



USE FOOD

*Please text us any feedback
you have to (347) 766-8799.
We'd love to hear from you!*

 @rootsnk



TO GO MENU

Kids Eat Free

1329 West Main Street
Charlottesville, VA
(434) 529-6229

SIGNATURE BOWLS

Feel free to make changes or substitutions. Some changes may come at an additional cost.

*Allergy information on next page.



SALAD BOWLS



GRAIN BOWLS

MAYWEATHER

\$9.35

Primary Base: Kale

Secondary Base: Bulgur

Ingredients: Roasted Sweet Potatoes, Roasted Beets, Red Onions, Goat Cheese, Avocado

Dressing: Lemon Tahini & Pesto Vinaigrette

From the Grill: Chicken

PESTO CAESAR

\$8.65

Primary Base: Kale

Secondary Base: Bulgur

Ingredients: Grape Tomatoes, Pita Chips, Lime-Pickled Onions, Shaved Parmesan

Dressing: Pesto Vinaigrette & Caesar

From the Grill: Chicken

Kick it up with a shot of sriracha!

CORNER COBB

\$9.50

Primary Base: Arcadian Mix

Secondary Base: Kale & Roots Rice

Ingredients: Roasted Sweet Potatoes, Charred Corn, Red Onions, Cucumbers, Avocado, Hard Boiled Egg

Dressing: Greek Feta

From the Grill: Chicken

TAMARI

\$9.35

Primary Base: Brown Rice & Kale

Ingredients: Roasted Broccoli, Red Onion, Carrots, Pickled Jalapeños, Red Cabbage, Toasted Almonds

Dressing: Miso Ginger

From the Grill: Red Chili Miso Tofu

EL JEFE

\$9.50

Primary Base: Brown Rice

Secondary Base: Kale

Ingredients: Black Beans, Charred Corn, Red Onions, Avocado, Pita Chips, Feta

Dressing: Cilantro Lime

From the Grill: Chicken

Make it "the works" with a squeeze of fresh lime and Tabasco!

ROOTS BOWL

\$8.00

Primary Base: Roots Rice

Secondary Base: Spinach

Ingredients: Roasted Sweet Potatoes X2, Pita Chips, Red Onions, Goat Cheese, Dried Cranberries

Dressing: Lemon Tahini

Ask for it with a splash of red wine vinegar!

THE APOLLO

\$9.00

Primary Base: Brown Rice

Secondary Base: Spinach

Ingredients: Chickpeas, Cucumbers, Grape Tomatoes, Red Onion, Pita Chips, Feta

Dressing: Lemon Za'atar

From the Grill: Chicken

THE SOUTHERN

\$8.50

Primary Base: Roots Rice

Secondary Base: Kale

Ingredients: Chickpeas, Roasted Broccoli, Charred Corn, Lime-Pickled Onions, Cheddar

Dressing: Lemon Tahini

From the Grill: BBQ Tofu

MAD BOWL

\$8.50

Primary Base: Brown Rice

Secondary Base: Spinach

Ingredients: Cannellini Beans, Roasted Broccoli, Red Onions, Grape Tomatoes, Cucumbers, Shaved Parmesan

Dressing: Basil Balsamic & Pesto Vinaigrette

From the Grill: Mushrooms

CREATE YOUR OWN

Contains Gluten Dairy Sesame Premium Ingredient Not Vegan
Grill item determines starting price.

1 BUILD YOUR BASE

What base or combination of bases would you like? We can make it however you want!

GRAINS

Brown Rice
Roots Rice
Bulgur

LETTUCES

Kale
Arcadian Mix
Spinach (+0.35)

2 ADD YOUR INGREDIENTS

5 ingredients are included. Premium ingredients count as 2. Additional ingredients beyond 5 are \$.35 each.

Beans

Black Beans
Cannellini Beans
Chickpeas

Roasted

Sweet Potatoes
Beets
Broccoli

Prepped

Lime-Pickled Onions
Hard Boiled Egg
Toasted Almonds
Pickled Jalapeños

Dried Cranberries
Charred Corn
Pita Chips
Carrots

Raw

Red Onion
Avocado (counts as 3)
Cucumber
Grape Tomato
Red Cabbage

Cheese

Cheddar
Feta
Parmesan
Goat Cheese

3 SELECT YOUR DRESSING

We'll add the standard amount, but let us know if you want us to adjust!

Cilantro Lime
Basil Balsamic
E.V. Olive Oil
Lemon Tahini
Miso Ginger
Lemon Za'atar
Red Wine Vinegar
Pesto Vinaigrette
Greek Feta
Caesar

No extra charge!
Add some swagger to your bowl:

Chipotle Tabasco
Sriracha
Salt & Pepper
Lime Squeeze
Lemon Squeeze

4 CHOOSE YOUR ITEM FROM THE GRILL

Can't decide? You can do half and half of 2 items.



Chicken
BBQ Tofu
Red Chili Miso Tofu
Mushroom
Veggie

You can also add a full serving of a second item.

\$9.00 +\$1.85
\$8.75 +\$1.45
\$8.75 +\$1.45
\$8.75 +\$1.45
\$7.65