

COFFEE

Drip Coffee	2.50 / 3
Iced Coffee	3 / 3.50
Cortado	3.75
Latte	4 / 4.50
Cappucino	4 / 4.50
Americano	3 / 3.50
Doppio	2.50

LATTÉS

Chai	4.50 / 5
Matcha Contains dairy	4.75 / 5.25
Mocha	4.50 / 5
Turkish With vanilla, cardamom and cinnamon	4.75 / 5.25
Nutella™†	4.75 / 5.25
Turmeric Turmeric and ginger with steamed milk	4.75 / 5.25

ETC

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

ALL DAY BREAKFAST

GRANOLA BOWL † | 10

Pick your granola with berries, banana and milk

EGG BOWL | 10

Three eggs scrambled with two toppings

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

THE STANDARD* | 14

Three eggs any style with bacon or sausage. Served with toast or greens

SMOOTHIES

VERY BERRY | 10

Strawberry, banana, honey, Greek yogurt, milk

THE SHREK† | 10

Kale, spinach, banana, apple, almond butter, almond milk

BERRY CHIA† | 11

Strawberry, blueberry, banana, almond milk, flax, chia

POWER MATCHA† | 12

Vanilla whey protein powder, banana, almond milk

BACON EGG & CHEESE* | 6

Over easy egg with cheese and bacon on brioche

BUFFALO BEC* | 12

Bacon, egg, American cheese and avocado with buffalo style cream cheese on an everything bagel

PESTO & EGG WRAP** | 12

Scrambled eggs, avocado, parmesan, pesto

BREAKFAST BURRITO | 13

Scrambled eggs, quinoa, black beans, avocado, American cheese and pico de gallo

STEAK & EGG BURRITO* | 18

Hashbrowns, black beans, avocado, pickled onions, scallions, chimichurri, jalapeño sauce

THE GOOD DATE† | 10

Dates, banana, cinnamon, almond butter, almond milk

ADD ESPRESSO +\$2

THE MOUNTAIN † | 12

Chocolate whey protein powder, banana, almond butter, almond milk

ADD ESPRESSO +\$2

FROZEN HOT CHOCOLATE | 8

With whipped cream and marshmallows

OATMEAL | 8

Pick two toppings

OVERNIGHT OATS | 8

Pick two toppings

CHALLAH FRENCH TOAST | 10

Served with berries and maple syrup

SWEET POTATO PANCAKES | 12

Whipped butter and maple syrup

BUTTERMILK PANCAKES | 10

Served with berries and maple syrup

HUEVOS RANCHEROS* | 15

Two soft eggs, cotija cheese, avocado, spiced black beans and macha salsa, served on crispy tortillas with pickled onion and pico de gallo

ADD PORK CARNITAS +6 ADD STEAK +8

PARFAITS

To make vegan, substitute cashew or coconut yogurt +2

BALANCE BOWL† | 14

Cottage cheese, peach, raspberry, almond butter, Morning Zest granola

CRUNCHY ELVIS † | 12

Greek yogurt, Vanilla Almond granola, almond butter, honey and banana

CASHEW LEMON BERRY † | 14

Cashew yogurt, almond butter, Lemon Biscotti granola and blueberries

THE CLASSIC † | 12

Greek yogurt, strawberries and blueberries, your choice of granola

AFTERNOON DELIGHT † | 12

Greek yogurt, Vanilla Almond granola, dark chocolate chunks and berry compote

MORNING ZEST PARFAIT † | 12

Greek yogurt with strawberry compote, almond butter, and Morning Zest granola



**SIGNATURE
GRANOLAS†**

HANDMADE IN WESTPORT, CT

TAKE HOME
A 9OZ BAG

Vanilla Almond
Cinnamon Honey
Dark Chocolate
Morning Zest

Grain Free
Toasted Coconut
Lemon Biscotti

Black Sesame
Rosemary Parmesan
Maple Bacon

thegranolabar.com @thegranolabar

DARIEN 🌱 FAIRFIELD 🌱 GREENWICH 🌱 STAMFORD 🌱 WESTPORT 🌱 RYE 🌱 NYC 🌱

*These items may be served raw or undercooked. Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness. †Contains nuts. 🌱 Vegan



SANDWICHES *served with side salad*

PARMESAN-CRUSTED AVOCADO GRILLED CHEESE | 14
On sourdough

THE 203 | 16
Chicken, bacon, cheddar, tomato, mixed greens, green goddess, on brioche

THE RACHEL | 15
Grilled turkey and swiss with coleslaw and TGB Sauce on sourdough

HOT HONEY CHICKEN SANDWICH | 17
Asian slaw, pickles, green goddess on brioche

TUNA SANDWICH | 15
Tuna, heirloom tomato, avocado, arugula, salsa macha on sourdough

SALADS & BOWLS

THE BAR CAESAR** | 16
Romaine, shaved Brussels and cauliflower, Parmesan Rosemary granola, lemon anchovy dressing

GREEK SALAD | 15
Mixed greens, onion, cucumber, feta, cherry tomato, baked chickpeas and kalamata olive gremolata with citrus vinaigrette

NAUGHTY COBB† | 18
Mixed greens, chicken, hard boiled egg, feta, tomato, cucumber, Maple Bacon granola and fig balsamic vinaigrette

CHICKEN CAESAR WRAP | 16
Grilled chicken, romaine, shaved Brussels and cauliflower, Parmesan Rosemary granola, lemon anchovy dressing

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
Chicken, cheddar cheese, parmesan jalapeño sauce, hot sauce, mixed greens, heirloom tomato in a whole wheat wrap

CHICKEN +7 SALMON +10 STEAK* +10 PORK CARNITAS +6 GRANOLA +2

TURKEY CHILI BOWL | 16
Turkey chili over quinoa, shredded cheddar, sliced avocado, chives, sour cream

MACRO BOWL† | 18
Roasted cauliflower, beet hummus, sweet potato, goat cheese, walnuts, over sautéed kale with tahini vinaigrette

WARM BRUSSELS BOWL† | 16
Roasted Brussels and cabbage tossed with tahini dressing, topped with Black Sesame granola

BLACKENED SALMON WRAP | 17
Blackened salmon, warm quinoa, balsamic onion jam, avocado, green goddess dressing in a whole wheat wrap

THE BRUNCH BURGER* | 21
Brioche bun, double smash burger, lettuce, heirloom tomato, bacon, American cheese, soft egg with TGB Sauce

STEAK & CHIMI* | 22
Seared steak, arugula, avocado aioli, crispy shallots, chimichurri on sourdough

BAGEL & LOX* | 18
Smoked Nova salmon, scallions, cream cheese, cucumber and pickled onion on a toasted everything bagel with side of greens

TOASTS

On artisanal sourdough

TRUFFLE HONEY RICOTTA | 14
Whipped ricotta and truffle honey

RASPBERRY & COTTAGE CHEESE | 14
Fresh raspberries, cottage cheese, raspberry reduction

NUTELLA™† | 12
Nutella™, strawberry, banana and Cinnamon Honey granola

GRILLED PEACH & RICOTTA | 16
Grilled peaches, whipped ricotta, hot honey and mint

MUSHROOM | 14
Whipped ricotta, roasted mushrooms and chimichurri

AVOCADO TOASTS

SIGNATURE AVOCADO | 12
Citrus olive oil and sea salt

SUMMER AVOCADO | 15
Salsa macha, grated egg and lemon zest

CLASSIC | 9
On multigrain

FETA & CRUSHED RED PEPPER +3

APPLE, GOAT CHEESE & HONEY +4

FRIED OR HARD BOILED EGG +3

SMOKED SALMON* +10

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