

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...** \$8.32 | \$14.56 | \$13.52
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'...** \$8.32 | \$14.56 | \$13.52
Chickpea tuna, carrots, cranberries, tomatoes & kale tossed in a dijonaise dressing | *sesame
- **ROCK N ROOTS SALAD...** \$8.32 | \$14.56 | \$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...** \$9.50 | \$15.50 | \$13.50
Smoked shiitake mushrooms, spinach & kale, cucumbers, tomatoes, carrots tossed in a cashew dressing | *cashews
- **HOUSE SALAD...** \$8.32 | \$13.52
Spinach, kale, tomatoes, cucumbers & onions tossed in a ginger miso dressing | *sesame & soy
Sub Gluten-Free Wrap + (\$1.52)
- **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

QUESADILLA

Pressed between a crispy tortilla & garnished with scallions

 = contains nuts
 = has a kick
 = gluten-free

- **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
Sub Gluten-Free Wrap + (\$1.52)



BURGERS

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

- **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 | **SALAD:** \$17.68
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

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.

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



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 

most items can be made oil-free upon request

MORNING PLATES

Served All Day



- **GRANOLA**... \$9.88
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**... \$9.36
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**... \$13.52
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**... \$10.40
Toast topped with mashed avocado, lemon, salt, hemp seeds, red chili flakes & pico de gallo
- **SPANISH BREAKFAST PLATE**... \$15.60
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 & nut butter of choice | *tree-nuts



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
- **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 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

DAILY SPECIALS

We always feature a daily special & weekly soup

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



WE CATER! | 100% VEGAN

100% VEGAN

MENU

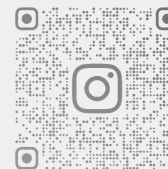
TAKE OUT MENU



STORE HOURS

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

469 Willis Ave,
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516-385-4889



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