



### ROOTS SIGNATURE SALADS

#### GRILLED GEM LETTUCE \$10.00

GRILLED GEM LETTUCE, SHAVED PARMESAN, GRILLED PORTOBELLO MUSHROOM, DRIZZLED WITH CHAMPAGNE VINAIGRETTE, WITH THINLY SLICED BRUSCHETTA BREAD

*\*ADD YOUR CHOICE OF PROTEIN FOR AN ADDITIONAL CHARGE*

#### GREEK SALAD TABBOULEH \$10.00

BULGUR, FRESHLY CHOPPED MINT AND PARSLEY, CUCUMBER, ONIONS, TOMATOES, TOPPED WITH LEMON JUICE AND OLIVE OIL

#### CHEF SALAD \$13.50

ROMAINE LETTUCE, TOPPED WITH HAM, TURKEY, SHREDDED CARROTS, CUCUMBER, BOILED EGGS, BACON, CHERRY TOMATOES, GREEN ONION, DRIZZLED WITH AVOCADO RANCH

#### TEX-MEX \$14.50

ARUGULA LETTUCE TOPPED WITH SLICED FLAT IRON STEAK, CHERRY TOMATOES, ROASTED CORN, GREEN ONIONS, CRUMBLLED COJITA CHEESE, TOPPED WITH CHIMICHURRI

#### SHRIMP SALAD WITH GREEN APPLES \$14.50

COOKED SHELLED SHRIMP, SHAVED ENGLISH CUCUMBER, GRANNY SMITH APPLES, PINE NUTS ON A BED OF BIBB LETTUCE WITH A CITRUS ORANGE DRESSING

#### SOUTHWEST JERK SALAD \$14.50

JERK CHICKEN, ROASTED CORN, BLACK BEANS, TORTILLA STRIPS, CHEDDAR CHEESE, AVOCADO, ROMAINE LETTUCE TOPPED WITH CHIPOTLE RANCH

#### GRILLED SALMON SUMMER SALAD \$15.50

GRILLED SALMON, SPRING MIX LETTUCE, STRAWBERRIES, APPLES, ORANGES, CANDIED PECANS, FETA CHEESE WITH HONEY DIJON BALSAMIC VINAIGRETTE

### BUILD YOUR OWN

**SALAD / WRAP / BOWL (STARTING AT \$8 for WRAP/\$9 for SALAD...ADDITIONAL CHARGES MAY APPLY)**

#### SALAD MIX:

KALE, ROMAINE HEARTS, SPINACH, SPRING MIX, ARUGULA AND ROOTS MIX (ROMAINE HEARTS, SPRING MIX AND RED/GREEN CABBAGE MIX)

#### VEGETABLES:

TOMATOES, CUCUMBERS, CARROTS, RADISHES, MUSHROOMS, BROCCOLI, GREEN BELL PEPPERS, SNOW PEAS, JICAMA, RED ONIONS, CELERY, ALFALFA SPROUTS, GREEN BEANS, PICKLES, CORN, CILANTRO, GREEN OLIVES, CABBAGE, JALAPENO PEPPERS, BANANA PEPPERS

#### BEANS:

GARBANZO BEANS, KIDNEY BEANS, BLACK BEANS

#### NUTS:

CASHEWS, PUMPKIN SEEDS, SUNFLOWER SEEDS, ALMONDS, WALNUTS \$.25 EACH

#### CHEESE:

CHEDDAR, FETA \$.50, MONTERREY JACK \$.25, PARMESAN SHAVED \$.25, PEPPER JACK \$.25

#### FRUIT:

AVOCADO \$1.5, GRAPES, GREEN APPLES, ORANGES, PINEAPPLE STRAWBERRIES

#### RICE:

BROWN, CILANTRO LIME RICE, QUINOA \$3

#### DRESSING:

CILANTRO LIME VINAIGRETTE, CHAMPAGNE VINAIGRETTE, BALSAMIC VINAIGRETTE, CHIPOTLE RANCH, AVOCADO RANCH, CILANTRO RANCH, BUFFALO RANCH, CESAR, HONEY DIJON

#### PROTEIN:

CHICKEN (SPICY CHIPOTLE, ROOTS SEASONED CHICKEN, JERK, BBQ, TERIYAKI), HAM, TURKEY, SHRIMP, SALMON, KRABMEAT, SKIRT STEAK, TOFU

**\* SALMON \$5.50 | SHRIMP \$5.00 | CHICKEN \$5.00 | SKIRT STEAK \$5.00 | KRABMEAT \$3.00 TOFU \$3.00 HAM \$2.00 | TURKEY \$2.00)**

### SMOOTHIES

**\$ 8.00 ADD PROTEIN FOR \$3.00**

#### GREEN MACHINE

COCONUT WATER, BABY SPINACH, KALE, APPLE, BANANA, FRESH SQUEEZED LEMON, HONEY

#### POST WORKOUT

BANANA, STRAWBERRIES, PINEAPPLE, CHIA SEEDS, COCONUT WATER

#### STRAWBERRY WATERMELON

WATERMELON, STRAWBERRIES, HEMP SEEDS, YOGURT, COCONUT WATER

#### ENERGIZE

WATERMELON, CUCUMBER, STRAWBERRIES, ALMOND MILK, CHIA SEEDS

### AÇAÍ BOWL

**\$10.25**

#### SELECT TOPPINGS:

AGAVE, ALMOND BUTTER, CHIA SEEDS, CANDIED PECANS, CACAO NIBS, CINNAMON, HONEY, PUMPKIN SEEDS, SWEETENED COCONUT, SUNFLOWER SEEDS, SLICED ALMONDS

#### SELECT GRANOLA:

DARK CHOCOLATE GRANOLA, PEANUT BUTTER GRANOLA, HONEY ALMOND GRANOLA

#### SELECT FRUIT:

BANANAS, BLUEBERRIES, PINEAPPLE, STRAWBERRIES

### COFFEE

COLD BREW \$3.25  
PURA VIDA BREWED COFFEE \$2.75  
RAINFOREST COFFEE \$2.75  
ICED LATTE \$ 4.25  
SALTED CARAMEL \$4.50  
ESPRESSO \$2.75  
CAPPUCCINO \$ 3.25  
LATTE \$3.75  
AMERICANO \$2.75  
CAFFE MOCHA \$4.75  
MACCHIATO \$ 3.50

### TEA

CEYLON ICED TEA \$2.75  
MANGO PASSION \$3.25  
LAVENDER LEMON \$3.25  
STRAWBERRY \$ 3.25  
PEACH PUNCH \$ 3.25  
POMEGRANATE PLEASURE \$3.25

### DRINKS

TOPO CHICO \$ 2.50  
POWERADE \$ 3.00  
BOTTLED WATER \$2.00  
ROOTS ALKALINE WATER 9.5 PH \$3.00



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