

REFINED



ROOTS

tarpon springs

First Picks

Yogurt Parfait 10

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.

Bulgogi Beef Lettuce Wraps 16

pickled vegetables, horseradish hoisin,
crispy noodles

Gochujang Chicken Wings 16

sweet chili glaze served with bleu cheese ranch.

Bowls *all gluten free*

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 crema

Pork Belly Bowl 16

braised pork belly, rice, brussel sprouts, pickled
veggies, curry daikon, bugolgi glaze

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, poached egg

Vegan Bowl 14

quinoa, sweet potato, cucumber, avocado,
marinated tomatoes, garbanzo beans
plant based pesto, watermelon radish

Soup and Salad *all salads gluten free*

Homemade Soup MKT

tomato soup or soup of the day

Harvest Salad (vegan) 13

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

Power Salad 14

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

Tarpon Chop Salad 14

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

Horiatiki Salad 14

mixed greens, 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

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, mozzarella,
spinach, figs, balsamic glaze

-add a fried or poached egg to any item 2.00

Handhelds

Turkey Burger Caprese 17

turkey burger, house-made pesto, tomato,
mozzarella, spinach, on a potato bun
gluten free bun \$1

The Brad 18

two smash beef patties, aged smoked cheddar,
daddy sauce, lettuce, tomato, onion, pickle on a
potato bun. *gluten free bun \$1*

The Karen 16

zucchini, mushroom, red onion yellow squash,
ricotta, pesto, mozzarella, on basil focaccia,
add chicken breast 5

Bird on Fire 17

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

Grown Up Grilled Cheese 17

aged smoked cheddar, mozzarella, roasted
tomato, balsamic onions, bacon jam, on
sourdough 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

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