

## ORGANIC JUICES

- ❖ *Lean Green* - Kale, Spinach, Cucumbers, Apples, Celery & Lemon. . . \$8.50



- ❖ *Red Sky* - Beets, Carrots, Apples & Oranges. . . \$8.50

## SMOOTHIES

- ❖ *PB & J* - Cashews, Strawberries, Peanut Butter, Dates, Vanilla Protein & Water. . . \$9.75



- ❖ *Choco Banana* - Bananas, Cacao, Dates, Chocolate Protein, Flax Seed & Oat Milk. . . \$9.50

- ❖ *Green Up* - Bananas, Cucumber, Kale, Spinach, Lemon, Orange, Vanilla Protein & Spirulina. . . \$9.50

- ❖ *Mocha Loca* - Bananas, Cacao, Spice Blend (cinnamon, clove, ginger), Dates, Agave, Coffee & Oat Milk. . . \$8.50

## BLENDED DRINKS

- ❖ *Hot or Chilled Chaga Chocolate* - Cashews, Dates, Agave, Cacao & Water | +(\$2) Coconut Whip Cream |  
\*contains cashews. . . \$8.50 | \$11.25



- ❖ *Hot or Chilled Spiced Apple Pie* - Cashews, Dates, Agave, Apples, Spices & Water | +(\$2) Coconut Whip Cream |  
\*contains cashews. . . \$7.25 | \$11



## ORGANIC COFFEE & TEA

- ❖ Organic Coffee 12 oz / 20 oz \$3.25 / \$5.50  
\* Iced Coffee 16oz \$4.50

- ❖ Tea (green, chamomile, earl grey) \$2.75  
\* Rock n Roots Farm Tea- Immuni-Tea \$4.75

## SORBET BOWLS & CUPS

*Sorbet Cup \$5 / Sorbet Bowl \$10.75*

- ❖ Sorbet Cup - Acai scooped & served in a cup with option to add toppings. (ex. build your own cup)



- ❖ Sorbet Bowl - A 16 oz bowl of Acai topped with granola (tree nuts), coconut shreds, strawberries, blueberries, bananas, chia seeds, hemp seeds, cacao nibs & your choice of (almond or peanut butter) / \*nuts (optional)



- ❖ Ice Cream (ask us about our flavor) - \$5 / \$7.50 / \$10  
\*Banana Split - \$12 choice of ice cream or acai topped w/ whip cream, chocolate syrup, peanut butter, chocolate chips & coconut shreds



## DAILY SPECIALS

**Mondays:** When You Spend \$13 or More, Get a Signature Salad or Wrap for **HALF OFF**

\*\*Use Promo Code: 'Mondayonly' online\*\*

**Tuesdays:** Mushroom Gyros : a portobello & oyster 'meat', almond yogurt tzaziki sauce, almond feta 'cheese', tomatoes, cucumbers, lettuce, olives & onions served on a whole wheat pita or in a wrap w/ baked garlic  
\*contains gluten & almond  
\*gluten-free option is a salad / oil-free / salad does not come w/ fries

**Wednesdays:** Cauliflower Wings!

-House-made teriyaki cauliflower, brown rice & steamed broccoli / \*soy & sesame  
-Buffalo Cauliflower with romaine lettuce, brown rice, pickles, carrots, tomatoes, cabbage & cashew sauce / \*cashew (optional)



**Thursdays:** Loaded Nachos or Fries : topped w/ a lentil walnut 'meat', potato & carrot 'cheese' sauce, pinto beans, pico de gallo, shiitake 'bacon', avocado mash & chipotle aioli sauce  
\*oil-free upon request



**Fridays:** Taco's : 3 for \$13 or \$4.50 each

-Shredded Jackfruit w/ cabbage slaw & chipotle aioli  
-Lentil Walnut w/ pico de gallo, lettuce, avocado mash, chipotle aioli & crushed tortilla chips \*walnuts  
-Bean & 'Cheese' w/ brown rice, lettuce, avocado mash, chipotle aioli & mooliss cheese  
\*oil-free upon request



**Saturdays:** Hot Dogs, Lobster Rolls & Breakfast Plates

**The OG Dog :** A carrot marinated & cooked to perfection topped w/ avocado mash, sauerkraut, pico de gallo, dijon mustard, ketchup & chipotle aioli

**-Korean Kimchi Dog :** A carrot marinated & cooked to perfection topped w/ sautéed onions, melted "cheese", cabbage slaw, sauerkraut, kimchi, chipotle aioli & ketchup

\*gluten-free option upon request / oil-free upon request

**-Lobster Roll :** Hearts of palm 'Lobster' served in a bun

\*lettuce leaf bun option

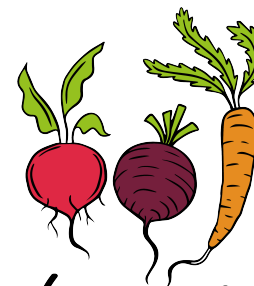
**-Breakfast Plates-** Tofu Scramble Burrito, Quesadilla & Nachos

**Seasonal Weekly Soup Special:** Call or Check Online

## ABOUT US

Our mission is to share our passion for good tasting, healthy, plant-based meals with everyone & to be a healthy food option within our community

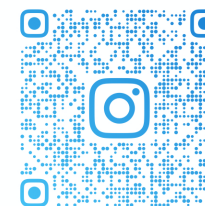
Peace & Love,  
Samuel & Dina



# Rock n Roots

469 Willis Avenue  
Williston Park, N.Y. 11596

Hours:  
Monday-Friday: 10am- 6pm  
Saturday: 11:30-3:30  
Sunday: Closed



ROCKNROOTS.VEGAN.EATERY

516-385-4889

ROCKNROOTSEATERY@GMAIL.COM

WWW.ROCKNROOTSEATERY.COM

**\*\*PLEASE NOTIFY US OF ANY ALLERGIES\*\***

*We will do our best to accommodate any requests.*

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EVERYTHING IS 100% VEGAN

## MORNING SNACKS

- ❖ **Cup of Granola** \$8.50  
House-made granola topped w/ chia, hemp seeds, coconut shreds, strawberries, blueberries, oat milk & a choice of almond or peanut butter  
\*contains tree-nuts 
- ❖ **Cup of Warm Oats** \$7.75  
topped w/ chia, hemp seeds, coconut shreds, strawberries, blueberries, hot water & a choice of almond or peanut butter  
\*contains tree-nuts (optional)   

- ❖ **Avocado Toast** \$10.00  
Two slices of toast topped with mashed avocado, lemon, pink salt, hemp seeds, red chili flakes & pico de gallo 
- ❖ **Chia Pudding** \$9  
Made with cashews, dates, cinnamon, chia & water topped with strawberries, blueberries, bananas, hemp granola & coconut shreds  
\*contains cashews & almonds (optional) 

## SUSHI

All rolls served on nori with wild rice with a side of tamari & ginger slices  
Add Kimchi +(\$1.50) / Rolled inside out +(.50)



- ❖ **Avocado Mash Roll** \$10  
Avocado mash, hemp seeds, shredded carrots & cucumber topped w/ a drizzle of chipotle aioli  
\*oil-free upon request 
- ❖ **Spicy Chickpea Roll** \$10  
Chickpea tuna, shredded carrots & cucumbers w/ a drizzle of sriracha \*oil-free / \*sesame 
- ❖ **Smokey Rainbow Roll** \$13  
Avocado mash, kimchi, shredded carrots & beets, cucumbers, smoked shiitake mushrooms w/ cashew sauce \*cashews (optional) 
- ❖ **Sweet 'n' Spicy BBQ Roll** \$12  
BBQ shredded jackfruit w/ tomatoes, onions, jalapeños, sweet chili sauce & chipotle aioli  
\*oil-free upon request 
- ❖ **Lobster Roll** \$13  
Hearts of palm "lobster", avocado mash, kimchi, carrots, cucumbers w/ teriyaki sauce 



## WRAPS OR SALADS

Any of these signature items can be made into your choice of a wrap or salad \*wraps contain gluten / \*gluten-free as a salad

- ❖ **The Burrito** \$12.50 / \$13.50  
Choice of brown rice or quinoa, pinto beans, pico de gallo, romaine lettuce, cheez & avocado mash w/ chipotle aioli  
\*oil-free option upon request  
add ons: just egg +(\$2.50) tempeh bacon +(\$2)  
Burrito Bowl Option: \$14
- ❖ **Chickpea 'Tuna'** \$12.50 / \$13.50  
Chickpea tuna, carrots, cranberries, tomatoes, kale & dijonaise dressing \*sesame / \*oil-free option upon request 
- ❖ **Rock n Roots Salad** \$12.50 / \$13.50  
Zoodles, baby kale, carrots, beets, hemp seeds, onions, avocado mash, crushed peanuts & baked tofu in a house-made ginger miso dressing \*soy & sesame / \*oil-free
- ❖ **Smokey 'Shrooms** \$13.50 / \$14.50  
Smoked shiitake mushrooms, baby spinach & kale, cucumbers, tomatoes, carrots in a house-made cashew dressing / \*cashews
- ❖ **Quesadilla** \$13  
Choice of brown rice or quinoa, pinto beans, avocado mash, mooliss cheese inside a whole wheat crispy tortilla topped w/ pico de gallo, avocado mash, cashew cream & chipotle aioli  
\*gluten & cashews (optional) 

## PANINIS

All served in a whole wheat panini  
Add: violife cheese +(\$2), avocado mash +(\$1.50) or shiitake bacon +(\$3)

- ❖ **Rock n Roots Panini** \$14  
Shredded carrots & beets, cucumbers, tomatoes, onions, lettuce, olives, avocado mash, hemp seeds, cheez & dijonaise sauce  
\*gluten 
- ❖ **Bakon, Egg & Cheez** \$14  
Just Egg patty, tomato, lettuce, cheez, tempeh bacon, chipotle aioli & ketchup  
\*gluten 
- ❖ **BLAT** \$14  
Tempeh bacon, lettuce, avocado mash & tomato w/ veganaise  
\*soy & gluten/ \*gluten-free option: \$9.25/ oil-free upon request

## PANINIS

- ❖ **Eggcellent Eggplant** \$14  
Breaded & baked eggplant topped w/ house-made marinara lettuce, tomato, jalapeños, cheez & veganaise  \*gluten
- ❖ **Jackfruit** \$14  
BBQ shredded jackfruit, tomato, onion, jalapeños, cheez w/ chipotle aioli  
\*gluten-free: \$9.50 | Bowl: \$14.50 | Quesadilla: \$15 
- ❖ **Hearty Pesto** \$14  
Hearts of Palm tossed in our house-made spinach pesto w/ tomato, lettuce, veganaise, cheez & jalapeños  
\*gluten-free: \$9.25 
- ❖ **Deli Sandwich** \$14  
Sliced Tofurkey with lettuce, tomato, onions, pickles, cheez, avocado mash & veganaise  
\*soy & gluten

## BURGERS





All served on a brioche bun with violife cheese, lettuce, tomato, onion, avocado mash & chipotle aioli w/ a handful of our signature baked garlic fries

- ❖ **Portobello Pesto** \$16  
w/ lettuce, tomato, grilled onions, cheese & pesto aioli  
\*GF patty / \*GF & soy-free bun +(\$2) / Sprouted Bun +(\$1.50)
- ❖ **Sweet Bean Burger** \$15  
House-made sweet potato, pinto bean, quinoa & oat patty  
\*gluten-free patty / soy-free patty / oil-free patty  
\*GF & soy-free bun +(\$2) / Sprouted Bun +(\$1.50) 
- ❖ **'Shroom Burger** \$16  
House-made portobello, cremini, oyster mushroom, oat & pinto bean patty  
\*gluten-free patty / soy-free patty / oil-free patty  
\*GF & soy-free bun +(\$2) / Sprouted Bun +(\$1.50) 

## COMBOS

Combo 1 \* Combo 2 \* Combo 3  
1/2 Salad & Soup / 1/2 Panini & Soup / 1/2 Panini & 1/2 Salad

## SIDES

- \***House Salad-** \$8   
a mix of kale & spinach with tomatoes, cucumbers & onions w/ a ginger-tahini miso dressing
- \***Baked Garlic Fries-** SM \$5.99 / LG \$9.99   
served w/ Chipotle Aioli dipping sauce
- \***Cheez Fries-** \$14   
Baked garlic fries topped w/ melted cheez, smoked tempeh, pinto beans, chopped kale, jalapeños & chipotle aioli sauce  \*soy
- \***PB & Banana Sandwich-** Peanut Butter, Banana & Agave \$7 