

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... \$9.36 | \$15.60 | \$14.56
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'... \$8.84 | \$14.82 | \$14.04
Chickpea tuna, carrots, cranberries, tomatoes & kale tossed in a dijonnaise dressing | *sesame
- ROCK N ROOTS SALAD... \$8.84 | \$14.82 | \$14.04
Zoodles, kale, carrots, beets, hemp seeds, onions, avocado, peanuts & tofu tossed in a ginger miso dressing | *soy, peanuts & sesame | *oil-free
- PORTOBELLO SALAD... \$10.40 | \$17.68 | \$14.56
Marinated & sliced portobellos with lettuce, tomatoes, grilled onions & cheese tossed in a pesto aioli sauce
- SMOKEY 'SHROOMS... \$9.36 | \$15.68 | \$14.56
Smoked shiitake mushrooms, spinach & kale, cucumbers, tomatoes, carrots tossed in a cashew dressing | *cashews
- HOUSE SALAD... \$8.32 | \$14.56
Spinach, kale, tomatoes, cucumbers & onions tossed in a ginger miso dressing | *sesame & soy
Sub Gluten-Free Wrap + (\$1.52)



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.

QUESADILLA

Pressed between a crispy tortilla



• CRUNCHWRAP... \$16.64

Lentil walnut crumble, lettuce, avocado, pico de gallo, sour cream, cheese, chipotle aioli & a crunchy tortilla inside a folded & toasted wrap | *gluten, coconut & walnut

• BEAN & CHEESE... \$16.64

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... \$16.64

BBQ Jackfruit, grilled onions, jalapeños & cheese topped with diced tomatoes, lettuce & chipotle aioli | *gluten

• PORTOBELLO PESTO... \$16.64

Marinated portobellos, grilled onions & cheese topped with diced tomatoes, lettuce & pesto aioli | *gluten



Served on a brioche bun with a side of fries
sub gluten-free bun or sprouted wheat berry + (\$2.08)

BURGERS

• SWEET BEAN BURGER. \$16.64

A quinoa, sweet potato, oat & pinto bean patty topped with lettuce, tomato, onion, cheese, avocado & chipotle aioli | *gluten

• 'SHROOM BURGER... \$16.64

A pinto bean, oat, portobello, cremini & oyster mushroom patty topped with lettuce, tomato, onion, avocado & cheese with chipotle aioli | *gluten

• PORTOBELLO PESTO BURGER... \$16.64

Marinated portobellos topped with caramelized onions, lettuce, tomato, cheese and a pesto aioli sauce | *gluten

• LOBSTER ROLL ON A BUN... \$16.64

Hearts of palm "lobster" topped with cabbage slaw | *gluten

• SWEET BEAN BURGER SALAD... \$17.68

Romaine, onions, tomatoes, tossed in chipotle aioli sauce & topped with a sweet bean burger patty, melted cheddar cheese & avocado mash

• 'SHROOM BURGER SALAD... \$17.68

Romaine, onions, tomatoes, tossed in chipotle aioli sauce & topped with a 'shroom burger patty, melted cheddar cheese & avocado mash

most items can be made oil-free upon request

PANINI

All served in a whole wheat panini & pressed until crispy

Half Sandwich \$ | Full Sandwich \$

• ROCK N ROOTS PANINI... \$8.32 | \$14.56

Shredded carrots & beets, cucumbers, tomatoes, onions, lettuce, olives, avocado mash, hemp seeds, cheese & dijonnaise sauce | *gluten
*gluten-free option: \$10.50

• BACON, EGG & CHEESE... \$9.10 | \$15.34

Just Egg patty, tomato, lettuce, cheese, tempeh bacon, chipotle aioli & ketchup | *gluten
GF: \$11.50

• BLAT... \$8.32 | \$14.56

Tempeh bacon, lettuce, avocado & tomato w/ vegenaise | *soy & gluten | GF: \$10.50

• EGGPLANT...

\$9.10 | \$15.34

Breaded & baked eggplant topped w/ house-made marinara, lettuce, tomato, jalapeños, cheese & vegenaise | *gluten

• THE DELI SANDWICH... \$9.10 | \$15.34

Sliced Tofurkey with lettuce, tomato, onions, pickles, cheese, avocado & vegenaise | *soy & gluten

• HEARTY PESTO...

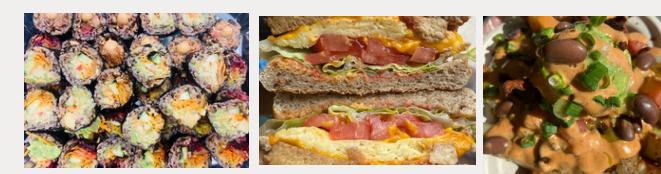
\$8.32 | \$14.56

Hearts of Palm tossed in our house-made spinach pesto w/ tomato, lettuce, vegenaise, cheese & jalapeños | *gluten | GF: \$10.50

• BBQ JACKFRUIT...

\$9.10 | \$15.34

BBQ shredded jackfruit, tomato, onion, jalapeños, cheese w/ chipotle aioli | *gluten | *GF: \$10.71



SIDES

• BAKED GARLIC FRIES. SM \$6.23 | LG \$10.39

• CHEESE FRIES SM... \$11.44 | LG \$16.64

Our baked garlic fries topped with melted cheese, smoked tempeh bacon, kale, jalapeños & chipotle aioli | *soy

• PB SANDWICH... \$7.28

Peanut butter, agave, bananas on toasted bread | *peanuts

• GRILLED CHEESE... \$7.28

MORNING PLATES

Served All Day



- GRANOLA... \$9.88



House-made granola topped w/ chia, hemp seeds, coconut shreds, strawberries, blueberries & oat milk (add almond +\$3 or peanut butter +\$1.50) | *contains tree-nuts

- WARM OATS... \$9.36



Topped w/ chia, hemp seeds, coconut shreds, strawberries, blueberries & hot water (add almond butter +\$3 or peanut butter +\$1.50) | *contains nuts (optional)

- SUNNY SIDE UP AVO TOAST... \$14.04

Toasted sourdough w/ avocado mash, grilled onions, yo egg, scallions & a chimichurri sauce

- CHIA PUDDING... \$12.48



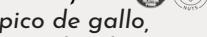
Cashews, dates, cinnamon, chia & water topped with strawberries, blueberries, bananas, hemp, granola & coconut shreds | *contains cashews & almonds

- AVOCADO TOAST... \$11.44



Toast topped with mashed avocado, lemon, salt, hemp seeds, red chili flakes & pico de gallo

- SPANISH BREAKFAST PLATE... \$17.68



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



Small: \$5.72

Large: \$11.36

ACAI

- BOWL... \$12.48



Acai sorbet topped with strawberries, blueberries, bananas, coconut shreds, cacao nibs, granola, hemp seeds & chia seeds | *tree-nuts | Add: peanut butter +\$1.50 or almond butter +\$3

4% CASH DISCOUNT

SMOOTHIES

Freshly blended

- PB&J... \$10.14



Cashews, Strawberries, Peanut Butter, Dates, Vanilla Protein & Water

- CHOCO BANANA... \$9.88



Bananas, Cacao, Dates, Chocolate Protein, Flax Seed & Oat Milk

- GREEN UP... \$9.88



Bananas, Cucumber, Kale, Spinach, Orange, Vanilla Protein, Spirulina & Water

- MOCHA LOCA... \$8.84



Bananas, Cacao, Coffee, Cinnamon, Clove, Nutmeg, Coconut Milk, Dates & Agave

- GREEN GLOW... \$9.88



Banana, Mango, Kale, Blueberries, Hemp Seeds, Vanilla Protein, & Oat Milk

- TROPICAL MATCHA... \$9.88



Matcha, Orange, Banana, Mango, Vanilla Protein, Vanilla Extract, Dates, Oat Milk & Agave

BLENDED

Made from real ingredients

DRINKS

- CHAGA CHOCOLATE



Cashews, Dates, Agave, Cacao & Water | +(\$2.08) Coconut Whip Cream | *cashews

12 oz hot: \$7.80 | 20 oz hot: \$11.70 | 16 oz chilled: \$8.84

- SPICED APPLE PIE



Cashews, Dates, Agave, Apples, Spices & Water | +(\$2.08) Coconut Whip Cream | *cashews.

12 oz hot: \$7.54 | 20 oz hot: \$11.44 | 16 oz chilled: \$9.10

SPECIALS

We always feature a weekly & monthly special & a weekly soup

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



WE CATER! | 100% VEGAN

100% VEGAN

MENU

• • • • • TAKE OUT MENU



M-F

10.00 - 6PM

SAT

11:30-3:30PM

SUNDAY

CLOSED

STORE HOURS

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