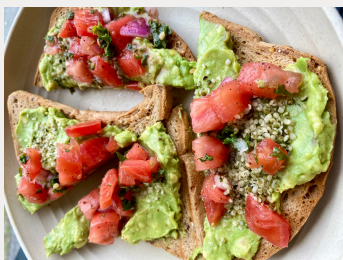


## WRAPS & SALADS

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 | \$14.04  
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 | \$13.52  
Chickpea tuna, carrots, cranberries, tomatoes & kale tossed in a dijonaise dressing | \*sesame
- **ROCK N ROOTS SALAD.** . \$8.84 | \$14.82 | \$13.52  
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.** . . \$9.88 | \$16.12 | \$14.04  
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)



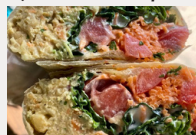
Please be advised that our food may contain wheat, soy, nuts, sesame and seeds.. While we're able to accommodate some dietary restrictions, there may be a chance of cross-contamination. If you have a severe or life-threatening allergy, we strongly advise against dining with us to ensure your safety.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

## QUESADILLA

Pressed between a crispy tortilla

= contains nuts  
 = has a kick  
 = gluten-free

- **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

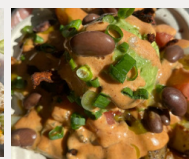
most items can be made oil-free upon request

## 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 & dijonaise 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/ vegenaie | \*soy & gluten | GF: \$10.50
- **EGGPLANT.** . . \$9.10 | \$15.34   
Breaded & baked eggplant topped w/ house-made marinara, lettuce, tomato, jalapeños, cheese & vegenaie | \*gluten
- **THE DELI SANDWICH.** . . \$9.10 | \$14.56  
Sliced Tofurkey with lettuce, tomato, onions, pickles, cheese, avocado & vegenaie | \*soy & gluten
- **HEARTY PESTO.** . . \$8.32 | \$14.56   
Hearts of Palm tossed in our house-made spinach pesto w/ tomato, lettuce, vegenaie, cheese & jalapeños | \*gluten | GF: \$10.50
- **BBQ JACKFRUIT.** . . \$9.10 | \$15.34   
BBQ shredded jackfruit, tomato, onion, jalapeños, cheese w/ chipotle aioli | \*gluten | \*GF: \$11.50



## 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\*

## ACAI

Small: \$5.72  
Large: \$11.36



- **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

## 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 DRINKS

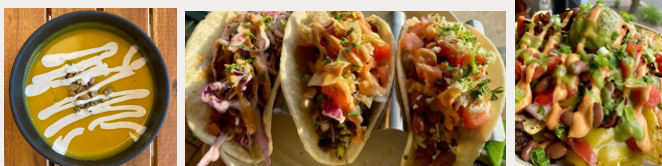
Made from real ingredients

- **CHAGA CHOCOLATE**   
Cashews, Dates, Agave, Cacao & Water | +(\$2.08) Coconut Whip Cream | \*cashews  
12 hot oz: \$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!



100% VEGAN

# MENU

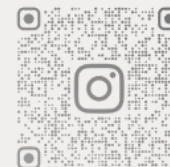
TAKE OUT MENU



## STORE HOURS

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

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516-385-4889



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