

# Refined Roots

## First Picks

## Lunch Menu

## Bowls *all gluten free*

**Yogurt Parfait 10**  
greek yogurt, cinnamon maple roasted peaches , granola, wild flower honey

**Deviled Eggs 11**  
bacon jam, paprika, parsley, tabasco

**Mediterranean Dips 14**  
whipped feta, bruschetta, tzatziki, served with warm naan  
*add hand picked vegetables 4*

**Urban Sprouts 13**  
crispy brussel sprouts, whipped feta, pickled red onion, bacon jam

**Tri-Color Carrots 13**  
orange, purple, yellow carrots, goat cheese, cranberries, walnuts, pomegranate balsamic

**Truffle Fries 10**  
black and white truffle oil, chives, parmesan, served with mushroom garlic aioli.

**Bulgogi Beef Lettuce Wraps 19**  
asian pear marinated tenderloin, pickled vegetables, bibb lettuce, and rice paper

**Gochujang Chicken Wings 16**  
sweet chili glaze served with bleu cheese ranch.

**Tuna Tataki \* 16**  
sesame ahi tuna, asian pickled slaw, spicy aioli

**Turkey Meatballs 14**  
homemade meatballs with house marinara and ricotta cheese with side of toasted baguette

**Triple Cheese & Shroom Flatbread 20**  
gluten free cauliflower crust , tarragon aioli, wild mushrooms, goat cheese, feta, mozzarella, spinach, figs, balsamic glaze

## Soup and Salads *all salads gluten free*

**Homemade Soup MKT**  
tomato soup or soup of the day

**Seasonal Salad 14**  
spinach, asian pears, candied walnuts, gorgonzola, shredded carrots, pomegranate dressing

**Beets & Burrata Salad 14**  
arugula, red and yellow roasted beets, burrata, pumpkin seeds, hot honey dressing

**Refined Chop Salad 14**  
mixed greens, tomatoes, hard boiled eggs, red onion, cucumber, cranberry, crumbled goat cheese, citrus dijon dressing

**Spring Bayou Salad 14**  
mixed greens, tomatoes, cucumber, black olives, bell peppers, red onion, feta, tzatziki, greek vinaigrette

**Add to any salad:**  
ahi tuna\* 10 / grilled salmon 10 / shrimp 8  
grilled chicken 6 / bulgogi beef 9

**Aloha Bowl 17**  
ahi tuna\*, rice, garlic, carrot, daikon, spinach, asian medley mix, chopped peanuts, coconut, soy, sweet thai chili glaze

**Curry Korma Bowl 15**  
marinated shrimp, quinoa, sweet potato, garbanzo beans, english pea, cashews, edamame

**Cuban Soul Bowl 14**  
grilled chicken, rice, black beans, corn succotash, caramelized plantains, cilantro lime crema

**Spicy Salmon Bowl 17**  
Atlantic salmon, white rice, pickled veggies, siracha mayo, avocado

**Philly Cheesesteak Bowl 16**  
hand cut philly meat, rice, cheese sauce, onions, peppers, mushrooms, truffle aioli

**Super Mom Bowl 15**  
quinoa, sweet potato, spinach, cottage cheese, avocado, pickled red onion, sunny egg

**Vegan Bowl 14**  
quinoa, sweet potato, mushrooms, tomatoes, garbanzo beans, peas, plant based pesto, avocado

## Handhelds

**Salmon Avocado Toast 16**  
local sourdough, smoked salmon\*, fresh avocado, pickled red onion, goat cheese, petite greens  
*add a fried egg 2.00*

**Portobello Swiss Melt 15**  
rosemary aioli, caramelized onions, roasted red peppers, arugula on toasted bread  
*served with fries or petite salad*

**Turkey Burger Caprese 17**  
turkey burger, house-made pesto, tomato, mozzarella, spinach, on a potato bun  
*gluten free bun \$1*  
*served with fries or petite salad*

**The Brad 18**  
two smash beef patties, aged cheddar cheese, daddy sauce, lettuce, tomato, onion, pickle  
*on a potato bun. gluten free bun \$1*  
*served with fries or petite salad*

**Bird on Fire 17**  
hand battered pickle brined chicken, honey lemon sriracha aioli, lettuce, tomato onion, pickle, on a potato bun  
*served with fries or petite salad*

**Grown Up Grilled Cheese 17**  
aged cheddar, mozzarella, roasted tomato, balsamic onions, bacon jam, on sourdough  
accompanied by our house made tomato soup

*upgrade to an elevated side for \$3*

## Elevated Sides

sweet potato fries \$5

truffle parm fries \$6

raw garden veggies \$4

petite side salad \$4

roasted broccoli \$4

herb butter tri- color carrots \$6

*Please inform your server of any major allergy. not all ingredients are listed.*

*\*Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness  
parties of eight or more are subject to 20% gratuity*