

ROOTS KITCHEN + JUICE BAR MENU

SANDWICHES

CHOOSE YOUR BREAD

Traditional: Nashoba Brook Bakery: Sourdough, Whole Wheat or Focaccia

Gluten Free: add \$1

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

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 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

Reuben Niman Ranch Nitrate-free Beef Brisket, local og garlic kraut, swiss cheese, living island dressing 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

Winter Moon Beet Hummus beet hummus with roasted curry cauliflower, mixed greens and carrots 9

Veggie Mixed greens, cucumbers, carrots, kale, avocado, tomato, lemon-dill tahini (contains cashews) 9

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

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

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

SALADS

Add a Protein-

Chicken 3 grassfed Steak 4 or Tempeh 2

Garden Salad. mixed greens, carrot, beet, cucumber, pickled red onion, cherry tom, citrus-mint dressing 8

Kees' Kale Vegan Caesar. Charlies Red House Kale, gluten-free croutons, dairy-free caesar dressing, tomatoes, tempeh bacon. 10

Cobb. Organic Mixed Greens, pasture raised grilled chicken breast, avocado, nitrate-free bacon, tomatoes, great hill blue cheese, farm egg, rockin roots ranch whole 12

SOUPS

daily seasonal soups. cup 4 bowl 6

BOWLS

Add a Protein

Chicken 3 Grassfed Steak 4 or Org Tempeh or Tofu 2

Quinoa. quinoa, seasoned black beans, cheddar cheese, avocado, pico de roots, salsa verde, local gluten free Mia Tierra corn tortilla strips 9

Paleo. roasted sweet potatoes, carrots, shredded cabbage, garlic kale, honey mustard dressing 9

Soba. soba noodles, kale, carrot, cabbage, cucumbers, organic edamame, marinated local mushrooms, sesame seeds, scallions, Real Pickles kimchi, Appalachian Naturals ginger-miso sauce 9

Dragon. quinoa, mixed greens, ginger gf tamari baked tofu, cucumbers, cabbage, cashew curry dressing 9

KIDS MENU

Grilled Cheese choice of bread & cheese 6

Grilled Cheese & Turkey choice of bread and cheese with house roasted turkey breast 7

ROOTS NATUAL FOODS. KITCHEN + ORGANIC JUICE BAR 100 Crawford St. Leominster, MA 01453 Ph. 978.534.7668

hours mon-wed & sat 10-6pm thurs & fri 10-7pm

WHEN POSSIBLE ALL Kitchen INGREDIENTS ARE EITHER NON-GMO. ORGANIC. OR SOURCED FROM SUSTAINABLE LOCAL FARMS.

Roots Juice bar is 100% ORGANIC! FIND US ON FACEBOOK!