



URBAN ROOTS

FRESH. LOCAL. REFINED

Day Menu: Open - 4:00

Yogurt Parfait 10

vanilla greek yogurt, berry assiete, toasted nut granola, wild flower honey, petite mint

Deviled Eggs 9

bacon jam, paprika, parsley, tabasco

Mediterranean Dips 10

whipped feta, beet hummus, tzatziki, naan
add garden crudités 4

Hummus Platter 10

beet, madras curry, black bean, naan
add garden crudités 4

Urban Sprouts 11

crispy brussel sprouts, whipped feta, pickled red onion, bacon jam

Root Florets 11

crispy cauliflower, tahenna puree, harissa, pistachios, raisin, parsley

Avo Goat Toast 13

moon kissed tomatoes, pickled red onion, petite greens

Nova Lox Toast 14

cured atlantic salmon, whipped herb spread, capers, dill, parsley

It's Pink Toast 13

pink hummus, roasted and pickled beets, citrus zest, crumbled feta

Triple Cheese & Shroom Flatbread 20

cauliflower crust, tarragon aioli, wild mushrooms, goat cheese, feta, spinach, figs, balsamic glaze

-Add a fried egg to any toast 1.75

Soup Flight 15

coconut dhal, sweet potato, bleu cauliflower
or get any soup as a cup \$6

Harvest Salad 15

kale, roasted sweet potato, butternut squash, shaved carrots, sunflower seeds, pomegranate

Power Salad 15

spinach, kale, red and yellow beets, crumbled bleu cheese, candied walnuts, balsamic

Tarpon Chop Salad 14

tomatoes, hard boiled eggs, red onion, almond, cranberry, crumbled goat, citrus balsamic

Horiatiki Salad 15

mesclun mix, tomatoes, cucumber, bell peppers, red onion, feta, tzatziki, greek vinaigrette

Add to any salad:

ahi tuna* 10 / grilled chicken 6 / salmon 10
bulgogi beef 9 / pork belly 8 / shrimp 8

Aloha Bowl 17

ahi tuna*, brown rice, ginger, garlic, carrot, daikon, spinach, asian medley, peanuts, coconut tamari glaze

Curry Korma Bowl 15

marinated shrimp, sweet potato medley, garbanzo beans, English pea, cashews, edamame, quinoa

Cuban Soul Bowl 14

grilled chicken, rice, black beans, corn succotash, caramelized plantains, cilantro, lime

Chorizo Bowl 14

smoked pork belly, black beans, corn, chorizo, poblanos, red peppers, ham, tri-color potatoes

Grown Up Grilled Cheese 17

american, mozzarella, roasted tomato, bacon jam. accompanied by spicy tomato soup

The Brad 18

2 smash beef patties, daddy sauce, LTO pickle, sweet potato frites

The Karen 16

basil focaccia, zucchini, mushroom, chevre, mozzarella, sweet potato frites

The Gobbler 17

texas toast, turkey burger, american cheese, pickled cranberry, sweet potato frites.

Bird on Fire 17

hand battered crispy chicken, aji amirillo, sauce, LTO, pickle, on a brioche bun. sweet potato frites

Little Root (12 and under)

grilled Cheese with fruit 9

cheese Quesadilla with fruit 10

cheese Pizza 10

**Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness.*