

ORGANIC JUICES

❖ *Lean Green* - Kale, Spinach, Cucumbers, Apples, Celery & Lemon. . . \$8.50

❖ *Red Sky* - Beets, Carrots, Apples & Oranges. . . \$8.50

SMOOTHIES

❖ *PB & J* - Cashews, Strawberries, Peanut Butter, Dates, Vanilla Protein & Water. . . \$9.75

❖ *Choco Banana* - Bananas, Cacao, Dates, Chocolate Protein, Flax Seed & Oat Milk. . . \$9.50

❖ *Green Up* - Bananas, Cucumber, Kale, Spinach, Lemon, Orange, Vanilla Protein & Spirulina. . . \$9.50

❖ *Mocha Loca* - Bananas, Cacao, Spice Blend (cinnamon, clove, ginger), Dates, Agave, Coffee & Oat Milk. . . \$8.50

❖ *Tropical Matcha* - Matcha, Orange, Banana, Mango, Vanilla Protein, Vanilla Extract, Dates, Oat Milk & Agave. . . \$9.50

BLENDED DRINKS

❖ *Hot or Chilled Chaga Chocolate* - Cashews, Dates, Agave, Cacao & Water | +(\$2) Coconut Whip Cream | *contains cashews. . . \$7.50 | \$11.25

❖ *Hot or Chilled Spiced Apple Pie* - Cashews, Dates, Agave, Apples, Spices & Water | +(\$2) Coconut Whip Cream | *contains cashews. . . \$7.25 | \$11

ORGANIC COFFEE & TEA

❖ Organic Coffee 12 oz / 20 oz \$3.25 / \$5.50
* Iced Coffee 16oz \$4.50

❖ Tea (green, chamomile, earl grey) \$2.75
* Rock n Roots Farm Tea- Immuni-Tea \$4.75

SORBET BOWLS & CUPS

Sorbet Cup \$5 / Sorbet Bowl \$11.50

❖ Sorbet Cup - Your choice of sorbet scooped & served in a cup with option to add toppings. (ex. build your own cup)

❖ Sorbet Bowl - A 16 oz bowl of sorbet topped with granola (tree nuts), coconut shreds, strawberries, blueberries, bananas, chia seeds, hemp seeds, cacao nibs & your choice of (almond or peanut butter) / *nuts (optional)

❖ Ice Cream (ask us about our flavor) - \$5 / \$7.50 / \$10



DAILY SPECIALS

Mondays: When You Spend \$13 or More, Get a Signature Salad or Wrap for HALF OFF (In-house food items, smoothies & juices ONLY)

Use Promo Code: 'Mondayonly' when ordering online

Tuesdays: Mushroom Gyros : portobello 'meat', almond yogurt tzaziki sauce, tomatoes, cucumbers, lettuce, olives & onions served on a whole wheat pita w/ baked garlic fries *contains gluten & almond | *gluten-free option is a salad | oil-free upon request

Wednesdays: Mac N Cheese!

-A creamy mac and cheese with a house-made coconut based 'cheese' sauce | *gluten & coconut

Thursdays: Loaded Nachos or Fries : topped w/ a lentil walnut 'meat', potato & carrot 'cheese' sauce, pinto beans, pico de gallo, shiitake 'bacon', avocado mash & chipotle aioli sauce *walnuts | oil-free upon request

Fridays: Taco's : 3 for \$13 or \$4.50 each

-Shredded Jackfruit w/ cabbage slaw & chipotle aioli
-Lentil Walnut w/ pico de gallo, lettuce, avocado mash, chipotle aioli & crushed tortilla chips *walnuts
-Bean & 'Cheese' w/ brown rice, lettuce, avocado mash, chipotle aioli & shredded 'cheese'
*oil-free upon request

Saturdays: Hot Dogs, Lobster Rolls & Breakfast Plates

The OG Dog : A carrot marinated & cooked to perfection topped w/ avocado mash, sauerkraut, pico de gallo, dijon mustard, ketchup & chipotle aioli

Korean Kimchi Dog : A carrot marinated & cooked to perfection topped w/ sautéed onions, melted "cheese", cabbage slaw, sauerkraut, kimchi, chipotle aioli & ketchup

*gluten-free option upon request / oil-free upon request

Lobster Roll : Hearts of palm 'Lobster' served in a bun *lettuce leaf bun option

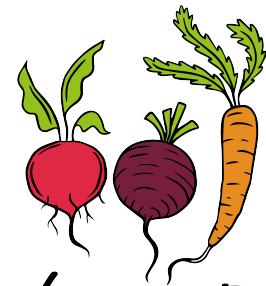
Breakfast Plates: Tofu Scramble: Burritos | Quesadillas | Nachos

Weekly Soup Special: Call or Check Online

ABOUT US

Our mission is to share our passion for good tasting, healthy, plant-based meals with everyone & to be a healthy food option within our community

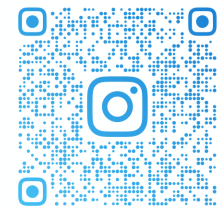
Peace & Love,
Samuel & Dina



Rock n Roots

469 Willis Avenue
Williston Park, N. Y. 11596

Hours:
Monday-Friday: 10am- 6pm
Saturday: 11:30-3:30
Sunday: Closed



ROCKNROOTS_VEGAN_EATERY

516-385-4889

ROCKNROOTSEATERY@GMAIL.COM

WWW.ROCKNROOTSEATERY.COM

****PLEASE NOTIFY US OF ANY ALLERGIES****
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.

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EVERYTHING IS 100% VEGAN

MORNING SNACKS

- ❖ **Cup of Granola** \$9
House-made granola topped w/ chia, hemp seeds, coconut shreds, strawberries, blueberries, oat milk & a choice of almond or peanut butter | *contains tree-nuts 
- ❖ **Cup of Warm Oats** \$8
Topped w/ chia, hemp seeds, coconut shreds, strawberries, blueberries, hot water & a choice of almond or peanut butter | *contains tree-nuts (optional) 
- ❖ **Avocado Toast** \$10
Two slices of toast topped with mashed avocado, lemon, pink salt, hemp seeds, red chili flakes & pico de gallo | sourdough (+.75) *not gluten-free | 
- ❖ **Chia Pudding** \$12
Cashews, dates, cinnamon, chia & water topped with strawberries, blueberries, bananas, hemp, granola & coconut shreds | *contains cashews & almonds (optional) 
- ❖ **Sunny Side Up Avocado Toast** \$12
Toasted sourdough w/ avocado mash, grilled onions, yo egg, scallions & a chimichurri sauce 

SUSHI

All rolls served on nori with wild rice with a side of tamari & ginger slices
Add Kimchi +(\$1.50)



- ❖ **Avocado Mash Roll** \$11
Avocado mash, hemp seeds, shredded carrots & cucumber topped w/ a drizzle of chipotle aioli *oil-free upon request 
- ❖ **Spicy Chickpea Roll** \$11
Chickpea tuna, shredded carrots & cucumbers w/ sriracha *oil-free | *contins sesame 
- ❖ **Smokey Rainbow Roll** \$13
Avocado mash, kimchi, shredded carrots & beets, cucumbers, smoked shiitake mushrooms w/ cashew sauce | *cashews (optional) 
- ❖ **Sweet 'n' Spicy BBQ Roll** \$13
BBQ shredded jackfruit w/ tomatoes, onions, jalapeños, sweet chili sauce & chipotle aioli *oil-free upon request 
- ❖ **Lobster Roll** \$13
Hearts of palm "lobster", avocado mash, kimchi, carrots, cucumbers w/ teriyaki sauce 



WRAPS OR SALADS

Any of these signature items can be made into a wrap or salad
*wraps contain gluten / *gluten-free as a salad




- ❖ **The Burrito** \$13 | \$14
Choice of brown rice or quinoa, pinto beans, pico de gallo, romaine lettuce, cheese & avocado mash w/ chipotle aioli *oil-free option upon request
add ons: just egg +(\$2.50) tempeh bacon +(\$2)
Burrito Bowl Option: \$14 
- ❖ **Chickpea 'Tuna'** \$13 | \$14
Chickpea tuna, carrots, cranberries, tomatoes, kale & dijonnaise dressing | *sesame | *oil-free option upon request
- ❖ **Rock n Roots Salad** \$13 | \$14
Zoodles, baby kale, carrots, beets, hemp seeds, onions, avocado mash, crushed peanuts & baked tofu in a house-made ginger miso dressing | *soy & sesame | *oil-free
- ❖ **Smokey 'Shrooms** \$13 | \$14
Smoked shiitake mushrooms, baby spinach & kale, cucumbers, tomatoes, carrots in a house-made cashew dressing | *cashews
- ❖ **Quesadilla** \$15
Choice of brown rice or quinoa, pinto beans, avocado mash, mozzarella cheese inside a whole wheat crispy tortilla topped w/ pico de gallo, avocado mash, cashew cream & chipotle aioli *gluten & cashews (optional)  

PANINIS

All served in a whole wheat panini
Add: violife cheese +(\$2), avocado mash +(\$1.50) or shiitake bacon +(\$2)

- ❖ **Rock n Roots Panini** \$14
Shredded carrots & beets, cucumbers, tomatoes, onions, lettuce, olives, avocado mash, hemp seeds, cheez & dijonnaise sauce | *gluten
*gluten-free option: \$9.25 
- ❖ **Bacon, Egg & Cheez** \$14
Just Egg patty, tomato, lettuce, cheez, tempeh bacon, chipotle aioli & ketchup | *gluten
*gluten-free option: \$9.50 
- ❖ **BLAT** \$14
Tempeh bacon, lettuce, avocado mash & tomato w/ vegenaise *soy & gluten | *gluten-free option: \$9.25 | oil-free upon request

PANINIS

- ❖ **Eggcellent Eggplant** \$14
Breaded & baked eggplant topped w/ house-made marinara, lettuce, tomato, jalapeños, cheez & vegenaise | *gluten 
- ❖ **Jackfruit** \$14
BBQ shredded jackfruit, tomato, onion, jalapeños, cheez w/ chipotle aioli | *gluten | *gluten-free: \$9.50 | Bowl: \$14.50 | Quesadilla: \$15 
- ❖ **Hearty Pesto** \$14
Hearts of Palm tossed in our house-made spinach pesto w/ tomato, lettuce, vegenaise, cheez & jalapeños | *gluten | *gluten-free: \$9.25 
- ❖ **Deli Sandwich** \$14
Sliced Tofurkey with lettuce, tomato, onions, pickles, cheez, avocado mash & vegenaise | *contains soy & gluten

BURGERS




All served on a brioche bun with violife cheese, lettuce, tomato, onion, avocado mash & chipotle aioli w/ a handful of our signature baked garlic fries

- ❖ **Portobello Pesto** \$16
w/ lettuce, tomato, grilled onions, cheese & pesto aioli
*GF patty | *GF & soy-free bun +(\$2) | Sprouted Bun +(\$1.50)
- ❖ **Sweet Bean Burger** \$15
House-made sweet potato, pinto bean, quinoa & oat patty *gluten-free patty | soy-free patty | oil-free patty
*GF & soy-free bun +(\$2) | Sprouted Bun +(\$1.50) 
- ❖ **'Shroom Burger** \$16
House-made portobello, cremini, oyster mushroom, oat & pinto bean patty *gluten-free patty | soy-free patty | oil-free patty
*GF & soy-free bun +(\$2) | Sprouted Bun +(\$1.50) 

COMBOS

Combo 1 * Combo 2 * Combo 3
1/2 Salad & Soup / 1/2 Panini & Soup / 1/2 Panini & 1/2 Salad

SIDES

- ***House Salad-** \$8 
a mix of kale & spinach with tomatoes, cucumbers & onions w/ a ginger-tahini miso dressing
- ***Baked Garlic Fries-** SM \$5.99 | LG \$9.99 
served w/ Chipotle Aioli dipping sauce
- ***Cheez Fries-** SM \$9 | LG \$16 
Baked garlic fries topped w/ melted cheez, smoked tempeh, pinto beans, chopped kale, jalapeños & chipotle aioli sauce *soy
- ***PB & Banana Sandwich-** Peanut Butter, Banana & Agave \$7 