

ROOTS SIGNATURE SALADS

GRILLED PORTOBELLA SALAD \$11.74

ROMAINE 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 \$11.74

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

CHEF SALAD \$15.25

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

TEX-MEX \$16.25

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 \$15.25

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

SOUTHWEST JERK SALAD \$16.25

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

GRILLED SALMON SUMMER SALAD \$17.25

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



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

DRINKS

TOPO CHICO	\$3.00
POWERADE	\$3.00
BOTTLED WATER	\$2.50
ROOTS ALKALINE WATER 9.5 PH	\$3.00
UNITY CBD	\$6.50

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

TEA

CEYLON ICED TEA	\$3.00
MANGO PASSION	\$3.25
LAVENDER LEMON	\$3.25
STRAWBERRY	\$3.25
PEACH PUNCH	\$3.25
POMEGRANATE PLEASURE	\$3.25

COFFEE

COLD BREW	\$3.25
PURA VIDA BREWED COFFEE	\$3.25
ICED COFFEE	\$3.25
ICED LATTE	\$3.75
LATTE	\$3.75

BUILD YOUR OWN

SALAD / WRAP / BOWL (STARTING AT \$9 FOR WRAP/ \$10 FOR SALAD) "LIMITED ITEMS", ADDITIONAL CHARGES MAY APPLY

TYPES OF WRAPS:

CHIPOTLE, JALAPENO CHEDDAR, SPINACH HERB, TOMATO BASIL, WHOLE WHEAT

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, 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, DRIED CRANBERRIES

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 \$7 | SHRIMP \$6.5 | CHICKEN \$6.5 | SKIRT STEAK \$7 | KRABMEAT \$3 | HAM \$3 | TURKEY \$3 | TOFU 3.5



ROOTS SALAD KITCHEN
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