

G&H

G A R E L I C K & H E R B S

S O U T H P O R T • W E S T P O R T • N E W C A N A A N • G R E E N W I C H

DAILY MENU

OUR MENUS CHANGE DAILY • CALL YOUR LOCAL G&H TO LEARN MORE

BREAKFAST BAR

Eggs as you like em
Bagels, Egg Sandwiches
Avocado Toast
Bagels & Lox
Home Fried Potatoes

Weekend Specials

CREATE YOUR OWN SALAD BAR

Choose Your Greens:

Romaine // Mixed Greens // Baby Spinach // Kale

Choose Your Toppings:

(price includes 5 toppings)

Protein: Grilled Chicken, Turkey, Salmon, Bacon, Hard Boiled Egg

Vegetables: Cucumber, Tomato, Mixed Peppers, Shredded Carrots, Black Olives, Beets, Garbanzo Beans, Broccoli, Roasted Red Peppers, Mushrooms, Corn, Mixed Olives, Edemame, Hearts of Palm, Red Onion, Green Peas, Sundried Tomatoes

Cheese: Fresh Mozzarella, Shredded Cheddar, Gorgonzola, Shaved Parmesan, Feta

Nuts: Walnuts, Pecans, Almonds, Sunflower Seeds

Fruit: Cranberries, Mandarin Oranges

Pre-made Salads

Italian Salad with Balsamic Dressing// Caesar
California Apple with Citrus Dressing
Cobb Salad

(Add Grilled Chicken or Scoop of Tuna)

CREATE YOUR SANDWICHES

Breads: Wraps, Hard Rolls, 9 Grain, White, Wheat, Pumpernickel & Bagels

Meats and Cheeses from the Deli: Sliced Turkey Breast, Baked Ham, Roast Beef, Flank Steak, Sliced Grilled Chicken, Breaded Chicken, American, Swiss, Cheddar, Fresh Mozzarella

Salads from the Deli: Traditional Tuna, Cran-Apple Tuna, Curry Chicken Salad, Fresh Mozzarella and Tomato, Grilled Veggies

Condiments: Lettuce, Tomato, Roasted Red Peppers, Shaved Red Onion, Mayo, Honey Mustard, Dijon Mustard, Horseradish Sauce, Cranberry Relish

BARISTA BAR

Coffees • Lattes •
Cappucino • Organic Teas
Fresh Lemonade • Iced Teas

Our Philosophy? Good Food Good Mood

We believe that good clean food are the basic ingredients to feeling healthy and happy. Give us a reason to create something new!

ENTREES

Family favorites, always something new to try.

Turkey Meatloaf • Breaded Chicken Breast
Gluten Free Chicken • Chicken Pot Pie
Sliced Flank Steak • Turkey Roni
Chicken Fajita • Turkey Burger
Salmon Selections • Veggie Burger
Veggie or Turkey Lasagna • Roasted Chicken, Turkey • Brisket

SWEET TREATS

Delicious goodness from our in-house bakery
(and gluten free goodies too)

Jumbo Cookies: Chocolate Chip, Peanut butter, Black & White, M&M & Cranberry Oatmeal
Dessert Bars: Brownies, Magic Coconut Bars, Lemon Bars, Raspberry Linzer, Fruit Salad Tarts, Pies, Custom Birthday Cakes

SMOOTHIE BAR

Kale • Cucumber • Lemon
Ginger • Celery • Carrots • Spinach
Apple • Banana • Peanut Butter
Mixed Berries • Strawberries
Blueberries • Mango • Non Fat Yogurt
Add a boost of protein!

SEASONAL SOUPS

We pride ourselves on an abundance of gluten free, vegetarian & vegan selections.
Different offerings daily

Turkey Chili, Chicken Chili,
Chicken Vegetable Quinoa,

Vegetarian Pea Soup, Lentil, Clam Chowders,

Dr. Chicken Soup, Greek Lemon Orzo

Chicken Florentine, Kale & Chickpea

Gumbos, Gazpacho, Onion Soups.

Chicken & Corn, Minestrone

and many many more....

VEGETABLE SALADS

Seasonal selections

Greek Cucumber Salad, Tomato and Avocado

Fresh Mozzarella & Tomato, Kale Slaw

Chicken & Tuna Salad (Or over greens)

Curry Chicken // Cran-Apple Chicken Salad

Cran-Apple Tuna // Traditional Tuna

Pasta & Rice Salads

Penne Basilica // Pesto Pasta Salad

Brown rice with Roasted Vegetables

Quinoa with Shredded Cabbage