



CATERING MENU

Prices are per person. Eight person minimum.

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 AND GRANOLA PARFAITS OR OVERNIGHT OATS | 6

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

coconut yogurt +1
home-made cashew yogurt +2

Crunchy Elvis | 7.50

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

Afternoon Delight | 7.50

Greek yogurt, vanilla almond granola, dark chocolate chunks and berry compote

FRENCH TOAST | 10

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

Crunchy Elvis | +4

Vanilla almond granola, almond butter, honey, banana

Cinnamon Sugar and Granola | +3

TGB AT HOME! | 8

Your favorite granola or oatmeal 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 AND BAGEL PLATTER | 18

requires 24 hours notice

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

BREAKFAST WRAPS

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

avocado +3
hot sauce or buffalo sauce +1
spinach/mushroom/sweet potato/pickled onions +1
gluten-free or paleo flax bread +2

Bacon/egg/cheese | 7**Sausage/egg/cheese | 8****Pork Carnitas/egg/cheese | 8****The Dana | 10**

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

sweet potato and hot sauce +2

Breakfast Burrito | 11

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

pork carnitas +2

Heisenberg | 12

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

AVOCADO TOAST | 10

TGB signature avocado mash served on our multigrain bread

gluten-free bread +1
paleo flax bread +2

Apple, goat cheese and honey | +3**Bacon and jalapeño parm sauce | +4**

can sub turkey bacon

Smoked salmon and pickled onion | +8

24 hours advance notice

Feta and crushed red pepper | +2

Hard-boiled egg and crushed red pepper | +2

TGB WRAP PLATTER | 13 per wrap

Our signature wrap platters garnished with greens. Please select from the following popular sandwiches

Can sub multigrain or marbled rye for any sandwich

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

Egg salad with green goddess and dill

Blackened salmon, quinoa, balsamic onion jam with green goddess | +3

Signature Salad Bowls

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

avocado +3 | bacon +4 | chicken +7 | salmon, baked or blackened +10

BRUSSELS AND KALE | 10

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

SPINACH SALAD | 10

spinach, sliced strawberries, shaved parmesan and TGB cinnamon honey granola

CAESAR SALAD | 10

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

GREENS SALAD | 8

mixed greens, cucumbers, cherry tomatoes and carrots

THE NAUGHTY COBB | 14

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

BUDDHA 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

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

QUINOA SALAD | 7

quinoa, chickpeas, red onion, scallion, sliced almonds

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 | 8

served warm

topped with our crunchy house-made granola

FRUIT SALAD | 5

fresh cut fruit medley

Kids Catering

BAKED CHICKEN TENDERS | 8

GRILLED CHEESE | 8

MINI TURKEY CLUB | 8

TGB MACARONI AND CHEESE | 8

Party Platters

VEGETABLE CRUDITE | 8

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

ARTISANAL CHEESE PLATTER | 10

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

DEVILED EGGS | 6 per 3 halves

minimum 24 halves

Candied turkey bacon +2
Feta and crushed red pepper +2
Bacon and parm jalapeño +2
Smoked salmon and pickled onion +4

SLIDER PLATTERS | 12 per 2 sliders

Slider buns overstuffed with pulled pork, grilled chicken and bacon, portobello mushrooms, blackened salmon, or grilled cheese

QUESADILLA PARTY PLATTER

Served with signature avocado mash, salsa and sour cream

Chicken | 10

Mushroom | 8

Cheese | 7

Bakery

TGB DESSERT PLATTER | 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 10-12. 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

2022 The Granola Bar. Updated 2022-09-21