

# 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!