

— build-your-own **HOT OATMEAL BOWL** —
steel-cut oats made with your choice of water or low-fat milk

Baby Bear + 8 oz	\$4.25
Mama Bear + 12 oz	\$5.25
Papa Bear + 16 oz	\$6.25

first two toppings free, additional toppings 25¢ or 50¢ each

FRESH FRUIT 50¢

*strawberries + raspberries + blueberries + blackberries
bananas + cinnamon roasted apples + pineapples + peaches + cherries (in season)*

DRIED FRUIT 25¢

*raisins + whole cranberries + figs + mango + cherries + dates
currants + apricots + pomegranate seeds + goji berries*

NUTS & SEEDS 50¢

*walnuts + pecans + almonds + peanuts + pistachios + toasted hazelnuts + cashews
toasted coconut + flaked coconut + flax seeds + raw pumpkin seeds
chia seeds + hemp seeds + granola*

SWEET STUFF 25¢

*white chocolate chips + dark chocolate chips + peanut butter chips
cinnamon chips + mini marshmallow + graham cracker crumble
crystallized ginger + Nilla wafers + ginger snaps*

SAVORY STUFF 50¢

*bacon + ham + shaved Parmesan cheese + shaved Gruyere cheese
sharp cheddar cheese + manchego cheese + Goat cheese
pesto + balsamic glaze + olive oil + truffle oil + Sriracha + reduced fat Greek yogurt
pumpkin purée + whey protein powder + sundried tomatoes + poached egg (\$1.00)
soy sauce + sesame oil + Furikake spice*

SWEET DOLLOPS & DRIZZLES 25¢

*honey + agave nectar + peanut butter + caramel + maple syrup + condensed milk
chocolate syrup + Nutella + whipped cream + strawberry jelly + almond butter + Speculoos
milky Match green tea drizzle*

MILK

skim + whole + soy + almond + coconut + half & half + heavy cream

SPICES

*cocoa powder + cinnamon + nutmeg + brown sugar + pumpkin spice
ginger + powdered sugar + sea salt
cracked black pepper + cardamom + red pepper flakes*

OATMEALS SIGNATURE BOWLS

baby bear (s) + mama bear (m) + papa bear (l)

— **THE COMFORTS** —

Brown Sugar Cinnamon Raisin	\$4.25 + 5.25 + 6.25
Blueberry Maple Walnut	\$4.50 + 5.50 + 6.50
Peaches & Cream w/ brown sugar	\$4.25 + 5.25 + 6.25
Peanut Butter Banana	\$4.25 + 5.25 + 6.25

OATMEALS SIGNATURE BOWLS

baby bear (s) + mama bear (m) + papa bear (l)

— **THE HOT & BOTHERED** —

Tropical Sunrise <i>fresh pineapple, dried mango, toasted coconut, coconut milk</i>	\$4.50 + 5.50 + 6.50
Pomegranate Pistachio <i>dried pomegranate seeds, pistachios, honey, almond milk</i>	\$4.50 + 5.50 + 6.50
Indian Spiced <i>raisins, sliced almonds, crystallized ginger, cardamom, brown sugar, coconut milk</i>	\$4.50 + 5.50 + 6.50
Pumpkin Pie <i>pumpkin purée swirl, pecans, brown sugar, pumpkin spice, whole milk</i>	\$4.25 + 5.25 + 6.25
Quatre Fruits Rouges <i>fresh strawberries & raspberries, dried currants & cherries, honey, almond milk</i>	\$5.00 + 6.00 + 7.00
Antioxidant Awakening <i>Greek yogurt, dried pomegranate seeds, dark chocolate chips, chia seeds, honey (or agave)</i>	\$5.00 + 6.00 + 7.00
The Hot Date <i>dates, pecans, OatMeals signature granola, peanut butter, honey</i>	\$5.00 + 6.00 + 7.00
The Physique 57 Bowl <i>Fresh bananas, flaked coconut, cashews, dates, honey, cinnamon</i>	\$5.25 + 6.25 + 7.25

— **THE SAVORY, SPICE, & ALL THINGS NICE** —

The Canadian <i>cinnamon roasted apples, sharp cheddar cheese, bacon, maple syrup, sea salt</i>	\$5.00 + 6.00 + 7.00
Bacon Pumpkin <i>pumpkin purée swirl, bacon, maple syrup, sea salt</i>	\$4.50 + 5.50 + 6.50
The Elvis <i>peanut butter, banana, bacon, honey, sea salt</i>	\$4.75 + 5.75 + 6.75
Devils Off Horseback <i>goat cheese, bacon, dates, sliced almonds, maple syrup</i>	\$5.25 + 6.25 + 7.25
The Cheese Plate <i>manchego cheese, dried figs, walnuts, honey</i>	\$4.75 + 5.75 + 6.75
Thai Style Sweet & Spicy <i>Fresh pineapple, coconut flakes, peanuts, peanut butter & Sriracha</i>	\$5.25 + 6.25 + 7.25
Cacio e Pepe <i>extra virgin olive oil, sea salt & cracked black pepper (*great with bacon +\$0.50)</i>	\$4.25 + 5.25 + 6.25
Truffle RisOATto <i>shaved parmesan, truffle oil, sea salt & cracked black pepper (*great with poached egg +\$1.00)</i>	\$4.25 + 5.25 + 6.25
Sundried Tomato, Pesto & Parmesan <i>w/sea salt & cracked black pepper</i>	\$4.75 + 5.75 + 6.75
Croque Monsieur <i>diced ham, shaved gruyere cheese, nutmeg, sea salt & cracked black pepper, steamed milk (Croque Madame w/ poached egg +\$1.00)</i>	\$4.25 + 5.25 + 6.25
Asian Style Congee Porridge <i>Poached egg, scallions, sesame oil, soy sauce, Furikake seasoning</i>	\$5.00 + 6.00 + 7.00

OATMEALS SIGNATURE BOWLS

baby bear(s) • mama bear(m) • papa bear(l)

THE HAPPY ENDINGS

Salted Caramel Apple <i>cinnamon roasted apples, caramel drizzle, cinnamon, brown sugar, fleur de sel, whipped cream</i>	\$4.50 • 5.50 • 6.50
S'mores <i>dark chocolate chips, mini marshmallows, graham crackers, chocolate syrup drizzle</i>	\$4.75 • 5.75 • 6.75
Almond Joy <i>toasted coconut, sliced almonds, dark chocolate chips, chocolate syrup drizzle, coconut milk</i>	\$4.75 • 5.75 • 6.75
Strawberry Shortcake <i>graham crackers, fresh strawberries, strawberry jelly, brown sugar, whipped cream</i>	\$4.75 • 5.75 • 6.75
Banana Cream Pie <i>nilla wafers, fresh bananas, brown sugar, heavy cream</i>	\$4.25 • 5.25 • 6.25
The Gingerbread Bowl <i>gingerbread cookie crumbles, crystallized ginger, whole milk, ginger spice</i>	\$4.25 • 5.25 • 6.25
The Cinnamon Bun <i>Graham crackers, cinnamon chips, condensed milk, brown sugar, cinnamon</i>	\$4.50 • 5.50 • 6.50
Matcha & Black Sesame Mochi Bowl <i>Greek yogurt, milky Matcha Green Tea drizzle, black sesame Mochi, sliced almonds, black sesame seeds</i>	\$5.00 • 6.00 • 7.00

OATMEAL PASTRIES & TREATS *freshly baked*

Oatmeal Cookies <i>classic oatmeal raisin, chocolate chip, old fashioned iced, & various seasonal specialties</i>	\$2.25	Apricot Pecan Oatmeal Biscotti	\$2.75
Oatmeal Muffins <i>blueberry & banana walnut</i>	\$3.00	Greek Yogurt Parfait <i>with fresh fruit & honey</i>	\$6.25
Oatmeal Scones <i>cinnamon chip, malpe</i>	\$3.00	Yogurt Blended Cold Oats <i>rolled oats, Greek yogurt, chia seeds, & skim milk (seasonal and available upon request)</i>	\$6.00
Peanut Butter, Date & Honey Granola Bar	\$3.50	8oz Bag of OatMeals Signature Granola	\$9.00
Swedish Chocolate Oat Balls <i>(Chokladbollar)</i>	\$2.00	OatMeals Signature Muesli Bowl <i>raw rolled oats, almonds, flaked coconut, cranberries, dried pears, pumpkin, seeds, and vanilla (with your choice of cold milk)</i>	\$6.00

BEVERAGES *small • large*

Coffee	\$1.75 • 2.25	Tea	\$1.50 • 1.75
Latte	\$3.25 • 3.75	<i>English Breakfast, Green, Earl Grey</i>	
Cappuccino	\$3.25 • 3.75	<i>Peppermint and Chamomile</i>	
Macchiato	\$2.25	Chai Latte	\$3.25 • 3.75
Espresso	\$2.25	Iced Tea	\$2.00 • 2.25
Americano	\$2.25	Bottled Water	\$2.00
Iced Coffee	\$2.75 • 3.25	Tropicana Apple or	\$2.00
Extra shot of espresso	50¢	Orange Juice (10oz)	
Hot Chocolate	\$3.25 • 3.75		

Ask us about large orders. We can accommodate most requests with at least 48 hours notice.



COFFEE • OATMEAL • PASTRIES

for delivery order online with:

seamless grubHub caviar

MONDAY through FRIDAY • 7 am – 5 pm

SATURDAY and SUNDAY • 8 am – 5 pm

120 West Third Street • New York • NY • 10012

646/360/3570 • WWW.OATMEALS.NY.COM

oatmealsny @oatmealsny

Welcome to OatMeals, the world's first oatmeal bar, where we put modern twists on an old-fashioned favorite! We proudly serve 100% natural, whole grain steel cut oats. All pastries and breads are baked in-house using rolled oats & oat flour.