Drinks



Smoothies 16 oz

- **Choco Banana. . . $9.36**
  Bananas, cacao, flaxseeds, dates, chocolate protein powder, ice & oat milk | **
- **Creamscicle . . . $9.36**
  Oranges, mangoes, dates, vanilla extract, spirulina, hemp seeds, ice & coconut milk | *contains coconut | **
- **Green Glow. . . $9.36**
  Bananas, blueberries, mango, kale, vanilla protein, spirulina, ice & oat milk | **
- **Gingerbread. . . $9.36**
  Bananas, fresh ginger root, cinnamon, clove, allspice, vanilla extract, vanilla protein, almond butter, dates, ice & coconut milk | **
- **Mocha Loca . . . $8.84**
  Bananas, cacao, coffee, cinnamon, nutmeg, clove, agave, dates, ice & water | *contains coconut | **
- **PB & J . . . $9.88**
  Cashews, strawberries, dates, peanut butter, vanilla protein, ice & water | *contains cashews & peanut butter | **
- **Tropical Matcha . . . $9.36**
  Orange, mango, bananas, dates, vanilla protein, matcha, oat milk, ice & agave | **

Specialty Drinks

served warm or chilled

- **Pumpkin Spice**
  Cashews, dates, maple syrup, pumpkin puree, cinnamon, cloves, all spice, vanilla extract, matcha powder & oat milk blended and served over ice or warm *contains cashews | ** | 12 oz warm: $7.28 | 16 oz chilled: $9.10
- **Chaga Chocolate**
  Cashews, dates, maple syrup, cacao powder, chaga mushroom powder & oat milk blended and served over ice | *contains cashews | ** | 12 oz warm: $7.80 | 16 oz chilled: $9.88
- **Spiced Apple Pie**
  Cashews, dates, maple syrup, strawberries, vanilla protein powder, hemp seeds & oat milk blended & served over ice | *contains cashews | ** 12 oz warm: $7.28 | 16 oz chilled: $9.10

Bowls

- **Acai Bowl . . . $12.48**
  Bowls are served with fresh chopped strawberries, blueberries, bananas, hemp seeds, granola, coconut shreds, chia seeds & cacao nibs | *contains tree-nuts (granola) | add: peanut butter + $1.56 or almond butter + $3.12 | **

4% CASH DISCOUNT

Breakfast All Day



- **Avocado Toast . . . $10.43**
  Avocado served on toasted bread with pico de gallo, hemp seeds, salt, pepper, everything bagel seasoning & chili flakes | **
- **Sunny Side Up Avo Toast . . . $14.56**
  Avocado served on toasted sourdough with chimichurri, grilled onions & topped with a sunny side up Yo Egg | *contains gluten & sesame | gluten-free available
- **The Ultimate Breakfast Burger . . . $17.68**
  Our house-made 'shroom burger patty with lettuce, grilled onions, garlic mayo, chimichurri & topped with a sunny side up Yo Egg & Prime Roots Bacon | *contains gluten & soy | gluten-free available
- **Breakfast Bowl . . . $15.86**
  Brown rice, pinto beans, scrambled seasoned tofu, pico de gallo & lettuce topped with avocado, chipotle aioli & sour cream | *contains soy & coconut
- **Breakfast Burrito . . . $13.52**
  Brown rice, pinto beans, scrambled seasoned tofu, pico de gallo & lettuce topped with avocado & chipotle aioli in a toasted wrap | *contains soy & gluten | gluten-free available

WE CATER!

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Monday-Friday
10:00 AM — 6:00 PM
Saturday
11:00 AM — 4:00 PM
Sunday
CLOSED

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MENU

TAKE OUT MENU

Rock n Roots
est. 2021

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Williston Park, N.Y
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rocknrootseatery@gmail.com

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469 Willis Ave, Williston Park, N.Y

Small Plates

= contains nuts
** = Jain-friendly upon request
= has a kick
= gluten-free

- **Lobster Salad Crostini . . . $10.40**

Hearts of palm 'lobster' served with your choice of crostinis or sliced cucumbers

- **Guac & Chips . . . $15.08**

House-made guacamole served with corn tortilla chips

- **Mac & Cheese Balls. . .**
  2 for $ 6.24 | 3 for $8.32

Mac & cheese breaded and baked | *contains gluten & coconut | *special flavors on special board | price varies*

- **Mac & Cheese . . . $5.98 | $10.92**

Made with our house-made creamy cheese topped with breadcrumbs | *contains gluten & coconut | *oil-free

- **Cheese Fries . . .**

Our baked fries topped with shredded melted cheese, tempeh bacon, pinto beans, chopped jalapeños & scallions with chipotle aioli | *contains soy | ** SM: $10.14 | LG: $15.34

- **Baked Fries | **** SM: $6.23 | LG: $10.39
- **House Salad | **** $6.23

Mixed Greens, tomatoes, cucumbers & onions with a lemon-tahini sauce | *contains sesame



Bowls

- **Autumn Bowl . . . $16.12**

Sweet potatoes, brussel sprouts, collard greens & kale, wild rice, sesame tofu, pomegranate seeds, avocado & pumpkin seeds topped with topped with a miso tahini maple sauce served over mixed greens | *contains sesame & soy

- **Southern Plate . . . $13.52**

Mac & cheese, cabbage slaw, collard greens & kale with seasoned jackfruit | *contains coconut & gluten

- **Sushi Bowl . . . $15.60**

Sesame tofu, pickled onions, sliced cucumbers & carrots, kimchi, brown rice, avocado, nori, jalapeños, sesame seeds & scallions served over mixed greens with a sweet n spicy sesame aioli | *contains sesame & soy

- **Burrito Bowl . . . $15.08**

Romaine lettuce, brown rice, pinto beans, pico de gallo, avocado mash, shredded cheese & chipotle aioli | **

Please be advised that our food may contain wheat, soy, nuts, sesame and seeds.. While we're able to accommodate some dietary restrictions, there may be a chance of cross-contamination. If you have a severe or life-threatening allergy, we strongly advise against dining with us to ensure your safety. We appreciate your understanding.

Salads / Wraps

SALAD | WRAP

- **Honey Chick'n . . . $15.08 | $17.16**

Romaine lettuce & kale, carrots, tomatoes, cabbage slaw, pickles, crushed tortillas , cheese & daring breaded chick'n tossed in a sweet agave mustard sauce | *contains soy

- **Buffalo Chick'n. . . $15.08 | $17.16**

Mixed greens, carrots, tomatoes, pickles, cabbage slaw, crushed tortillas, cheese & daring chick'n tossed in a buffalo sauce & ranch | *contains soy

- **Kale Caesar . . . $12.48 | $13.52**

Kale, pomegranate seeds, sunflower seeds & a seed parmesan massaged with our house made caesar dressing

- **Smashed Chickpea . . . $13.52 | $14.56**

Mixed greens, tomatoes, carrots, cranberries tossed in a dijonnaise dressing & topped with chickpea 'tuna'. | *contains sesame

- **The Classic Burrito . . . $13.52 | $14.56**

Romaine lettuce, pinto beans, brown rice, pico de gallo, mozzarella shreds & topped with avocado tossed in a chipotle aioli sauce | **

- **House Salad . . . $12.48 | $13.52**

Mixed greens, tomatoes, onions & cucumbers tossed in a lemon tahini sauce | *contains sesame



wraps contain gluten | gluten-free option available

Quesadillas

Pressed between a crispy tortilla

- **Bean & Cheese . . . $15.60**

Your choice of brown rice or quinoa with pinto beans & cheese topped with avocado, pico de gallo & chipotle aioli | *contains gluten | **

- **Big Mac Crunchwrap . . . $16.64**

Lentil walnut crumble, romaine lettuce, cheddar cheese, tomatoes, pickles onions, BBQ sauce & chipotle aioli with a crunchy tortilla sandwiched in between| *contains walnuts & gluten



- **Crunchwrap . . . $16.64**

Lentil walnut crumble, romaine lettuce, cheese, pico de gallo, avocado, sour cream & chipotle aioli with a crunchy tortilla sandwiched in between | *contains walnuts & gluten

- **Jackfruit Quesadilla . . . $16.64**

Seasoned jackfruit, grilled onions, cheese, jalapeños & topped with slaw & chipotle aioli | *contains gluten

- **Portobello Pesto Quesadilla . . . $15.60**

Sliced portobellos, grilled onions & cheese topped with diced tomatoes & pesto aioli | *contains gluten

wraps contain gluten | gluten-free option available

most items can be made oil-free upon request

Sandwiches

gluten-free option available

- **Banh Mi Sandwich . . . $13.52**

Lettuce, pickled carrots, onions & cucumbers, kimchi, sesame tofu & jalapeños served on toasted french bread with a sweet n spicy sesame aioli | *contains sesame, soy & gluten

- **BEC . . . $13.52**

Your choice of (scrambled tofu or Just Egg patty +$2.08), tempeh bacon, lettuce, tomatoes, ketchup & chipotle aioli served on a toasted panini | *contains gluten, sesame & soy

- **Chimichurri Steak Sandwich $16.64**

Sliced Chunk Steak, grilled onions, lettuce, chimichurri & garlic mayo on french bread | *contains gluten, soy, sesame & coconut

- **Reuben . . . $14.56**

Marinated & sliced carrots & beet "meat", melted cheese, kimchi, saurkraut, onions & pickles with russian dressing & mustard on marble rye | *contains gluten, soy & sesame

- **Parm Sandwich . . . $15.60**

Your choice of (Daring Chick'n or Breaded Eggplant) topped with marinara & melted cheese with lettuce & jalapeños with pesto aioli on toasted french bread.

Burgers



- **Classic Burger . . . $12.90**

Choose your patty, ('shroom patty or quinoa bean patty) served on a brioche bun with avocado, lettuce, tomatoes, onions, melted cheddar cheese with chipotle aioli | *contains gluten | gluten-free available +($1.50)

- **Bacon Cheeseburger . . . $14.52**

Our house-made quinoa bean patty topped with melted cheddar, Prime Roots bacon, lettuce, tomatoes, onions, pickles with chipotle aioli & bbq sauce | *contains soy & gluten | gluten-free available +($1.50)

- **Curry Jerked Plantain Burger. . . $13.52**

A seasoned burger patty made of plantains, wild rice & black beans with lettuce & avocado topped with mango salsa & a curry aioli sauce served on a brioche bun | *contains gluten | gluten-free available +($1.50)

Make it a Salad --> + ($2.60)
add: house salad +$4 or baked fries +$4

please notify us of any allergies prior to ordering