

ROOTS KITCHEN CATERING MENU

SANDWICH PLATTERS

choose at least 6 of your favorite roots sandwiches. they are packed in large recyclable boxes. all sandwiches are whole and are cut into halves or fours. **all sandwiches are served cold. all ingredients are gluten free.** your choice of sourdough or organic whole wheat bread. gluten free bread available \$1.00 per sandwich
ALL INGREDIENTS ARE EITHER NON-GMO. ORGANIC. OR SOURCED FROM SUSTAINABLE LOCAL FARMS.

Turkey

turkey, lettuce, tomato, avocado, provolone, rockin roots ranch 11

California Chicken Salad

our house made chicken salad is mixed with (non-gmo mayo, raw pecans, red grapes, onions, celery, and poppy seeds), mixed greens, cucumber, tomato 11

Roast Beef

Grass-fed top round crusted with garlic and spices and slow roasted. lettuce, tomato, pickled red onions, local cheddar, roast garlic and horseradish aioli 12

Grilled Chicken Pesto

pasture raised chicken breast, roasted red, tomatoes, dairy & nut free basil pesto aioli, mixed greens, provolone cheese 11

Tuna

line caught tuna, non-gmo mayo, capers, lemon zest, tomato, mixed greens 9

Beetnik

sliced roasted beets, goat cheese, mixed green, aged balsamic 9

Veggie Beet Hummus

Mixed greens, cucumbers, carrots, kale, avocado, tomato, beet hummus 10
vegan

Caprese Marinated

tomatoes, mozzarella, nut & dairy free pesto, mixed greens, red onion, aged balsamic 11

Vegetarian Hypocrite

bacon, cheddar cheese, tomato, shredded carrots, cucumbers, honey mustard 11

BLT or TLT(vegan)

Local Nitrate Free Bacon & non-gmo mayo or Tempeh & Vegenaise both with mixed greens, tomato 10

SUPER FAST BUNDLE SANDWICH PLATTERS

super fast bundle includes: roots selection of 6 sandwiches on assorted bread. 6 pickle spears. 6 bags of chips + 6 cookies. Bundles are designed for fast ordering. We do not offer any customization, holds or substitutions on these bundles. Add \$9 to any bundle to make it gluten free (bread & cookies). packed in a recyclable box + napkins

Omnivore Box (2 meat, 2 vegan, 2 vegetarian) 80

Carnivore Box (all meat. poultry. + fish) 80

Vegetarian Box (veg. dairy + cheese) 75

Vegan Box (100% no animal products) 75

SALAD BOWLS

large bowls serves 4-6 : served with our house or locally made dressings on the side + eco-utensils + napkins provided
add protein: pasture raised chicken 15. grass-fed steak 20. California chicken salad 13. tuna salad 11. marinated organic tofu 10 or tempeh 10

Garden Salad

mixed greens, carrot, beet, cucumber, pickled red onion, cherry tom, citrus-mint dressing **vegan**
25

Roots Cobb

mixed greens, pasture raised grilled chicken breast, avocado, nitrate-free bacon, tomatoes, great hill blue cheese, farm egg, rockin roots ranch
35

Kees' Kale Vegan Caesar.

Charlie's Red House Kale, gluten-free croutons, dairy-free caesar dressing, tomatoes, tempeh bacon. **vegan**
30

HOT BOWLS

hot bowls are served in compostable reheatable half pans. eco-utensils + napkins provided. serves approx. 4-8 people
all bowls are vegetarian. however you can add protein to any bowl:

Pasture Raised Chicken 15. Grass-fed Steak 20. organic marinated tofu 10. or plain organic tempeh 10

Dragon

quinoa, mixed greens, ginger gf tamari baked tofu, cucumbers, cabbage, cashew curry dressing 35 (GF.)

Quinoa

quinoa, seasoned black beans, cheddar cheese, avocado, pico de roots, salsa verde, local gluten free Mia Tierra corn tortilla strips 35 (GF.)

Soba

soba noodles, kale, carrot, cabbage, cucumbers, organic edamame, marinated mushrooms, sesame seeds, scallions, kimchi, App Naturals ginger-miso sauce 35 (vegan)

Paleo

roasted sweet potatoes, carrots, shredded cabbage, garlic kale, honey mustard dressing 35 (GF)



LOCAL. SUSTAINABLE. ORGANIC.

for all catering orders. call 978.534.7668. or EMAIL. contactus@rootsnaturalfoods.com
roots natural foods. market. kitchen. juice bar. 100 crawford st. leominster. ma 01453

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BOX LUNCHES

Choose Your Individual Sandwich Boxes! Perfect for any event!

Bread Choices: sourdough or organic whole wheat: gluten free bread available for \$1 extra per box. lunch boxes contain a whole sandwich. Grillo's pickle spear. locally baked cookie + a bag of non-gmo chips

ALL INGREDIENTS ARE EITHER NON-GMO. ORGANIC. OR SOURCED FROM SUSTAINABLE LOCAL VENDORS

Turkey

turkey, lettuce, tomato, avocado, provolone, rockin roots ranch
13.50

California Chicken Salad

our housemade chicken salad is mixed with (non-gmo mayo, raw pecans, red grapes, onions, celery, and poppy seeds), mixed greens, cucumber, tomato
13.50

Roast Beef

Grass-fed top round crusted with garlic and spices and slow roasted. lettuce, tomato, pickled red onions, local cheddar, roast garlic and horseradish aioli 14.50

Grilled Chicken Pesto

pasture raised chicken breast, roasted red, tomatoes, dairy & nut free basil pesto aioli, mixed greens, provolone cheese 13.50

Tuna

line caught tuna, non-g mo mayo, capers, lemon zest, tomato, mixed greens
11.50

Beetnik

sliced roasted beets, goat cheese, mixed green, aged balsamic
11.50

Veggie Hummus

Mixed greens, cucumbers, carrots, kale, avocado, tomato, beet hummus
12.50 vegan

Caprese Marinated

tomatoes, mozzarella, nut & dairy free pesto, mixed greens, red onion, aged balsamic
13.50

Vegetarian Hypocrite

bacon, cheddar cheese, tomato, shredded carrots, cucumbers, local honey mustard
13.50

BLT or TLT(vegan)

Local Nitrate Free Bacon & non-gmo mayo or Tempeh & Vegenaise. mixed greens, tomato
12.50

ROOTS SPECIALTY PLATTERS

Local & Specialty Cheese + Fruit Platter

an assortment cheese and fruit with crackers
medium 55 large 70

Organic Fruit Platter

a variety of fresh organic fruit
medium 50 large 65

Organic Vegetable Platter

medium 40 large 55

Mediterranean Roasted Veggie Platter

org roasted veggies. dolmas. hummus. crackers
medium 50 Large 65

SNACKS. SIDES . DRINKS

add specialty drinks. snacks + sides to make your lunch complete!

SNACKS + SIDES

grillo's pickles

a container of dill pickles made in boston serves 9
15 (V.GF)

potato chips

non-gmo individual bags
1 (V.GF)

roots raw kale salad

organic kale salad with a braggs amino dressing
1 lb
13 (V.GF)

organic fruit

seasonal organic fruit
1.50ea

DRINKS

organic seasonal coolers + ice tea growler

organic fruit coolers + organic Tea.
1/2 gallon glass growler 12

roots juice bar organic smoothies + juice

choice of smoothie or juice
1/2 gallon glass growler 29

Summit Maine Spring Water

free flowing Maine spring water
16.9oz 1.20ea

kombucha growler

choose ginger or berry local Katalyst Kombucha
1/2 gallon glass growler 14

HOT BEVERAGES

hot coffee + hot tea totes

jims organic coffee or organic rishi tea for 12.
includes cups,
creamer + sugar 20

SOUPS

seasonal homemade soup

quarts 14

SWEETS

chocolate chip cookie

locally made 1.50

gluten free cookie

chocolate chip 2

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