

COCKTAILS

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|---|---|----|---|---|----|
| ■ | GINGER MARGARITA | 16 | 🍸 | CUCUMBER MARTINI | 17 |
| | Tequila, ginger syrup,
orange liquor, lime | | | Vodka, lemon, Demerara,
St-Germain, cucumber | |
| ■ | SPICY HIBISCUS MARGARITA | 16 | 🍸 | ESPRESSO MARTINI | 17 |
| | Tequila, hibiscus, orange liquor, jalapeño,
lime, honey, raspberry cordial | | | Vanilla vodka / Reposado Tequila,
espresso, Kahlúa, Demerara | |
| ■ | PALOMA | 16 | ■ | CLASSIC NEGRONI | 15 |
| | Tequila, grapefruit, lime, agave, salt | | | Gin, sweet vermouth, Campari | |
| ■ | MACK'S OLD FASHIONED | 17 | 🍸 | PEACH BELLINI | 14 |
| | Japanese rye whiskey, Amaro,
Demerara, orange | | | Prosecco, white peach purée | |
| 🍸 | MIMOSA | 14 | ■ | BLOODY MARY/MARIA | 15 |
| | Prosecco, orange juice | | | Vodka / Tequila, House Bloody
Mary mix | |
| 🍸 | APEROL SPRITZ | 15 | 🍸 | HUGO SPRITZ | 15 |
| | Aperol, Prosecco | | | Prosecco, St-Germain,
soda water, sprig mint | |

WHITE



BORTOLUZZI Pinot Grigio, Friuli-Venezia, Giulia, Italy	14 / 42
BRAVIUM Chardonnay, Russian River, California, USA	16 / 48
COAST & BARREL Draft Chardonnay, California	15 / 45
FOUCHER-LEBRUN Les Glories, Sancerre Blanc, Loire Valley, France	20 / 72
GROTH Sauvignon Blanc, Napa Valley, California, USA	19 / 62
SONOMA-CUTRER VINEYARDS Chardonnay, Sonoma Coast, California, USA	15 / 45
TERRAS GAUDA Albariño, Galicia, Spain	15 / 45
PASO VERDE White Blend, Paso Robles, California, USA	15 / 45
ROBERT WEIL "RIESLING TRADITION"	14 / 42
Riesling, Rheingau, Germany	
ROBERT WEIL "RIESLING KABINETT"	18 / 62
Riesling, Rheingau, Germany	

ROSÉ & SKIN CONTACT

MARIS RARE Orange, Loire Valley, France	14 / 42
MAISON IDIART Draft Petite Nat Rosé, Loire Valley, France	14 / 42
SUN GODDESS – FANTINEL Pinot Grigio, Ramato, Friuli Venezia-Giulia, Italy	15 / 45
ULTIMATE PROVENCE Rosé, Côtes de Provence, France	16 / 48
KRASNO "REBULA" Orange, Primorska, Slovenia	14 / 42
WÖLFFER ESTATE SUMMER IN A BOTTLE	18 / 62
Rosé, Long Island, New York	

RED



BENTON LANE Pinot Noir, Willamette Valley, Oregon, USA	20 / 68
BONANZA (LOT 6) Cabernet Sauvignon, California, USA	15 / 45
BRIDGEVIEW Draft Pinot Noir, Southern Oregon, USA	16 / 48
COAST & BARREL Draft Cabernet, California, USA	14 / 42
DOÑA PAULA Malbec (Estate), Mendoza, Argentina	14 / 42
ISLA Draft Red Blend, Côtes du Rhône, France	15 / 45
SWANSON VINEYARDS Cabernet Sauvignon, Napa Valley, California, USA	18 / 62
CASTEL PUJOL "FOLKLORE TINTO"	15 / 45
Tannat, Petit Menseng, Rivera, Uruguay	

SPARKLING

COL DORATO Prosecco, Veneto, Italy	14 / 40
SIRICO SELECTION Draft Freschissimo, Sparkling White, Italy	14 / 42
VINCENT CARÊME VOUVRAY Brut Cuvee, Loire Valley France, 2017	17 / 68
NICOLAS FEUILLATTE Brut, Champagne, France	25 / 100
LAURENT-PERRIER Millésimé Brut, Champagne, France, 2012	160
VEUVE CLICQUOT Champagne, France	181

SANGRIAS



HOUSE RED SANGRIA Our house made sangria made with fresh seasonal fruit	14	HOUSE WHITE SANGRIA Our house made sangria made with fresh seasonal fruit	14
ROASTED RED GRAPES & ROSEMARY SPARKLING SANGRIA Sparkling wine, roasted red grapes, rosemary simple syrup	16	THAI BASIL WHITE SANGRIA Pinot Grigio, Thai basil citrus simple syrup, fresh squeezed orange juice	16
WATERMELON & SUN-KISSED PINEAPPLE SANGRIA Riesling, sun-kissed pineapple, watermelon, lemon lime simple syrup	16	GINGER-LIME RED SANGRIA Red wine, ginger tea simple syrup, fresh lime juice	16

BEER

YEUNGLING LAGER	7	SLOOP, JUICE BOMB IPA	9
MILLER HIGH LIFE	7	DOWNEAST ORIGINAL CIDER	7
SWITCHBACK AMBER ALE	8	DOWNEAST GUAVA PASSION FRUIT CIDER	7
CORONA EXTRA	7	ATHLETIC BREWING, NA IPA	7
PERONI LAGER Draft	9	ATHLETIC BREWING, NA LITE	7
GUINNESS DRAUGHT STOUT Draft	10		
TWO ROADS LIL' HEAVEN IPA	9		

MOCKTAILS

CHILE-LIME-PINEAPPLE SODA	10	STRAWBERRY-GINGER LEMONADE	10
CHAI BLOSSOM	10	ST. AGRESTIS NEGRONI	10

COFFEE & ESPRESSO

DRIP COFFEE	3.25 / 3.50	AMERICANO	3.75 / 4.25
ICED COFFEE	3.50 / 4	DOPPIO	4
CORTADO	4	RISE COLD BREW	6
LATTÉ	5 / 5.50	RISE NITRO COLD BREW	6
CAPPUCCINO	4.50 / 5		

SPECIALTY LATTÉS

CHAI LATTÉ	5.50 / 6	TURKISH LATTÉ	5.50 / 6
MATCHA LATTÉ	5.50 / 6	With vanilla, cardamom and cinnamon	
Contains dairy		NUTELLA™‡ LATTÉ	5.50 / 6
MOCHA LATTÉ	5.50 / 6	TURMERIC LATTÉ	5.50 / 6
FRENCH TOAST LATTÉ	5.50 / 6	Turmeric and ginger with steamed milk	
With maple, vanilla and cinnamon			

ETC.

LEMONADE	3 / 3.50	HOT TEA	3.50
HOT GINGER TEA	4	ICED TEA	3.50 / 4
RED, WHITE & BLUEBERRIES	3.50 / 4	HOT CHOCOLATE	2.50 / 3

‡ Contains nuts. Before placing your order, please inform your server if a person in your party has a food allergy.

🌱 vegan

SMOOTHIES

vanilla, chocolate or pea protein + 2

VERY BERRY	10	THE GOOD DATE † ④	10
Strawberry, banana, honey, Greek yogurt, milk		Dates, banana, cinnamon, almond butter, almond milk	
THE SHREK † ④	10	ADD ESPRESSO + 2	
Kale, spinach, banana, apple, almond butter, almond milk		THE MOUNTAIN †	12
BERRY CHIA † ④	11	Chocolate whey protein powder, banana, almond butter, almond milk	
Strawberry, blueberry, banana, almond milk, flax, chia		ADD ESPRESSO + 2	
POWER MATCHA †	12	FROZEN HOT CHOCOLATE	8
Vanilla whey protein powder, banana, almond milk		WITH THE WORKS + 1	

PARFAITS

substitute cashew or coconut yogurt + 2

CRUNCHY ELVIS †	12	AFTERNOON DELIGHT †	12
Greek yogurt, Vanilla Almond granola, almond butter, honey, banana		Greek yogurt, Vanilla Almond granola, dark chocolate chunks, berry compote	
CASHEW LEMON BERRY † ④	14	MORNING ZEST PARFAIT †	12
Cashew yogurt, almond butter, Lemon Biscotti granola, blueberries		Greek yogurt, strawberry compote, almond butter, Morning Zest granola	
THE CLASSIC †	12	BALANCE BOWL †	14
Greek yogurt, Cinnamon Honey granola, strawberries, blueberries		Cottage cheese, peach, raspberry, almond butter, Morning Zest granola	

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④ vegan

BREAKFAST

BACON EGG & CHEESE* 8

Over easy egg with cheese and bacon on brioche

OVERNIGHT OATS 8

Pick two toppings

EGG BOWL OF THE DAY 12

THE DANA 12

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

PESTO & EGG WRAP** 12

Scrambled eggs, avocado, parmesan, pesto

THE HEISENBERG* 14

Scrambled eggs, Pat LaFrieda breakfast sausage, bacon, cheddar cheese, hot sauce in a grilled whole wheat wrap

BUFFALO BEC* 14

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

BREAKFAST BURRITO* 14

Scrambled eggs, quinoa, black beans, avocado, American cheese, pico de gallo in a grilled whole wheat wrap

STEAK & EGG BURRITO* 18

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

CHALLAH FRENCH TOAST 14

Served with fresh berries and maple syrup

BUTTERMILK PANCAKES 14

Served with fresh berries and maple syrup

SWEET POTATO PANCAKES 14

Topped with whipped butter and maple syrup

THE STANDARD* 16

Three eggs any style, with bacon or Pat LaFrieda breakfast sausage. Served with toast or greens

HUEVOS RANCHEROS* 18

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

ADD PORK CARNITAS + 8 ADD STEAK + 12

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

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SIGNATURE TOASTS

Substitute vegan cream cheese[‡] + 3

SPICY TUNA TARTARE*	22	MUSHROOM	16
Avocado, buffalo cream cheese and radish on everything bagel		Whipped ricotta, roasted mushrooms and chimichurri	
GRILLED PEACH & RICOTTA	16	CLASSIC AVOCADO 	14
Grilled peaches, whipped ricotta, hot honey and mint on sourdough		On toasted sourdough	
SUMMER AVOCADO TOAST	16	FETA & CRUSHED RED PEPPER + 4	
Salsa macha, grated egg & lemon zest		APPLE, GOAT CHEESE & HONEY + 6	
RASPBERRY & COTTAGE CHEESE	14	OVER EASY* OR HARD BOILED EGG + 3	
Fresh raspberries, cottage cheese, raspberry reduction		TUNA TARTARE* + 12	
		SMOKED NOVA SALMON* + 12	

SALADS & BOWLS

GRANOLA ‡ + 2 PORK CARNITAS + 8 CHICKEN + 10 SHRIMP + 10 SALMON + 12
STEAK* + 12 SESAME-CRUSTED TUNA* + 14 MARINATED TOFU + 8

THE BAR CAESAR* ‡	16	NAUGHTY COBB ‡	18
Romaine, shaved Brussels and cauliflower, Parmesan Rosemary granola, lemon anchovy dressing		Mixed greens, chicken, hard boiled egg, feta, tomato, cucumber, Maple Bacon granola and fig balsamic vinaigrette	
WARM BRUSSELS BOWL ‡	16	TACO BOWL	18
Roasted Brussels and cabbage tossed with tahini dressing, topped with Black Sesame granola		Pork carnitas, avocado, sweet potato, spiced black beans, pickled onion, pico de gallo and parmesan jalapeño sauce over roasted cauliflower	
POWER BOWL*	16	SESAME SEARED TUNA*	26
Sautéed spinach, avocado, portobello mushrooms, tomato and soft egg on warm quinoa		Baby kale, avocado, watermelon radish and miso ginger vinaigrette	
MACRO BOWL	18	TURKEY CHILI BOWL	16
Roasted cauliflower, beet hummus, sweet potato, goat cheese, walnuts, over sautéed kale with tahini vinaigrette		Turkey chili over quinoa, shredded cheddar, sliced avocado, chives, sour cream	
CRISPY KALE & HALLOUMI	21		
With gooseberries, toasted pumpkin seeds and cider vinaigrette			

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 vegan

SANDWICHES

PARMESAN-CRUSTED AVOCADO GRILLED CHEESE 18

On sourdough with fries

THE 203 16

Chicken, bacon, cheddar, tomato, mixed greens, green goddess, on brioche with side of greens

TUNA SANDWICH 15

Tuna, heirloom tomato, avocado, arugula, salsa macha on toasted sourdough with side of greens

BLACKENED SALMON WRAP 17

Blackened salmon, warm quinoa, balsamic onion jam, avocado, green goddess dressing with side of greens

ALMOND CHICKEN SALAD WRAP[‡] 16

Chicken salad with Maple Bacon granola, grapes, mixed greens, heirloom tomato in a whole wheat wrap with side of greens

CHICKEN CAESAR WRAP 16

Grilled chicken, romaine, shaved Brussels and cauliflower, Parmesan Rosemary granola, lemon anchovy dressing

THE BRUNCH BURGER* 21

Pat LaFrieda dry-aged double smash patty, lettuce, heirloom tomato, bacon, American cheese, soft egg with TGB Sauce and fries

STEAK & CHIMI* 22

Seared steak, arugula, avocado aioli, crispy shallots, chimichurri on toasted sourdough with fries

HOT HONEY CHICKEN SANDWICH 18

Asian slaw, pickles, green goddess on brioche with fries

BUFFALO CHICKEN WRAP 16

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

BAGEL & LOX* 18

Smoked Nova salmon, scallions, cream cheese, cucumber and pickled onion on a toasted everything bagel with side of greens

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CLASSIC BARS

\$5

ALMOND BUTTER CHOCOLATE CHUNK

Rice cereal, almond butter, milk chocolate chunks

ENERGY

Chia, coconut flakes, agave, mini chocolate chips

OG

Almonds, cashews, coconut flakes, honey, butter

CHOCOLATE DATE

Almonds, dates, vegan chocolate

NUTELLA™

Rice cereal, almonds, Nutella™

NEW! SPECIALTY BARS

\$7

SEEDED CHERRY ALMOND

Almonds, dried cherries, currants

COCONUT APRICOT MACARON

Coconut, apricots, orange zest

JAMMY BAR

Chia, pistachios, raspberry jam

LEMON OAT CURRANT

Lemon, rosemary and currants

MADE WITH LOVE & OATS IN WESTPORT, CT

TRY A
SAMPLE!

GRANOLAS

MADE IN WESTPORT, CT

TAKE HOME
A 9OZ BAG

VANILLA ALMOND

Almonds, brown sugar, vanilla

CINNAMON HONEY

Honey, walnuts, pecans,
espresso powder, cinnamon

DARK CHOCOLATE

Cinnamon Honey granola
with dark chocolate chunks

GRAIN FREE

Sunflower, pumpkin and
sesame seeds, cashews, maple
syrup, coconut flakes

TOASTED COCONUT

Toasted coconut flakes, honey

LEMON BISCOTTI

Almonds, maple syrup, lemon zest

BLACK SESAME

Almonds, honey, sesame
seeds, chili flakes, fried garlic

ROSEMARY PARMESAN

Sunflower, pumpkin and hemp
seed, parmesan cheese, fried
garlic, rosemary, agave nectar

MAPLE BACON

Almonds, maple syrup, bacon

MORNING ZEST

Honey, almonds, cashews, pumpkin and sunflower seeds, orange zest

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