



WINTER SOLTICE MENU 2020

*plant-based goodness,
nourishing your soul*

green&tonic
feeding a healthy lifestyle

Cos Cob | Darien | New Canaan | Westport
Rye Brook - *opening late 2020*

@greenandtonic

SMOOTHIE & ACAI BOWLS

\$10.25

DRAGON DREAM BOWL

base: dragon fruit, mango, coconut milk, orange juice, banana
toppings: essential granola, banana, strawberry, coconut

GREEN ENERGY BOWL

base: kale, spinach, matcha, banana, maca, avocado, coconut milk
toppings: strawberry, banana, superseed sprinkle, essential granola

GALAXY BOWL

base: activated charcoal, strawberry, blueberry, banana, cacao nibs, cacao, cashew milk
toppings: almond butter, superseed sprinkle, banana, blueberry, cacao nibs

BUILD YOUR OWN BOWL

classic açai base with your choice of 3 toppings

(small) \$7.50 | (large) \$8.95

BOWL 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

G&T SKINNY SMOOTHIES

Introducing cauliflower as a new smoothie game changer!

Our "skinny" smoothie line, features nutrient-dense cauliflower with less carbs and sugar than a traditional fruit smoothie.

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

GREEN TEA OATMEAL

quinoa oatmeal, green tea, oat milk, maple syrup, vanilla, topped with cacao banana crunch



SEED-BREAD TOASTS

AVOCADO TOAST

seed bread, smashed avocado, roasted heirloom tomatoes

\$8.95

SPICY CASHEW TOAST

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

\$8.50

ALMOND BUTTER TOAST

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

CHIPOTLE BLACK BEAN SOUP

black beans, butternut squash, red onion, garlic, carrot, spinach, tomato paste, lime juice, cilantro, chipotle adobo, cumin, sea salt

BUTTERNUT SQUASH

butternut squash, gala apples, white onion, carrots, celery, veggie stock, 5 spice, ginger, nutmeg, bay leaf, black pepper, sea salt

LEAFY GREEN SALADS & GRAB-N-GO MEALS

PAD THAI SALAD	\$8.95
rice noodles, kale, nappa cabbage, red peppers, carrots, edamame, scallions, almond butter dressing	
RAINBOW HARVEST SALAD	\$8.95
candy cane beets, heirloom carrots, black lentils, cranberries, pecans, hemp seeds, cranberry dressing	
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	
G&T VEGGIE BURGER IN THE GARDEN	\$9.95
veggie burger, kale, red cabbage, chipotle aioli, superseed sprinkle	
MISO HARMONY	\$10.95
broccoli, sweet potatoes, adzuki beans, brown basmati rice, kale, collard greens, garlic, sesame seeds, scallions, miso dressing	
LENTIL BOLOGNESE PASTA	\$11.95
chickpea pasta, kale, collard greens, garlic, salt, bolognese (lentils, carrots, celery, onion, garlic, oregano, basil, crushed red pepper, crushed tomatoes, salt, olive oil), vegan parm	



G&T HOT BOWLS

PESTO BOWL	\$8.95
kale, spinach, zucchini, cherry tomatoes, cannellini beans, cremini mushrooms, vegan parm, pesto sauce, quinoa, micro greens	
CURRY BOWL	\$8.95
kale, spinach, turmeric cauliflower, broccoli, carrots, brown rice, cashew, curry sauce, micro greens	
TOMATILLO BOWL	\$9.50
kale, spinach, black beans, corn, grilled red peppers, grilled red onions, tomatillo sauce, avocado, quinoa, micro greens	
ASIAN STIR-FRY BOWL	\$8.95
kale, spinach, carrots, cabbage, broccoli, bean sprouts, edamame, brown rice, sesame miso sauce, micro greens	
GREEK SALAD	\$9.95
romaine, kale, cherry tomatoes, cucumbers, grilled red onions, Kalamata olives, garlic hummus, falafel, lemon tahini dressing, micro greens	



SIDES & SNACKS

LOVE PEACE CRUDITÉ	\$5.95
omega-3 hummus, purple carrots, candy cane beets, seed bread	
SUPER CAESAR SALAD SHAKER	\$3.95
kale, carrot, crispy chickpeas, vegan parm, caesar dressing	
PESTO VINAIGRETTE SALAD SHAKER	\$3.95
kale, purple cabbage, shaved brussels sprouts, spiced pepitas, pesto vinaigrette	
CURRY CHICKPEA SIDE SALAD	\$4.95
chickpeas, golden raisins, cashews, parsley, curry dressing	
OVEN ROASTED TOFU	\$3.95
extra firm tofu, olive oil, brags liquid aminos	

POTS & PUDDINGS

BANANA COCONUT CHIA PUDDING banana, chia seeds, coconut milk, coconut flakes, vanilla	\$5.95
AVOCADO CHOCOLATE PUDDING avocado, banana, peanut butter, maple syrup, almond milk, cacao powder, salt, energy granola	\$4.95
EVERYDAY PARFAIT coconut yogurt with E3Live®, strawberry, blueberry, essential granola	\$6.95
CINNAMON APPLE OATS rolled oats, coconut flakes, chia seeds, cinnamon, raisins, almond milk, maple syrup, walnuts, roasted apples	\$3.95
PROTEIN POT WITH ALMOND BUTTER & BANANA almond butter, coconut yogurt, vanilla lucuma protein, chocolate maca protein, candied hazelnut crumble, banana	\$5.95



GLUTEN-FREE TREATS & 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 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

SWEETY BEETY

beet, orange, apple, kale, ginger, 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

MAJIK DETOX

spinach, kale, celery, lemon, e3live®



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
strawberry apple herbal detox blend lemon ginger herbal rooibos chai	

all items are subject to change based on seasonality