

## 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 | \*\*

- **Ginger Bread...** \$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 or Passionfruit 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!



# Rock n Roots Eatery



Monday-Friday

10:00 AM — 6:00 PM

Saturday

11:00 AM — 4:00 PM

Sunday

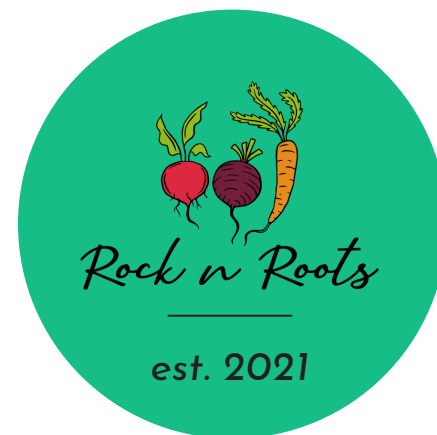
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WWW.ROCKNROOTSEATERY.COM

100% VEGAN

# MENU

TAKE OUT MENU



469 Willis Ave,  
Williston Park, N.Y

516-385-4889

rocknrootseatery@gmail.com



ROCKNROOTS.VEGAN.EATERY



Order Here!

www.rocknrootseatery.com

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 & spicy sesame sauce | \*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 & daring breaded chick'n tossed in a sweet agave mustard sauce | \*contains soy

### • Buffalo Chick'n . . . \$15.08 | \$17.16

Mixed greens, carrots, tomatoes, 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

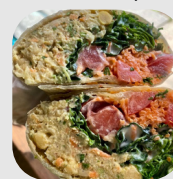
### • Smashed Chickpea . . . \$13.52 | \$14.56

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 | \*\*

\*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

### • Korean BBQ Lions Mane . . . \$16.64 🌶️

Lions mane mushroom marinated with a gochuchang sauce served with pickled vegetables & kimchi topped with a Korean mayo & sweet n spicy sauce on garlicky toasted ciabatta | \*contains gluten, sesame & soy



## 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