



EST 2024

ROOTED KITCHEN

A VEGAN ORGANIC ORIGINAL



ROOTED-KITCHEN.WEB.APP



@ROOTEDKITCHEN07

APPETIZERS

AVOCADO HUMMUS & VEGGIE PLATTER - 8.99

AVOCADO, CHICKPEAS, TAHINI, GARLIC, OLIVE OIL, LEMON JUICE, ASSORTED RAW VEGETABLES (CARROTS, CUCUMBERS, BELL PEPPERS)

SWEET POTATO WEDGES WITH COCONUT LIME DIP - 8.99

SWEET POTATOES, OLIVE OIL, PAPRIKA, SEA SALT, COCONUT CREAM, LIME JUICE, CILANTRO

STUFFED MUSHROOMS - 9.99

PORTOBELLO MUSHROOMS, SPINACH, VEGAN CREAM CHEESE, GARLIC, BREADCRUMBS, NUTRITIONAL YEAST

ROASTED BEET CARPACCIO - 7.99

BEETS, ARUGULA, VEGAN FETA, WALNUTS, BALSAMIC GLAZE

CRISPY CAULIFLOWER BITES - 6.99

CAULIFLOWER, CHICKPEA FLOUR, HOT SAUCE, ALMOND MILK, PAPRIKA, GARLIC POWDER

- FRESH
- VEGAN
- NUTRITIOUS



FAN FAVORITE FROM OUR EMPLOYEES



APPS STARTING AT

\$6.99



GREEN GODDESS - 7.99

SPINACH, BANANA, ALMOND MILK, CHIA SEEDS, MANGO
CHUNKS, MAPLE SYRUP

BERRY BLAST - 8.99

MIXED BERRIES, BANANA, ALMOND MILK,
AGAVE SYRUP

TROPICAL SUNRISE - 7.99

PINEAPPLE CHUNKS, ORANGE JUICE, ALMOND MILK,
FLAXSEEDS

CHOCOLATE ALMOND - 8.99

ALMOND MILK, CACAO POWDER, FROZEN BANANA,
PEANUT BUTTER

STRAWBERRY BANANA - 6.99

STRAWBERRIES, BANANA, ALMOND MILK,
VANILLA EXTRACT, MAPLE SYRUP

MANGO LASSI - 7.99

MANGO CHUNKS, COCONUT YOGURT, ALMOND MILK,
CARDAMOM, AGAVE SYRUP

SMOOTHIES



MAIN DISHES

QUINOA & SPINACH POWER BOWL - 14.99

QUINOA, SPINACH, ROASTED SWEET POTATOES,
CHICKPEAS, AVOCADO, TAHINI DRESSING

VEGAN MUSHROOM STROGANOFF - 15.99

MUSHROOMS, COCONUT MILK, ONIONS, GARLIC,
THYME, PASTA

EGGPLANT PARMESAN - 16.99

EGGPLANT, TOMATOES, MARINARA SAUCE, VEGAN
MOZZARELLA, BREADCRUMBS, BASIL



LENTIL & VEGGIE SHEPHERD'S PIE - 15.99

LENTILS, CARROTS, PEAS, MASHED POTATOES,
GARLIC, THYME

TOFU PAD THAI - 15.99

RICE NOODLES, TOFU, TAMARIND SAUCE, PEANUT
BUTTER, LIME, CRUSHED PEANUTS, GREEN ONIONS

SWEET POTATO & BLACK BEAN ENCHILADAS - 14.99

SWEET POTATOES, BLACK BEANS, CORN TORTILLAS, ENCHILADA
SAUCE, VEGAN CHEDDAR

VEGAN BUDDHA BOWL - 14.99

BROWN RICE, ROASTED CHICKPEAS, AVOCADO,
RED CABBAGE, CARROT RIBBONS, MISO-GINGER
DRESSING

BUTTERNUT SQUASH RISOTTO - 15.99

ARBORIO RICE, BUTTERNUT SQUASH, VEGETABLE
BROTH, WHITE WINE, THYME

VEGETARIAN LASAGNA - 16.99

LASAGNA NOODLES, SPINACH, RICOTTA,
MARINARA, MOZZARELLA

GRILLED PORTOBELLO BURGER - 13.99

PORTOBELLO MUSHROOM, WHOLE-GRAIN BUN,
LETTUCE, TOMATO, AVOCADO, VEGAN AIOLI



- PROTEIN
- CARBS
- FIBER

DESSERT

VEGAN CHOCOLATE AVOCADO MOUSSE - 8.99

AVOCADO, CACAO POWDER, MAPLE SYRUP, VANILLA
EXTRACT, ALMOND MILK, BERRIES

BANANA PUDDING - 6.99

SUGAR, VEGAN BUTTER, VEGAN WHIPPING CREAM,
SWEETENED CONDENSED COCONUT MILK

BANANA ICE CREAM WITH ALMOND CRUMBLE - 7.99

FROZEN BANANAS, ALMOND BUTTER, CRUSHED ALMONDS,
CINNAMON

CHIA SEED PUDDING - 6.99

CHIA SEEDS, ALMOND MILK, MAPLE SYRUP, VANILLA,
KIWIS, BLUEBERRIES



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