

COFFEE

Drip Coffee	3.50 / 3.75
Iced Coffee	4.00 / 4.25
Cortado	4.25
Latté	5.25 / 5.75
Cappucino	4.75 / 5.25
Americano	4.00 / 4.25
Doppio	4.00

LATTÉS

Chai	5.75 / 6.25
Matcha Contains dairy	5.75 / 6.25
Mocha	5.75 / 6.25
Turkish With vanilla, cardamom and cinnamon	5.75 / 6.25
Nutella™†	5.75 / 6.25
Turmeric Turmeric and ginger with steamed milk	5.75 / 6.25
French Toast Latté With maple, vanilla and cinnamon	5.75 / 6.25

ETC

Lemonade	3.00 / 3.50
Hot Ginger Tea	4.00
Red, White & Blueberries	3.50 / 4.00
Hot Tea	3.50
Iced Tea	3.50 / 4.00
Hot Chocolate	2.50 / 3.00

SIGNATURE GRANOLAS[†]

HANDMADE IN WESTPORT, CT

TAKE HOME
A 9OZ BAG

ALL DAY BREAKFAST

GRANOLA BOWL[‡] | 10

Pick your granola with berries, banana and milk

EGG BOWL | 12

Three eggs scrambled with two toppings

THE DANA | 12

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* | 16

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

BACON EGG & CHEESE* | 7

Over easy egg with cheese and bacon on brioche

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

Vanilla Almond
Cinnamon Honey
Dark Chocolate

Grain Free
Toasted Coconut

Morning Zest
Rosemary Parmesan

BUFFALO BEC* | 12

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

PESTO & EGG WRAP** | 13

Scrambled eggs, avocado, parmesan, pesto

BREAKFAST BURRITO | 14

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

VEGAN BURRITO [Ⓥ] | 13

Whole wheat wrap, spinach, hashbrowns, black beans, avocado, pickled onion, chimi, cauliflower

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 | 10

WITH THE WORKS +\$1

OATMEAL | 8

Pick two toppings

OVERNIGHT OATS | 12

Pick two toppings

CHALLAH FRENCH TOAST | 12

Served with berries and maple syrup

SWEET POTATO PANCAKES | 14

Whipped butter and maple syrup

BUTTERMILK PANCAKES | 12

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

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

COCONUT PEACH PARFAIT[‡] | 14

Cashew yogurt, Toasted Coconut granola, peach compote, raspberries, coconut flakes



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DARIEN ☞ FAIRFIELD ☞ GREENWICH ☞ STAMFORD ☞ WESTPORT ☞ RYE ☞ NYC ☞ WOODBURY ☞

*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 | 15
On sourdough

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

THE RACHEL | 16
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* +12 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

POWER BOWL* | 16
Sautéed spinach, avocado, portobello mushrooms, tomato and over easy egg on warm quinoa

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 | 16
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 | 16
Whipped ricotta, roasted mushrooms and chimichurri

AVOCADO TOASTS

SIGNATURE AVOCADO | 14
Citrus olive oil and sea salt

FETA & CRUSHED RED PEPPER +3

APPLE, GOAT CHEESE & HONEY +4

FRIED OR HARD BOILED EGG +3

SMOKED SALMON* +10

SUMMER AVOCADO | 16
Salsa macha, grated egg and lemon zest

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