		<i>pomegranate lemonade with fresh blueberries</i>	

*Toby's Estate*  
COFFEE ROASTERS

## smoothies

<b>VERY BERRY 8</b> <i>strawberry, banana, honey, greek yogurt, milk</i>	<b>THE SHREK 8</b> <i>kale, spinach, banana, apple, almond butter, almond milk</i>
<b>POWER MATCHA 10</b> <i>matcha*, vanilla whey protein powder*, banana, coconut oil, almond milk</i>	<b>THE MOUNTAIN 9</b> <i>chocolate whey protein powder*, banana, almond butter, almond milk</i>
<b>THE GOOD DATE 8</b> <i>dates, banana, cinnamon, almond butter, almond milk</i>	<b>FROZEN HOT CHOCOLATE 7</b> <i>topped with whipped cream, marshmallows, and chocolate sauce</i>

ADD: ESPRESSO +2 • VANILLA OR CHOCOLATE WHEY PROTEIN\* +2 • UNFLAVORED PEA PROTEIN +2 • CHIA OR FLAX +.50 (\*CONTAINS DAIRY)

## toppings • build your own

VEGETABLES	FRUIT	PROTEIN	CHEESE	CRUNCH	GRANOLA	SAUCES
avocado (+2)	apples	bacon (+4)	american	almonds (+1)	caramel pretzel	almond butter (+1)
black beans	avocado (+2)	brisket (+6)	cheddar	sesame almonds (+1)	cinnamon honey	berry compote (+1)
carrots	bananas	chicken (+6)	cotija	chia seeds	dark chocolate	charred chipotle salsa
cucumbers	blueberries	hard boiled egg (+3)	feta	chocolate chunks	toasted coconut	chocolate sauce
portobellos	cranberries	soft egg (+2)	goat	coconut flakes	vanilla almond	honey
pickled onions	grapes	baked salmon (+8)	parmesan	ground flax	vegan grain-free	jalapeño pesto
red onion	pineapple	sausage (+5)	swiss	walnuts (+1)		local maple syrup
roasted beets	strawberries	smoked ham (+5)				nutella™
scallions		turkey (+5)				parm jalapeño sauce (+1)
sweet potatoes		turkey bacon (+4)				raspberry preserves
tomatoes						

*all toppings .50 unless otherwise noted*

CONSUMING RAW OR UNDERCOOKED MEATS, POULTRY, SEAFOOD, SHELLFISH OR EGGS MAY INCREASE YOUR RISK OF FOODBORNE ILLNESS • 18% GRATUITY ADDED TO PARTIES OF 6 OR MORE  
FOOD ALLERGIES? IF YOU HAVE A FOOD ALLERGY, PLEASE SPEAK TO THE OWNER, MANAGER, CHEF OR YOUR SERVER.

CATERING & EVENTS: [CATERING@THEGRANOLABARCT.COM](mailto:CATERING@THEGRANOLABARCT.COM)

## eggs

### EGG SCRAMBLE 7

three eggs scrambled with two toppings

### BRIOCHE FRENCH TOAST 10

whipped lemon ricotta, blueberry compote, local bourbon barrel maple syrup

### BREAKFAST SANDWICH 6

egg & cheese with your choice of bacon, smoked ham (+1), brisket (+2), or sausage on a brioche bun

### THE STANDARD 10

three eggs any style with bacon, sausage, or smoked ham served with toast or greens

### THE HEISENBERG 10

scrambled eggs, sausage, bacon, cheddar cheese, hot sauce in a grilled whole wheat wrap

### BREAKFAST BURRITO 9.50

scrambled eggs, quinoa, black beans, avocado, american cheese, charred chipotle salsa in a grilled whole wheat wrap

### THE DANA 8.50

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

### CRAZY EGGS WIFE 12

brisket, cotija cheese, spiced black beans, jalapeño pesto, pickled onions, charred chipotle salsa, 2 soft eggs on a crispy tortilla

## granola & parfaits

### GRANOLA BOWL 8

your choice of granola and milk with two toppings

### OATMEAL 6

with two toppings

### YOGURT PARFAIT 8.50

greek, cashew (vegan) (+2), cocount yogurt (vegan) (+1) or plain tart froyo with three toppings

### AFTERNOON DELIGHT 9.50

parfait with vanilla almond granola, dark chocolate chunks, berry compote

### CRUNCHY ELVIS 9.50

parfait with vanilla almond granola, almond butter, honey, banana

### BLUEBERRY CHIA PARFAIT (vegan) 11

cashew yogurt with strawberries, toasted almonds, vegan grain-free granola, blueberry chia pudding

### OVERNIGHT OATS 8

overnight oats made with dates and coconut milk with two toppings

### ACAI OR FROYO BOWL 10

choice of acai berry sorbet or plain tart froyo with two toppings

## avocado toast

8 | SERVED ON TOASTED MULTIGRAIN  
(GLUTEN FREE +1 · PALEO FLAX BREAD +2 · HEALTH CRACKERS +2)

- soft egg +2
- hard boiled egg +2
- feta & red pepper flakes +2
- jalapeño pesto & cotija +2
- bacon & parm jalapeño sauce +4
- apple, goat cheese & honey +3
- buffalo chicken +6
- build your own!

## sandwiches & wraps

- SERVED WITH SIDE SALAD
- GLUTEN FREE BREAD +2
- PALEO FLAX BREAD +2 (SERVED OPEN FACED)

### THE 203 11

chicken, bacon, cheddar cheese, mixed greens, heirloom tomato, green goddess on a brioche bun

### THE FULL MONTE CRISTO 12

smoked ham, swiss, raspberry preserves, grilled on sliced brioche

### PALEO TURKEY CLUB 12

roasted turkey, bacon, mixed greens, heirloom tomato, avocado, mayo & maple mustard vinaigrette, served open faced on paleo flax bread

### THE COUNTRY CLUB 12

roasted turkey, swiss, bacon, heirloom tomato, thousand island on grilled sourdough

### THE B.L.A.T. 9

bacon, lettuce, avocado, heirloom tomato, parm jalapeño sauce on toasted multigrain

### BLACKENED SALMON 14

blackened salmon, warm quinoa, balsamic onion jam, avocado, green goddess in a whole wheat wrap

### BUFFALO CHICKEN 11

chicken, cheddar cheese, parm jalapeño sauce, hot sauce, mixed greens, heirloom tomato in a whole wheat wrap

### ALMOND CHICKEN SALAD 12

chicken salad with vanilla almond granola & grapes, bacon, mixed greens, heirloom tomato in a whole wheat wrap

### BELLO BURGER 11

marinated portobello burger, mixed greens, heirloom tomato, thousand island on a brioche bun

## avocado grilled cheese

9 | SERVED ON GRILLED MULTIGRAIN WITH CHEDDAR  
(GLUTEN FREE +2 · PALEO FLAX BREAD +4)

- soft egg +2
- buffalo chicken +6
- bacon & heirloom tomato +4.50
- smoked ham +5
- grilled portobello +1
- build your own!

## salads & bowls

- ADD SIDE OF HEALTH CRACKERS +2

### TACO BOWL 14

brisket, avocado, sweet potato, black beans, charred chipotle salsa, parm jalapeño sauce, pickled onions on cauliflower rice

### BUDDHA BOWL 12

sautéed baby kale, avocado, portobello mushrooms, tomato, soft egg on warm quinoa

### MACRO BOWL 12

kale, roasted beets, walnuts, sweet potato, goat cheese, spicy tahini vinaigrette on warm quinoa

### TURKEY CHILI 8

topped with sour cream, cheddar, scallions

### BRUSSELS & KALE 12

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

### THE NAUGHTY COBB 13

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

### BUILD YOUR OWN 10

greens, cauliflower rice, or quinoa with four toppings (protein & premium toppings extra)

## dressings

ALL DRESSINGS ARE GLUTEN FREE

CITRUS VINAIGRETTE · FIG BALSAMIC · SPICY TAHINI VINAIGRETTE · MAPLE-MUSTARD · GREEN GODDESS

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