

Drinks

Smoothies 16 oz



- **Choco Banana. . . \$9.36**
Bananas, cacao, flaxseeds, dates, chocolate protein powder, ice & oat milk | **
- **Creamscicle . . . \$9.36**
Oranges, mangoes, dates, vanilla extract, spirulina, hemp seeds, ice & coconut milk | *contains coconut | **
- **Green Glow. . . \$9.36**
Bananas, blueberries, mango, kale, vanilla protein, spirulina, ice & oat milk | **
- **Green Up . . . \$9.36**
Bananas, kale, orange, cucumber, vanilla protein, ice & water | **
- **Mocha Loca . . . \$8.84**
Bananas, cacao, coffee, cinnamon, nutmeg, clove, agave, dates, ice & water | *contains coconut | **
- **PB & J . . . \$9.88**
Cashews, strawberries, dates, peanut butter, vanilla protein, ice & water | *contains cashews & peanut butter | **
- **Tropical Matcha . . . \$9.36**
Orange, mango, bananas, dates, vanilla protein, matcha, oat milk, ice & agave | **

Blended Drinks 16 oz

- **Chaga Chocolate Shake . . . \$8.84**
Cashews, dates, maple syrup, cacao powder, chaga mushroom powder & oat milk blended and served over ice | *contains cashews | **
- **Strawberry Shake . . . \$8.84**
Cashews, dates, maple syrup, strawberries, vanilla protein powder, hemp seeds & oat milk blended & served over ice | *contains cashews | **

Coffee & Teas

- **Mixed Fruit Tea 16 oz . . . \$8.32**
Fresh oranges, diced apples, strawberries & lemons muddled with agave & black tea served over ice | **
- **Coffee: SM \$3.38 LG \$5.72 Iced \$4.68**

Sorbet Bowl

- **Acai or Passionfruit Bowl . . . \$12.48**
Bowls are served with fresh chopped strawberries, blueberries, bananas, hemp seeds, granola, coconut shreds, chia seeds & cacao nibs | *contains tree-nuts (granola) | add: peanut butter + \$1.56 or almond butter + \$3.12 | **

4% CASH DISCOUNT

Breakfast All Day



- **Avocado Toast . . . \$10.43**
Avocado served on toasted bread with pico de gallo, hemp seeds, salt, pepper, everything bagel seasoning & chili flakes | **
- **Sunny Side Up Avo Toast . . . \$14.56**
Avocado served on toasted sourdough with chimichurri, grilled onions & topped with a sunny side up Yo Egg | *contains gluten & sesame | gluten-free available
- **The Ultimate Breakfast Burger . . . \$17.68**
Our house-made 'shroom burger patty with lettuce, grilled onions, herbed mayo, chimichurri & topped with a sunny side up Yo Egg & Thrilling Bacon | *contains gluten & soy | gluten-free available
- **Breakfast Bowl . . . \$15.86**
Seasoned white rice, pinto beans, scrambled seasoned tofu, pico de gallo & lettuce topped with avocado, chipotle aioli & sour cream | *contains soy & coconut
- **Breakfast Burrito . . . \$13.52**
Seasoned white rice, pinto beans, scrambled seasoned tofu, pico de gallo & lettuce topped with avocado & chipotle aioli in a toasted wrap | *contains soy & gluten | gluten-free available

WE CATER!

Rock n Roots Eatery



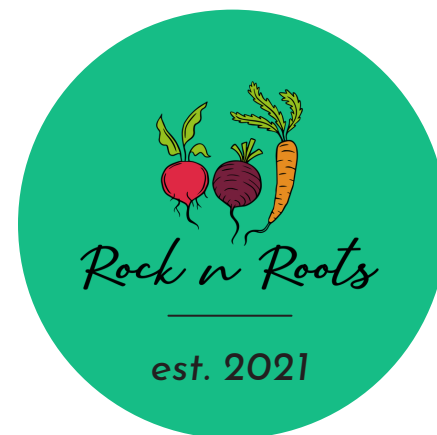
Monday-Friday
10:00 AM — 6:00 PM
Saturday
11:00 AM — 4:00 PM
Sunday
CLOSED

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100% VEGAN

MENU

• • • • •
TAKE OUT MENU



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Small Plates

☞ = contains nuts
** = Jain-friendly upon request

🌶️ = has a kick
🌱 = gluten-free

• Lobster Salad Crostini . . . \$10.40

Hearts of palm 'lobster' served with your choice of crostinis or sliced cucumbers

• Guac & Chips . . . \$15.08 🌱

House-made guacamole served with corn tortilla chips

• Mac & Cheese Balls . . . \$2 for \$ 6.24 | 3 for \$8.32

Mac & cheese breaded and baked | *contains gluten & coconut | *special flavors on special board | price varies*

• Nachos . . . \$14.56 🌱🌶️

Corn tortilla chips topped with a lentil walnut 'crumble', cheese sauce, pico de gallo, shiitake bacon, pinto beans, avocado mash, jalapeños & topped with chipotle aioli & herbed sour cream | *contains walnuts & coconut | Sub baked fries option
SM Fries: \$13.52 | LG Fries: \$18.72

• The OG Carrot Dog . . . \$7.54

Carrot dog topped with avocado, sauerkraut, pico de gallo, chipotle, ketchup & mustard | *contains gluten & soy | **

• Kimchi Carrot Dog . . . \$8.06

Carrot dog topped with melted cheese, grilled onions, kimchi, sauerkraut, cabbage slaw, ketchup & chipotle | *contains gluten & soy | **

• Lobster Roll . . . \$8.06

Hearts of palm 'lobster' served on a hot dog bun topped with slaw | *contains gluten

Bowls

• Burrito Bowl . . . \$15.08 🌱

Romaine lettuce, brown rice, pinto beans, pico de gallo, avocado mash, shredded cheese & chipotle aioli | **

• Sushi Bowl . . . \$15.60 🌱🌶️

Sesame tofu, pickled onions, sliced cucumbers & carrots, kimchi, seasoned white rice, avocado, nori, jalapeños, sesame seeds & scallions served over mixed greens with a sweet & spicy sesame sauce | *contains sesame & soy

• Buffalo Bowl . . . \$14.52 🌱🌶️

Chickpeas, corn, tomatoes, carrots, seasoned rice, pickled onions topped with buffalo sauce & ranch topped with jalapenos & avocado served over romaine lettuce | **

most items can be made oil-free upon request

Salads / Wraps

SALAD | WRAP

• Garden Arugula . . . \$12.48 | \$13.52

Arugula with cucumbers, cranberries, sliced almonds, pumpkin seeds, hemp seeds tossed in a creamy balsamic dressing & garnished with sliced apples | **

• Bacon Ranch . . . \$13.52 | \$14.56

Romaine lettuce tossed in a herbed ranch dressing & topped with tomatoes, sweet corn, chickpeas, tempeh bacon, onions & avocado | *contains soy | **

• Smashed Chickpea . . . \$12.48 | \$13.52

Mixed greens, tomatoes, carrots, cranberries tossed in a dijonnaise dressing & topped with chickpea 'tuna'. | *contains sesame

• Pesto BLAT . . . \$12.48 | \$13.52

Hearts of palm tossed in pesto with arugula, tomatoes, onions, jalapeños, avocado & tempeh bacon tossed in pesto aioli | *contains soy

• The Classic Burrito . . . \$12.48 | \$13.52

Romaine lettuce, pinto beans, brown rice, pico de gallo, mozzarella shreds & topped with avocado tossed in a chipotle aioli sauce | **

• Green Goddess Salad . . . \$13 | \$14.04 🌱

Mixed greens, tomatoes, cucumbers, onions, sunflower seeds, avocado & quinoa tossed in our creamy green goddess dressing | *contains cashew & coconut

Quesadillas

Pressed between a
crispy tortilla

• Bean & Cheese . . . \$15.60

Your choice of brown rice or quinoa with pinto beans & cheese topped with avocado, pico de gallo & chipotle aioli | *contains gluten | **

• Crunchwrap . . . \$16.64 🌱

Lentil walnut crumble, romaine lettuce, cheese, pico de gallo, avocado, sour cream & chipotle aioli with a crunchy tortilla sandwiched inbetween | *contains walnuts & gluten

• Jackfruit Quesadilla. . . \$16.64 🌶️

Seasoned jackfruit, grilled onions, cheese, jalapeños & topped with slaw & chipotle aioli | *contains gluten

• Portobello Pesto Quesadilla . . . \$15.60

Sliced portobellos, grilled onions & cheese topped with diced tomatoes & pesto aioli | *contains gluten

wraps contain gluten | gluten-free option available

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.

Sandwiches

gluten-free option available

• Banh Mi Sandwich . . . \$13.52 🌶️

Lettuce, pickled carrots, onions & cucumbers, kimchi, sesame tofu & jalapeños served on toasted french bread with a sweet n spicy sesame aioli | *contains sesame, soy & gluten

• BEC . . . \$13.52

Your choice of (scrambled tofu or Just Egg patty +\$2.08), tempeh bacon, lettuce, tomatoes, ketchup & chipotle aioli served on a toasted panini | *contains gluten, sesame & soy

• Backyard Jackfruit . . . \$12.48 🌶️

Seasoned & marinated jackfruit on a toasted brioche bun with slaw, pickles, jalapeños & chipotle | *contains gluten

• Chimichurri Steak Sandwich \$16.64 🌱

Sliced Chunk Steak, grilled onions, lettuce, chimichurri & herbed mayo on french bread | *contains gluten, soy, sesame & coconut

• Pesto Grilled Cheese . . . \$11.44

Melted cheddar, grilled onions, pesto & tomatoes on toasted sour dough bread | *contains gluten

Burgers

• Classic Burger . . . \$12.90

Choose your patty, ('shroom patty or quinoa bean patty) served on a brioche bun with avocado, lettuce, tomatoes, onions, melted cheddar cheese with chipotle aioli | *contains gluten | gluten-free available +(\$1.50)

• Bacon Cheeseburger . . . \$14.52

Our house-made quinoa bean patty topped with melted cheddar, thrilling bacon, lettuce, tomatoes, onions, pickles with chipotle aioli & bbq sauce | *contains soy & gluten | gluten-free available +(\$1.50)

• Portobello Burger. . . \$12.90

Marinated & sliced portobellos with grilled onions, lettuce & tomatoes topped with melted provolone & pesto aioli sauce | *contains gluten | gluten-free available +(\$1.50)

Sides

Make it a Salad --> + (\$2.60)

• Baked Fries | ** SM: \$6.23 | LG: \$10.39 🌱

• Cheese Fries | ** SM: \$10.14 | LG: \$15.34 🌱🌶️

Our baked fries topped with shredded melted cheese, tempeh bacon, pinto beans, chopped jalapeños & scallions with chipotle aioli | *contains soy

• PB & Banana Sandwich . . . \$7.80 🌱🌱

Sliced bananas, peanut butter & agave on toasted gluten-free sliced bread | *contains peanuts | **

add: house salad +\$4 or baked fries +\$4

