

First Picks

Yogurt Parfait 10

vanilla greek yogurt, fresh berries, toasted granola , wild flower honey,

Deviled Eggs 11

bacon jam, paprika, parsley, tabasco

Mediterranean Dips 12

whipped feta with olive tapenade,
beet hummus with goat ,
tzatziki, served with naan
add hand picked vegetables 4

Urban Sprouts 12

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

Root Florets 12

crispy cauliflower, taheena puree, harissa,
cashews, pistachios, raisins, parsley

Truffle Fries 10

black and white truffle oil, coijta, chives,
parmesan, served with
mushroom garlic aioli.

Toast and More

Salmon Avocado Toast 16

local sourdough, smoked atlantic salmon*,
smashed avocado, pickled red onion,
goat cheese, petite greens

Pink Vegan Toast 13

local sourdough, beet hummus, roasted and
pickled beets, pistachios, citrus zest,
add crumbled feta 2.00

Triple Cheese & Shroom Flatbread 20

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

-add a fried or poached egg to any item 2.00

Soup and Salad

Homemade Soup MKT

tomato soup or soup of the day

Harvest Salad 13

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

Power Salad 14

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 14

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

Add to any salad:

ahi tuna* 10 / grilled salmon 10 / shrimp 8
grilled chicken 6

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ROOTS

tarpon springs

Bowls

Aloha Bowl 17

ahi tuna*, 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 16

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

all bowls are gluten free

Handhelds

Turkey Burger Caprese 17

turkey burger, house-made pesto, tomato,
mozzarella, spinach, on a brioche bun

The Brad 18

two smash beef patties, aged smoked
cheddar, daddy sauce, lettuce, tomato,
onion, pickle on a brioche bun

The Karen 16

basil focaccia, zucchini, mushroom, herb
chevre ricotta, mozzarella, with fries
add chicken breast 6

Bird on Fire 17

hand battered crispy chicken, honey lemon
sriracha aioli lettuce, tomato onion, pickle,
on a brioche bun

Grown Up Grilled Cheese 17

aged smoked cheddar, mozzarella, roasted
tomato, balsamic onions, bacon jam,
accompanied

by our house made tomato soup

*all handhelds are served with hand craft fries or
urban slaw. upgrade to an elevated side for \$3*

Elevated Sides

sweet potato fries \$5
truffle parm fries \$6
petite salad \$4
raw garden veggies \$4
cup of fruit \$4