

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 chimmichurri, 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, chimmichurri & 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

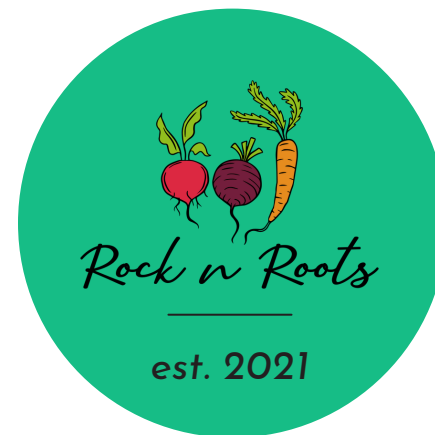
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100% VEGAN

MENU

• • • • •
TAKE OUT MENU



469 Willis Ave,
Williston Park, N.Y
516-385-4889

rocknrootseatery@gmail.com



ROCKNROOTS.VEGAN.EATERY



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469 Willis Ave, Williston Park, N.Y

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

• **Coconut Ceviche ... \$13.52** 🌱🌿🌾

Leche de tigre with coconut meat & hearts of palm, bell peppers, served with corn tortilla chips | *contains coconut

• **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 topped with chipotle aioli & herbed sour cream | *contains walnuts & coconut | Sub baked fries option

• **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, kimchi, 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, nori, kimchi, seaweed, seasoned white rice, avocado, scallions served over mixed greens with a sweet & spicy sesame sauce | *contains sesame & soy

• **Buffalo Bowl ... \$14.52** 🌱🌿

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

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 BLT ...** 🌿 **\$12.48 | \$13.52**

Hearts of palm tossed in pesto with arugula, tomatoes, onions, jalapeños & 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

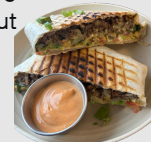
• **Jackfruit Quesadilla. . .** **\$16.64** 🌿

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), 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

• **Chimmichurri Steak Sandwich** **\$16.64** 🌾

Sliced Chunk Steak, grilled onions, lettuce, chimmichurri & 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)

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

Sides

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

• **Cheese Fries** | ** SM: \$11.44 | LG: \$16.64 🌾🌿

Our baked fries topped with shredded melted cheese, tempeh bacon, pinto beans, scallions, chopped jalapeños & kale 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

most items can be made oil-free upon request