

WRAPS & SALADS

Any of these signature items can be made into a wrap or salad | wraps contain gluten

Half Salad \$ | Full Salad \$ | Wrap \$

- **THE BURRITO...** \$8 | \$14 | \$13
Choice of (brown rice, quinoa or a mix of both), pinto beans, pico de gallo, romaine lettuce, cheese & avocado mash with a chipotle aioli sauce
- **VEGGIE 'TUNA'...** \$8 | \$14 | \$13
Chickpea tuna, carrots, cranberries, tomatoes & kale tossed in a dijonaise dressing | *sesame
- **ROCK N ROOTS SALAD...** \$8 | \$14 | \$13 
Zoodles, kale, carrots, beets, hemp seeds, onions, avocado, peanuts & tofu tossed in a ginger miso dressing | *soy, peanuts & sesame | *oil-free
- **PORTOBELLO SALAD...** \$10 | \$17 | \$14
Marinated & sliced portobellos with lettuce, tomatoes, grilled onions & cheese tossed in a pesto aioli sauce
- **SMOKEY 'SHROOMS'...** \$9 | \$15 | \$13 
Smoked shiitake mushrooms, spinach & kale, cucumbers, tomatoes, carrots tossed in a cashew dressing | *cashews
- **HOUSE SALAD...** \$8 | \$13
Spinach, kale, tomatoes, cucumbers & onions tossed in a ginger miso dressing | *sesame & soy

BURGERS

All served on a brioche bun with a side of fries
sub gluten-free bun + (\$2)

- **SWEET BEAN BURGER...** \$16 | **SALAD:** \$17
A quinoa, sweet potato, oat & pinto bean patty topped with lettuce, tomato, onion, cheese, avocado & chipotle aioli | *gluten
- **'SHROOM BURGER...** \$16 | **SALAD:** \$17
A pinto bean, oat, portobello, cremini & oyster mushroom patty topped with lettuce, tomato, onion, avocado & cheese with chipotle aioli
- **PORTOBELLO PESTO BURGER...** \$16
Marinated portobellos topped with caramelized onions, lettuce, tomato, cheese and a pesto aioli sauce
- **LOBSTER ROLL ON A BUN...** \$16
Hearts of palm "lobster" topped with cabbage slaw

most items can be made oil-free upon request

QUESADILLA

Pressed between a crispy tortilla & garnished with scallions  = contains nuts  = has a kick  = gluten-free

- **BEAN & CHEESE...** \$16 
Choice of (brown rice, quinoa or a mix of both), pinto beans & cheese topped w/ pico de gallo, avocado, cashew cream & chipotle aioli | *gluten & cashew
- **BBQ JACKFRUIT...** \$16 
BBQ Jackfruit, grilled onions, jalapeños & cheese topped with diced tomatoes, lettuce & chipotle aioli | *gluten
- **PORTOBELLO PESTO...** \$16
Marinated portobellos, grilled onions & cheese topped with diced tomatoes, lettuce & pesto aioli | *gluten



SUSHI

All rolled with wild rice with a side of tamari & freshly sliced ginger

- **AVOCADO MASH ROLL...** \$12 
Avocado mash, hemp seeds, shredded carrots & cucumber topped w/ a drizzle of chipotle aioli
- **SPICY CHICKPEA ROLL...** \$11  
Chickpea 'tuna', carrots & cucumbers w/ sriracha | oil-free | *sesame
- **LOBSTER ROLL...** \$13 
Hearts of palm "lobster", avocado mash, kimchi, carrots & cucumbers
- **SMOKEY RAINBOW ROLL...** \$13  
Avocado, kimchi, carrots, beets, cucumbers, smoked shiitakes w/ cashew sauce | *contains cashews
- **SWEET N SPICY ROLL...** \$13  
BBQ shredded jackfruit w/ tomatoes, onions, jalapeños, sweet chili sauce & chipotle aioli | *soy & coconut

Please be advised that our food may contain wheat, soy, nuts, sesame and seeds.

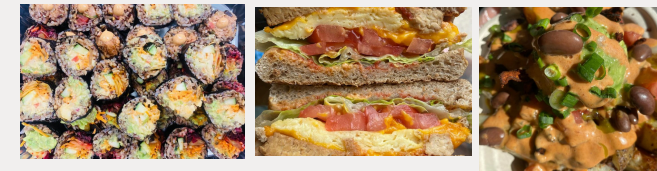
While we're able to accommodate some dietary restrictions, there may be a chance of cross-contamination.

PANINI

All served in a whole wheat panini & pressed until crispy

Half Sandwich \$ | Full Sandwich \$

- **ROCK N ROOTS PANINI...** \$8 | \$14
Shredded carrots & beets, cucumbers, tomatoes, onions, lettuce, olives, avocado mash, hemp seeds, cheese & dijonaise sauce | *gluten
*gluten-free option: \$10
- **BACON, EGG & CHEESE...** \$8 | \$14
Just Egg patty, tomato, lettuce, cheese, tempeh bacon, chipotle aioli & ketchup | *gluten
GF: \$11
- **BLAT...** \$8 | \$14
Tempeh bacon, lettuce, avocado & tomato w/ vegenaise | *soy & gluten | GF: \$10
- **EGGPLANT...** \$8 | \$14 
Breaded & baked eggplant topped w/ house-made marinara, lettuce, tomato, jalapeños, cheese & vegenaise | *gluten
- **THE DELI SANDWICH...** \$8 | \$14
Sliced Tofurkey with lettuce, tomato, onions, pickles, cheese, avocado & vegenaise | *soy & gluten
- **HEARTY PESTO...** \$8 | \$14 
Hearts of Palm tossed in our house-made spinach pesto w/ tomato, lettuce, vegenaise, cheese & jalapeños | *gluten | GF: \$10
- **BBQ JACKFRUIT...** \$8 | \$14 
BBQ shredded jackfruit, tomato, onion, jalapeños, cheese w/ chipotle aioli | *gluten | *GF: \$10



SIDES

- **BAKED GARLIC FRIES.** SM \$5.99 | LG \$9.99 
- **CHEESE FRIES SM...** \$11 | LG \$16  
Our baked garlic fries topped with melted cheese, smoked tempeh bacon, kale, jalapeños & chipotle aioli | *soy
- **PB SANDWICH...** \$.7  
Peanut butter, agave, bananas on toasted bread | *peanuts
- **GRILLED CHEESE...** \$.7 

MORNING PLATES

Served All Day



- **GRANOLA**... \$9.50
House-made granola topped w/ chia, hemp seeds, coconut shreds, strawberries, blueberries, oat milk & a choice of almond or peanut butter | *contains tree-nuts
- **WARM OATS**... \$9
Topped w/ chia, hemp seeds, coconut shreds, strawberries, blueberries, hot water & a choice of almond or peanut butter | *contains tree-nuts (optional)
- **SUNNY SIDE UP AVO TOAST**... \$13
Toasted sourdough w/ avocado mash, grilled onions, yo egg, scallions & a chimichurri sauce
- **CHIA PUDDING**... \$12
Cashews, dates, cinnamon, chia & water topped with strawberries, blueberries, bananas, hemp, granola & coconut shreds | *contains cashews & almonds
- **AVOCADO TOAST**... \$10
Toast topped with mashed avocado, lemon, salt, hemp seeds, red chili flakes & pico de gallo
- **SPANISH BREAKFAST PLATE**... \$15
Brown rice, pinto beans, cabbage slaw, pico de gallo, sliced avocado & a sunny side up egg topped with cashew cream & chimichurri | *cashew

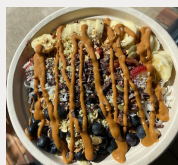
COMBOS

Combine your favorites

- COMBO 1: 1/2 SALAD & SOUP
 - COMBO 2: 1/2 SANDWICH & SOUP
 - COMBO 3: 1/2 SANDWICH & 1/2 SALAD
- *Price Varies*

ACAI

Small: \$5.50
Large: \$10.50



- **BOWL**... \$12
Acai sorbet topped with strawberries, blueberries, bananas, coconut shreds, cacao nibs, granola, hemp seeds, chia seeds & nut butter of choice | *tree-nuts

All menu items are subject to a 3% credit card surcharge to help offset processing costs. This does not apply if you pay with a different form of payment. (Ex., Debit card, cash or gift card.) This amount does not exceed what we pay in fees.

SMOOTHIES

Freshly blended fruit

- **PB&J**... \$9.75
Cashews, Strawberries, Peanut Butter, Dates, Vanilla Protein & Water.
- **CHOCO BANANA**... \$9.50
Bananas, Cacao, Dates, Chocolate Protein, Flax Seed & Oat Milk
- **GREEN UP**... \$9.50
Bananas, Cucumber, Kale, Spinach, Orange, Vanilla Protein & Spirulina
- **MOCHA LOCA**... \$8.50
Bananas, cacao, coffee, cinnamon, clove, nutmeg, ice, oat milk, dates & agave
- **TROPICAL MATCHA**... \$9.50
Matcha, Orange, Banana, Mango, Vanilla Protein, Vanilla Extract, Dates, Oat Milk & Agave

BLENDED DRINKS

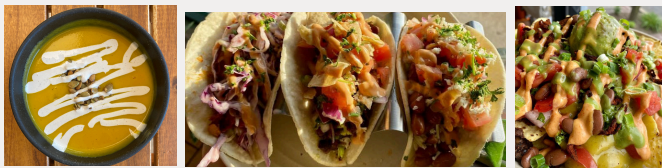
Made from real ingredients

- **CHAGA CHOCOLATE**
Cashews, Dates, Agave, Cacao & Water | +(\$2) Coconut Whip Cream | *cashews
12 hot oz: \$7.50 | 20 oz hot: \$11.25 | 16 oz chilled: \$8.50
- **SPICED APPLE PIE**
Cashews, Dates, Agave, Apples, Spices & Water | +(\$2) Coconut Whip Cream | *cashews.
12 oz hot: \$7.25 | 20 oz hot: \$11 | 16 oz chilled: \$8.75

DAILY SPECIALS

We always feature a daily special & weekly soup

Ask us about our specials or check it out on our website!



100% VEGAN

MENU

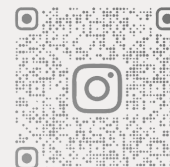
TAKE OUT MENU



STORE HOURS

M-F
10.00 - 6PM
SAT
11:30-3:30PM
SUNDAY
CLOSED

469 Willis Ave,
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WE CATER!