



ALL-DAY
MENU 2021
*plant-based goodness,
nourishing your soul*

green&tonic
feeding a healthy lifestyle

Cos Cob | Darien | Westport | Rye Brook
Fairfield opening Spring 2021

@greenandtonic

BUILD YOUR OWN ACAI BOWLS

(8oz \$7.50 | 16oz) \$8.95

Açaí, Banana, Almond Milk

Choose 3 Toppings

ALMOND BUTTER
BANANA
BLUEBERRY
CACAO BANANA CRUNCH

CACAO NIBS
CHIA SEEDS
GOJI BERRIES
HEMP SEEDS
ENERGY GRANOLA

ESSENTIAL GRANOLA
STRAWBERRY
SUPERSEED SPRINKLE
TOASTED COCONUT



SUPERFOOD SMOOTHIES

(kid's) \$6.95 | (small) \$8.50 | (large) \$9.95

AB&J

apple cider, strawberry, banana, almond butter

UP & AT 'EM

almond milk, cold brew coffee, banana, almond butter, cacao, maca

MILKY WAY

almond milk, dates, banana, almond butter, cacao, cinnamon

GREEN GURU

green tea, spinach, green apple, banana, lemon, ginger, mint

ZENERGY

coconut milk, spinach, banana, almond butter, matcha, cinnamon, elderberry extract

ULTIMATE WARRIOR

coconut water, kale, spinach, banana, chia seeds

BERRY GARCIA

coconut water, açai, strawberry, blueberry, banana, hemp seeds, B12

TROPICAL DRAGON FRUIT

dragon fruit, strawberry, mango, banana, cashew milk, orange juice

BLUEBERRY CACAO BLAST

cauliflower, blueberry, oat milk, dates, cacao, cacao nibs, chocolate protein, almond butter

GOLDEN SUNRISE

cauliflower, mango, banana, coconut milk, turmeric, vanilla protein

GOJI BLISS

cauliflower, strawberry, blueberry, goji berries, apricots, coconut water, lemon

BOOSTERS

IMMUNITY

APRICOTS
GINGER
GINSENG
GOJI BERRIES
ECHINACEA
ELDERBERRY
SPIRULINA
TURMERIC

ENERGY

B12
MACA
MATCHA

ANTIOXIDANTS

AVOCADO +\$2
ACAI
CACAO NIBS
CACAO POWDER
TOASTED COCONUT

PROTEIN

ALMOND BUTTER
EPIC PLANT PROTEIN
original
vanilla lucuma
chocolate maca
green kingdom

WELLNESS

ACTIVATED CHARCOAL +\$1
CACAO BANANA CRUNCH
CAYENNE
CHIA SEEDS
COLLAGEN SUPPORT
DATES
HEMP SEEDS
KALE
PROBIOTICS +\$1.25
SPINACH
SUPERSEED SPRINKLE

BREAKFAST BOWLS

\$4.95

GRANOLA BOWL

choice of energy or essential granola; choice of almond, cashew, coconut or oat milk; and 3 toppings

QUINOA OATMEAL BOWL

quinoa oatmeal; choice of almond, cashew, coconut or oat milk; and 3 toppings



SEED-BREAD TARTINE

AVOCADO TARTINE

seed bread, smashed avocado, roasted heirloom tomatoes

\$8.95

SPICY CASHEW TARTINE

seed bread, spicy cashew spread, avocado, superseed sprinkle, micro greens

\$8.50

ALMOND BUTTER TARTINE

seed bread, almond butter, banana, strawberry, superseed sprinkle

\$7.95



WRAPS

SPICY AVOCADO WRAP

collard green, cashews, quinoa, coconut water, garlic cloves, sriracha, avocado, carrot, jicama, red cabbage, green cabbage, basil

\$8.95

CURRY CHICKPEA WRAP

collard green, spinach, carrots, purple cabbage, curry chickpea spread, curry dressing

\$7.95

FALAFEL & HUMMUS WRAP

collard green, falafel, hummus, lemon tahini dressing, za'atar spice

\$8.95



SEASONAL SOUPS

\$5.95

SEVEN VEGETABLE & QUINOA

carrot, celery, onion, zucchini, cauliflower, red pepper, tomato, vegetable stock, white quinoa, thyme, basil, oregano, olive oil, sea salt

TURMERIC CAULIFLOWER

cauliflower, turmeric, ginger, onion, garlic, coconut milk, vegetable stock, curry powder, cinnamon, cilantro, olive oil, coconut oil, sea salt, black pepper

COLLAGEN & IMMUNE BOOST BROTH

onion, carrot, celery, miso, ginger, shiitake mushrooms, olive oil, garlic, turmeric, black peppercorns

SPRING AWAKENING

Garlic, leeks, carrots, potato, asparagus, rainbow swiss chard, thyme, olive oil, salt, pepper, lemon, infused walnut oil (walnut oil, basil, parsley, salt).

LEAFY GREEN SALADS

- PAD THAI SALAD** \$8.95
rice noodles, kale, nappa cabbage, red peppers, carrots, edamame, scallions, almond butter dressing
- FUEL-UP FALAFEL SALAD** \$10.50
kale, romaine, olives, cucumber, tomato, hummus (chickpeas, olive oil, tahini, lemon, garlic, salt), falafel (chickpeas, parsley, cilantro, garlic, onion, coriander, cumin, nutritional yeast, tahini, gfree flour, flax seeds, cayenne, baking soda, olive oil, black pepper) tahini dressing (white wine vinegar, lemon, tahini, olive oil, cumin, coriander, salt, pepper), micro greens.
- TURMERIC CAULIFLOWER & KALE SALAD** \$9.95
baby kale, red cabbage, carrots, red quinoa, roasted chickpeas, cauliflower, turmeric, sea salt, vegan parm, herb vinaigrette
- BRUSSELS SPROUTS & DRIED CHERRIES KALE SALAD** \$9.95
kale, chickpeas, dried cherries, white quinoa, roasted red onion, spiced pumpkin seeds, shaved brussels sprouts, lemon-garlic vinaigrette
- KALE PESTO ROTINI SALAD** \$10.50
chickpea rotini, roasted tomatoes, kale, olive oil, pesto sauce (kale, spinach, basil, parsley, olive oil, lemon, white wine vinegar, tahini, garlic, salt), vegan parm (cashews, parsley, sesame seeds, hemp seeds, nutritional yeast, garlic, salt.) toasted walnuts.



GRAB-N-GO MEALS

- JACKFRUIT BURRITO BOWL** \$12.95
jackfruit, black beans, corn, sauteed greens, quinoa, roasted red pepper, pickled red onion, tomatillo sauce (tomatillo, cilantro, garlic, onion, olive oil, salt, jalapeno) cilantro.
- RAINBOW RICE BOWL** \$11.95
basmati rice, sesame greens, broccoli, cabbage, snow peas, tofu, toasted seeds (sesame seeds, pumpkin seeds, sunflower seeds, gochukaru, maple syrup, salt) Sauce (gochukaru, tamari, sesame oil, apple cider vinegar, maple syrup olive oil).
- NONNA'S ZUCCHINI NOODLES** \$10.50
zucchini, rainbow swiss chard, asparagus, peas, vegan parm (cashews, parsley, sesame seeds, hemp seeds, nutritional yeast, garlic, salt), creamy cashew sauce (cashew, miso, lemon, nutritional yeast, roasted garlic, veggie stock, basil, salt, pepper), parsley



SIDES & SNACKS

- SUPER CAESAR SALAD SHAKER** \$3.95
kale, carrot, crispy chickpeas, vegan parm, caesar dressing
- KELP ME OUT!** \$5.50
kelp noodles, watermelon radish, snow peas, cabbage, scallions, almonds, sesame seeds, dressing (almond butter, tahini, tamari, ginger, garlic, rice vin, sesame oil, dates).
- CURRY CHICKPEA SIDE SALAD** \$4.95
chickpeas, golden raisins, cashews, parsley, curry dressing
- OVEN ROASTED TOFU** \$3.95
extra firm tofu, olive oil, braggs liquid aminos

POTS & PUDDINGS

CREAMY COCONUT OATS coconut milk, oats, lime zest, agave, mango, raspberries.	\$5.95
DREAMY CHOCOLATE PUDDING avocado, peanut butter, banana, almond milk, maple syrup, cacao, salt, cacao nibs.	\$5.95
VERY BERRY CHIA PUDDING dragonfruit, strawberries, coconut milk, oat milk, lemon juice, vanilla, maple syrup, chia seeds, blueberries, coconut.	\$5.95
BANANA CHIA COCONUT PUDDING banana, chia seeds, coconut milk, coconut flakes, vanilla	\$5.95
PROTEIN POT WITH ALMOND BUTTER & BANANA almond butter, coconut yogurt, vanilla lucuma protein, chocolate maca protein, candied hazelnut crumble, banana	\$5.95



PASTRIES & POWER SNACKS

ROASTED BANANA BREAD bananas, coconut oil, almond meal, evaporated cane juice sugar, gluten-free flour blend, golden flax, vanilla, cinnamon	\$3.95
MACA COOKIE DOUGH BITES maca, cashew butter, oat flour, almond flour, maple syrup, sea salt, vanilla, vegan chocolate chips	\$3.75
DARK CHOCOLATE BROWNIE almond butter, gluten-free flour blend, raw cacao powder, olive oil, coconut sugar, maple syrup, vanilla, flaxseed meal, vegan chocolate chips, sea salt	\$2.50
CHOCOLATE CHIP COOKIE gluten-free flour, baking soda, baking powder, sea salt, coconut sugar, olive oil, almond butter, vegan chocolate chips	\$2.50
ANY-TIME COOKIE brown rice flour, coconut sugar, chia seeds, pumpkin seeds, sunflower seeds, raw cacao nibs, flaxseed meal, slivered almonds, coconut oil, cinnamon, sea salt, maple syrup, almond butter, maca, vanilla, baking soda, baking powder	\$2.50
COLLAGEN BAR gluten-free rolled oats, almond butter, pitted dates, dried cranberry, maple syrup, almonds, mushroom collagen booster, cinnamon, sea salt	\$3.95



G&T PANTRY

FIRE CIDER This Fire Cider starts with apple cider vinegar, lemons, oranges, onions, ginger, garlic, horseradish, habanero pepper and turmeric, all raw and Certified Organic. (8 oz. bottle)	\$28.00
ENERGY GRANOLA gluten-free rolled oats, hazelnuts, pumpkin seeds, chocolate chips, slivered almonds, maple syrup, olive oil, ground coffee, cinnamon, vanilla, nutmeg, sea salt	\$9.95
ESSENTIAL GRANOLA gluten-free rolled oats, sunflower seeds, coconut flakes, maple syrup, olive oil, walnuts, flax meal, sesame seeds, cinnamon, vanilla, clove, sea salt	\$9.95
BUDDAH BOWL POPCORN organic non-GMO popcorn, organic extra virgin coconut oil, Himalayan sea salt	\$2.95
WAY BETTER CHIPS Sweet Potato Tortilla Spicy Sriracha	\$2.50
SKINNY CRISPS Cinnamon Whole Shebang	\$6.95

COLD-PRESSED JUICES

\$8.59

GREEN MONSTER

cucumber, celery, green apple, kale, ginger, romaine, spinach, lemon, parsley, spirulina

SUN RAVEN

celery, cucumber, fennel, lemon, dandelion greens, kale, ginger, parsley, turmeric

JUNGLE JUICE

celery, cucumber, green apple, kale, pineapple, ginger, spinach, romaine, cilantro, parsley, lemon

DAILY DETOX

orange, pear, pineapple, ginger

SKIN GLO

orange, cucumber, lemon, grapefruit

FIREBALL

lemon, raw agave, ginger, cayenne

GRASS HOPPER

kale, cucumber, apple, lime, mint

MELON COOLER

watermelon, pineapple, lemon

TURMERIC TONIC

carrot, pear, pineapple, ginger, turmeric, lemon



WELLNESS SHOTS

\$3.50

TURMERIC BOOST

lemon, apple, ginger, honey,
black pepper, turmeric

CAYENNE CLEANSE

apple, ginger, lemon, cayenne pepper

WHEATGRASS WAKEUP

apple, wheatgrass,
lemon, parsley, ginger



ICED/HOT DRINKS

COLD BREW

\$2.95 | \$3.95

ICED CITRUS GREEN TEA

\$2.95

AMERICANO

\$3.50

ESPRESSO

\$3.50

MEXICAN MOCHA

\$4.95

LATTE

\$4.50

CAPPUCCINO

\$4.50

ALOE WATER

\$3.95

pure aloe vera, filtered water

MATCHA LATTE

\$4.75

TURMERIC LATTE

\$4.75

HOT COCOA

\$3.95

IMMUNITEA

\$4.50

ADD FIRE CIDER SHOT

\$2.00

G&T ALKALINE WATER

\$2.50

AQUAVITEA KOMBUCHA

\$5.95

peach out | blueberry social | hibiscus lime ginger

AROGYA ARTISAN TEAS

\$2.95

berry blend, lemon ginger, detox blend,
rooibos chai, jasmine mint green

all items are subject to change based on seasonality