

# THE GRANOLA BAR

## ALL DAY CATERING MENU

GOOD MORNING. BETTER NIGHT.

LONG ISLAND • WESTCHESTER COUNTY • FAIRFIELD COUNTY

FOR GROUPS OF 8+

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### The TGB Breakfast Platter | 7

*requires 24 hours notice*

A selection of TGB's signature homemade breakfast pastries

### Continental Breakfast | 13

The TGB Breakfast Platter plus sliced fruit and orange juice

### Yogurt & Granola Parfaits or Overnight Oats<sup>‡</sup> | 6

Your choice of one of our signature 6 oz parfaits or overnight oats with assorted toppings

coconut yogurt +1

house-made cashew yogurt +3

#### Crunchy Elvis<sup>‡</sup> | 7.50

Greek yogurt, bananas, vanilla almond granola, almond butter and honey

#### Cashew Lemon Berry<sup>‡</sup> | 9.50

Cashew yogurt, lemon biscotti granola and blueberries

### French Toast | 10

Served with maple syrup, sugar, and garnished with fresh berries

### Pancakes | 10

Whipped butter and maple syrup

### Build Your Own | 8

Your favorite granola bar set up in your home or office served with assorted toppings.

Select 3 from: dried cranberries, brown sugar, coconut flakes, chia seeds, flax seeds, chocolate chunks and berries

### Smoked Salmon & Bagel Platter\* | 18

Hand sliced smoked salmon served with bagels, cream cheese, red onion, sliced tomatoes and capers

## GET STARTED

Email [catering@thegranolabar.com](mailto:catering@thegranolabar.com) with questions or to place an order

\* Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness. ‡ Contains nuts.

2024.06.20 003

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# THE GRANOLA BAR

## BREAKFAST WRAPS

A selection of our breakfast wraps or sandwiches served warm.  
Want it on Brioche? Just ask!

### The Dana | 10

Egg whites, spinach, avocado & turkey  
bacon  
sweet potato and hot sauce +2

### The Heisenberg\* | 13

Scrambled eggs, sausage, bacon, cheddar  
cheese & hot sauce

### Breakfast Burrito\* | 13

Scrambled eggs, quinoa, black beans,  
avocado, American cheese and salsa in a  
grilled whole wheat wrap  
pork carnitas +2

### Bacon / egg / cheese | 7

### Sausage / egg / cheese | 8

### Pork carnitas / egg / cheese | 8

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## TOASTS

### Signature Avocado Toast | 12

Citrus olive oil on sourdough  
gluten-free bread +1

### Apple, goat cheese & honey | +3

### Bacon & jalapeño parm sauce | +4

*can sub turkey bacon*

### Smoked salmon & pickled onion\* | +8

### Feta & crushed red pepper | +2

### Hard-boiled egg & crushed red pepper | +2

### Truffle Honey Ricotta Toast | 14

### Nutella™ Berry Banana Toast‡ | 12

Nutella™, strawberry, banana, cinnamon  
honey granola

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## TGB WRAP PLATTERS

14 per wrap. Our signature wrap platters garnished with greens.  
*Gluten-free bread +2*

**Mozzarella, tomato and pesto ‡**

Balsamic portobello mushrooms served with avocado, greens and hummus

Buffalo chicken or cauliflower with cheddar, jalapeño sauce, lettuce and tomato

TGB almond chicken salad wrap with grapes ‡

Avocado, roast turkey, BLT with green goddess

Chicken, bacon, cheddar, mixed greens, heirloom tomato with green goddess

Roast turkey, swiss, coleslaw with TGB Sauce

Tuna, heirloom tomato, avocado, arugula, macha salsa

Blackened salmon, quinoa, balsamic onion jam with green goddess | +4

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## SIGNATURE SALAD BOWLS

Served family style. Minimum 8 people. Sub brown rice in any of the bowls

avocado +3    chicken +7    salmon (baked or blackened) +10    steak +10

Greens Salad | 8

Brussels & Kale ‡ | 10

brussel sprouts and kale, quinoa, dried cranberries and sesame almonds

Caesar Salad\* | 10

romaine, shaved brussels sprouts, parmesan, rosemary parmesan granola, anchovy lemon dressing

Greek Salad | 12

Mixed greens, onion, cucumber, Feta, cherry tomato, baked chickpeas, citrus vinaigrette

The Naughty Cobb ‡ | 14

assorted mixed greens, cherry tomatoes, hard-boiled egg, cucumber, feta, maple bacon granola and grilled chicken

Power Bowl\* | 12

balsamic portobello mushrooms, sautéed spinach, cherry tomatoes, hard-boiled egg, sliced avocado and warm quinoa

Macro Bowl ‡ | 12

roasted cauliflower, beet hummus, sweet potatoes, goat cheese, walnuts and kale

Taco Bowl | 14

pork carnitas, sweet potato, spiced black beans, avocado, chipotle salsa, pickled onion, parm and jalapeño served over roasted cauliflower

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## KIDS CATERING

Baked Chicken Tenders | 8

Grilled Cheese | 8

Mini Turkey Club | 8

TGB Macaroni and Cheese<sup>‡</sup> | 8

## PARTY PLATTERS

Vegetable Crudite | 8

fresh-cut vegetables served with our home-made beet hummus and green goddess dip

Artisanal Cheese Platter<sup>‡</sup> | 10

selection of cheeses, served with crackers and garnished with berries and granola

Slider Platters | 12 per 2 sliders

### **Pulled Pork**

coleslaw, pickles and jalapeño parm sauce

### **Grilled Chicken**

cheddar, bacon, mixed greens, heirloom tomato, green goddess

### **Portobello Mushrooms**

with hummus and greens

### **Grilled Cheese (3 sliders)**

### **Blackened Salmon | +4**

onion jam, avocado, green goddess

### **Steak + Chimi\* | +4**

arugula, avocado, aioli, crispy shallots

Deviled Eggs | 6 per 3 halves  
*minimum 24 halves*

**Candied turkey bacon | +2**

**Feta & crushed red pepper | +2**

**Bacon & parm jalapeño | +2**

**Smoked salmon &  
pickled onion\* | +4**

Quesadilla Party Platter | 7

Served with signature avocado mash, salsa and sour cream

### **Cheese**

**Mushroom | +1**

**Chicken | +3**

**Steak | +4**

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## SIDES

Orzo Salad | 7

cherry tomatoes, red onion, kalamata olives, cucumbers and feta

Farro Salad | 7

portabello mushrooms, apples, sweet potatoes, black beans and chopped scallions

Skinny Red Bliss Potato Salad | 7

chopped celery, greek yogurt, mayonnaise, brown mustard and scallion

Roasted Rosemary Potatoes | 7

butter, olive oil, potatoes and salt

TGB Mac and Cheese<sup>‡</sup> | 8

served warm and topped with our crunchy house-made granola

Fruit Salad | 5

fresh cut fruit medley

## BAKERY

TGB Dessert Platter<sup>‡</sup> | 6

A selection of our signature bakery treats, garnished with berries

## BEVERAGES

Box of Joe | 30

Hot or Iced

96 oz serves 10. Comes with cups, milks (choose 2) and sugars

Box of OJ | 30

96 oz serves 10 – 2. Comes with cups

Box of Iced Tea or  
Lemonade (or mix!) | 30

96 oz serves 10 – 12. Comes with cups  
Iced teas: hibiscus, green, black,  
rosemary peach, pomegranate or  
raspberry

Box of Hot Water with Assorted  
Teas | 20

96 oz serves 10 – 12. Comes with cups

Seltzer or Sparkling Water | 3

Bottled Water | 2

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