

# 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

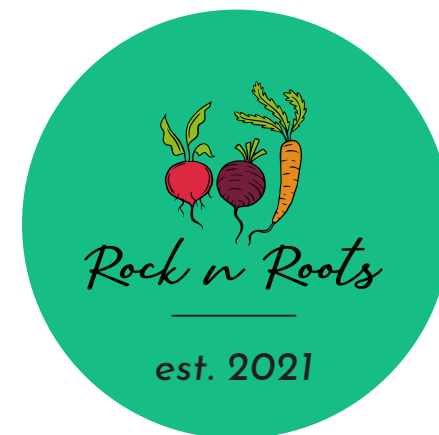
**CLOSED**

WWW.ROCKNROOTSEATERY.COM

100% VEGAN

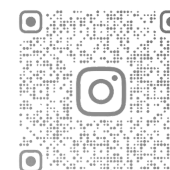
# MENU

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TAKE OUT MENU



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

rocknrootseatery@gmail.com



ROCKNROOTS\_VEGAN\_EATERY



Order Here!

www.rocknrootseatery.com

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, jalapeños & 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, 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), 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)

**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, 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**