

# 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 cheese,  
tzatziki, served with naan  
*add hand picked vegetables 4*

#### Urban Sprouts 12

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, coijta, chives,  
parmesan, served with  
mushroom garlic aioli.

#### Bulgogi Beef Lettuce Wraps 18

asian pear marinated tenderloin, pickled  
vegetables, bibb lettuce, and rice paper

#### 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, sunny egg

#### Vegan Bowl 14

quinoa, sweet potato, mushrooms, tomatoes,  
garbanzo beans, peas, plant based pesto, avocado

### Soup and Salad *all salads gluten free*

#### Homemade Soup MKT

tomato soup or soup of the day

#### Summer Salad 14

spinach, strawberries, blueberries, goat cheese,  
chopped walnuts, pomegranate dressing

#### Power Salad 14

spring mix, spinach, 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 salmon\*, fresh 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 or goat 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 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  
petite salad. upgrade to an elevated side for \$3*

### Elevated Sides

sweet potato fries \$5

truffle parm fries \$6

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,*