

THE GRANOLA BAR TO GO



@thegranolabar
thegranolabar.com

COFFEE

Drip Coffee	2.50 / 3
Iced Coffee	3 / 3.50
Cortado	3.75
Latté	4 / 4.50
Cappuccino	4 / 4.50
Americano	3 / 3.50
Doppio	2.50

LATTÉS

Chai	4.50 / 5
Mocha	4.50 / 5
Matcha	4.75 / 5.25
Nutella™‡	4.75 / 5.25
Turkish	4.75 / 5.25
<i>Vanilla, cardamom and cinnamon</i>	
Turmeric	4.75 / 5.25
<i>Turmeric and ginger with steamed milk</i>	

LESS CAFFEINE

Red, White & Blueberries	3.50 / 4
Lemonade	2.25 / 2.75
Ginger Hot Tea	2.50 / 3
Hot Tea	2 / 2.50
Iced Tea	2.50 / 3
Hot Chocolate	2.50 / 3

SMOOTHIES

VERY BERRY	10
Strawberry, banana, honey, Greek yogurt, milk	
THE SHREK† ⊕	10
Kale, spinach, banana, apple, almond butter, almond milk	
THE MOUNTAIN†	12
Chocolate whey protein powder, banana, almond butter, almond milk	
THE GOOD DATE† ⊕	10
Dates, banana, cinnamon, almond butter, almond milk	
POWER MATCHA†	12
Vanilla whey protein powder, matcha, banana, almond milk	

PARFAITS

THE CLASSIC†	10
Greek yogurt, strawberries and blueberries, your choice of granola	
CRUNCHY ELVIS†	12
Greek yogurt with vanilla almond granola, almond butter, honey and banana	
AFTERNOON DELIGHT†	12
Greek yogurt with vanilla almond granola, dark chocolate chunks, wild blueberry jam	
LEMON CASHEW† ⊕	14
Cashew yogurt, almond butter, lemon biscotti granola and blueberries	
MORNING ZEST PARFAIT†	12
Greek yogurt with strawberry compote, almond butter, and morning zest granola	

BREAKFAST BOWLS

GRANOLA BOWL†	10	LEMON OVERNIGHT OATS† ⊕	8
Blueberries, strawberries, and cinnamon honey granola with choice of milk		Overnight oats, almond milk, and chia seeds topped with blueberries and lemon zest	
BLUEBERRY PIE OVERNIGHT OATS† ⊕	8		
Overnight oats, almond milk, and almond butter topped with wild blueberry jam			

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PRIVATE EVENTS & CATERING



DARIEN ☯️ FAIRFIELD ☯️ WESTPORT ☯️ STAMFORD ☯️ GREENWICH ☯️ RYE ☯️ NYC ☯️

BREAKFAST ALL DAY

AVOCADO TOAST 12

Served on toasted sourdough

FETA + CRUSHED +3 RED PEPPER	HEIRLOOM TOMATO .. +5 + BACON
APPLE, GOAT +4 CHEESE + HONEY	BACON + JALAPEÑO .. +5 PARM SAUCE
SCRAMBLED* OR +3 HARD BOILED EGG	SALSA MACHA, +3 GRATED EGG + LEMON ZEST
SMOKED SALMON..... +10	

THE STANDARD* 14

Scrambled eggs with bacon served on toasted sourdough.

THE DANA 10

Egg whites, spinach, avocado and turkey bacon in a whole wheat wrap

THE HEISENBERG* 13

Scrambled eggs, sausage, bacon, cheddar cheese and hot sauce in a grilled whole wheat wrap.

BREAKFAST SANDWICH* 6

Scrambled eggs and cheese with bacon or sausage on a brioche bun.

SUBSTITUTE PORK CARNITAS +2

BREAKFAST BURRITO* 13

Scrambled eggs, quinoa, black beans, avocado, American cheese, salsa in a grilled whole wheat wrap.

ADD PORK CARNITAS +2

HANDHELDS

AVOCADO GRILLED CHEESE 11

Served on grilled multi-grain with cheddar

TURKEY APPLE BRIE 15

Sliced turkey, arugula, apple, brie spread, honey mustard on sourdough

CAPRESE† 13

Fresh mozzarella, pesto, heirloom tomato, sea salt on sourdough

BLAT 14

Bacon, lettuce, avocado, tomato with green goddess on toasted sourdough

ADD TURKEY +5

THE 203 14

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

LOX BAGEL* 16

Smoked salmon, scallion, cream cheese, cucumber, and pickled onion on a toasted everything bagel

BLACKENED SALMON WRAP 17

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

ALMOND CHICKEN SALAD WRAP† 16

Chicken salad with maple bacon granola, grapes, mixed greens, heirloom tomato in a whole wheat wrap

BUFFALO CHICKEN WRAP 16

Cheddar cheese, hot sauce, mixed greens and heirloom tomato with jalapeño parmesan sauce in a whole wheat wrap

TUNA SALAD 15

Tuna salad, heirloom tomato, avocado, arugula, salsa macha on sourdough

BUILD YOUR OWN 15

BASE

Choose 2

Mixed Greens	Lime Rice
Sautéed Kale	Sweet Potato
Spinach	Cauliflower
Shaved Brussels	Quinoa

TOPPINGS

Choose 3

Cucumber	Pickled Onions
Cherry Tomato	Pico de Galo
Corn	Scallions
Sweet Potato	Mozzarella
Black Beans	Cheddar
Dried Cranberries	Feta
Sesame Almonds	Goat Cheese

DRESSING

Choose 1

Citrus Vinaigrette	Caesar Dressing
Fig Balsamic	Green Goddess
Tahini Vinaigrette	Maple Mustard

BOWLS & SALADS

BRUSSELS & KALE† ⊕ 13

Roasted Brussels and baby kale with dried cranberries, sesame almonds and warm quinoa

NAUGHTY COBB† 16

Mixed greens, chicken, hard boiled egg, feta, tomato, cucumber, maple bacon granola and fig balsamic vinaigrette

TURKEY CHILI 12

Served with cheese and sour cream

HERB LIME RICE 10

Edamame, corn, chili crunch, furikake, cilantro

THE BAR CAESAR SALAD† 16

Shaved Brussels and cauliflower with rosemary parmesan granola and lemon anchovy dressing

GREEK SALAD 15

Mixed greens, onion, cucumber, feta, cherry tomato, baked chickpeas and kalamata olive gremolata with citrus vinaigrette

MACRO BOWL† 14

Roasted cauliflower, beet hummus, sweet potato, goat cheese and walnuts over sautéed kale with tahini vinaigrette

ADD ONS

CHICKEN +7	SALMON +10	GRANOLA +2
CHICKEN SALAD +8	TUNA SALAD +7	AVOCADO +3
PORK CARNITAS +6	HARD BOILED EGG +3	BEEF HUMMUS +2