

# the GRANOLA bar

## TO GO

700 CANAL STREET, STAMFORD, CT » 203.883.0304

### coffee & drinks

<b>DRIP COFFEE</b>	2.25	2.75	<b>CHAI LATTE</b>	4.00	4.50
<b>ICED COFFEE</b>	2.75	3.25	<b>MATCHA LATTE</b>	4.00	4.50
<b>POUR OVER</b>	4.50		<small>contains dairy</small>		
<b>CORTADO</b>	3.75		<b>HOT GINGER LEMON TEA</b>	2.50	3.00
<b>LATTE</b>	4.00	4.50	<b>TEA</b>	2.00	2.50
<b>CAPPUCCINO</b>	4.00	4.50	<small>chamomile » english breakfast » earl grey » hot cinnamon spice » jasmine green » passion plum » peppermint</small>		
<b>AMERICANO</b>	3.00	3.50	<b>ICED TEA</b>	2.50	3.00
<b>MOCHA LATTE</b>	4.50	5.00	<small>black » green » hibiscus</small>		
<b>TURKISH LATTE</b>	4.50	5.00	<b>LEMONADE</b>	2.25	2.75
<small>with vanilla, cardamom &amp; cinnamon</small>			<b>HALF &amp; HALF</b>	2.50	3.00
<b>NUTELLA™ LATTE</b>	4.50	5.00	<small>half lemonade, half iced tea</small>		
<b>CARAMEL LATTE</b>	4.50	5.00	<b>ROSEMARY PEACH</b>		
<b>TURMERIC LATTE</b>	4.50	5.00	<b>LEMONADE</b>	3.00	3.50
<small>turmeric and ginger with steamed milk</small>			<b>RED, WHITE &amp; BLUEBERRIES</b>	3.50	4.00
<b>HOT CHOCOLATE</b>	2.50	3.00	<small>pomegranate lemonade with blueberries</small>		

*Toby's Estate*  
COFFEE ROASTERS

### smoothies

#### VERY BERRY 8

strawberry, banana, honey, greek yogurt, milk

#### THE SHREK 8

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

#### POWER MATCHA 10

matcha\*, vanilla whey protein powder\*, banana, coconut oil, almond milk

#### THE MOUNTAIN 9

chocolate whey protein powder\*, banana, almond butter, almond milk

ADD: ESPRESSO+2-VANILLA OR CHOCOLATE WHEY PROTEIN\*+2-UNFLAVORED PEA PROTEIN+2-CHIA OR FLAX+.50

(\*CONTAINS DAIRY)

## TOPPINGS

#### VEGETABLES

AVOCADO (+2)  
BLACK BEANS  
CARROTS  
CUCUMBERS  
PORTOBELLOS  
ONION  
SCALLIONS  
TOMATOES

#### FRUIT

APPLE  
AVOCADO (+2)  
BANANA  
BLUEBERRY  
STRAWBERRY

#### PROTEIN

BACON (+4)  
CHICKEN (+6)  
HARD BOILED EGGS (+3)  
SOFT EGG (+2)  
TURKEY (+5)  
TURKEY BACON (+3)  
SAUSAGE (+5)

#### CHEESE

AMERICAN  
CHEDDAR  
FETA

#### CRUNCH

CHIA SEEDS  
CHOCOLATE CHUNKS  
SESAME ALMONDS (+1)

#### SAUCE

ALMOND BUTTER (+1)  
BERRY COMPOTE (+1)  
CHARRED CHIPOTLE SALSA  
HONEY  
NUTELLA  
PARM JALAPEÑO SAUCE (+1)

ALL TOPPINGS .50 UNLESS OTHERWISE NOTED

**CATERING & EVENTS: CATERING@THEGRANOLABARCT.COM**

VISIT OUR OTHER LOCATIONS: WESTPORT, CT • GREENWICH, CT • FAIRFIELD, CT • ARMONK, NY • RYE, NY

CONSUMING RAW OR UNDERCOOKED MEATS, POULTRY, SEAFOOD, SHELLFISH OR EGGS MAY INCREASE YOUR RISK OF FOODBORNE ILLNESS. FOOD ALLERGIES? IF YOU HAVE A FOOD ALLERGY, PLEASE SPEAK TO THE OWNER, MANAGER OR CHEF

## eggs

### EGG SCRAMBLE 7

three eggs scrambled with two toppings

### BREAKFAST SANDWICH 6

egg and cheese with your choice of bacon or sausage on a brioche bun

### THE HEISENBERG 10

scrambled eggs, sausage, bacon, cheddar, 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

## avocado toast

8 | served on toasted multigrain (gluten free +2 • paleo flax bread +2 • health crackers +2)

- » soft egg +2
- » hard boiled egg +2
- » feta & red pepper flakes +2
- » bacon & parm jalapeño sauce +4
- » buffalo chicken +6

## salads & bowls

add side of health crackers +2

### BUDDHA BOWL 12

warm quinoa, sautéed baby kalle, 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 COBB 13

mixed greens, chicken, hard boiled egg, feta, tomato, cucumber, with fig balsamic

## parfaits

### AFTERNOON DELIGHT 9.50

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

### CRUNCHY ELVIS 9.50

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

### BLUEBERRY CHIA PARFAIT (VEGAN) 11

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

### THE CLASSIC 9

greek yogurt, cinnamon honey granola and mixed berries

## 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
- » grilled portobello +1

## sandwiches & wraps

served with side salad (gluten free +2 • paleo flax bread +2)

### 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

### BUFFALO CHICKEN WRAP 11

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

### ALMOND CHICKEN SALAD WRAP 12

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

## house dressings

green goddess » maple-mustard » fig balsamic  
citrus vinaigrette » spicy tahini vinaigrette  
all dressings are gluten free

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