



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

129 East Main Street
Newark, DE
(302) 273-2620

SIGNATURE BOWLS

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

*Allergy information on next page.

MAYWEATHER \$9.50

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 \$9.00

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!

LIL BOB COBB \$9.85

Primary Base: Arcadian Mix
Secondary Base: Kale & Roots Rice
Ingredients: Roasted Sweet Potatoes, Charred Corn, Red Onions, Red Cabbage, Cucumbers, Avocado, Hard Boiled Egg
Dressing: Greek Feta
From the Grill: Chicken

TAMARI \$9.85

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

LOLA \$8.85

Primary Base: Brown Rice
Secondary Base: Spinach
Ingredients: Cannellini Beans, Roasted Broccoli, Cucumbers, Grape Tomatoes, Red Onions, Shaved Parmesan
Dressing: Pesto Vinaigrette & Basil Balsamic
From the Grill: Mushrooms



SALAD BOWLS



GRAIN BOWLS

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 \$8.35

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 \$9.25

Primary Base: Brown Rice
Secondary Base: Spinach
Ingredients: Chickpeas, Cucumbers, Grape Tomatoes, Red Onions, Pita Chips, Feta
Dressing: Lemon Za'atar
From the Grill: Chicken

THE SOUTHERN \$8.65

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

THE BALBOA \$9.85

Primary Base: Brown Rice
Ingredients: Roasted Sweet Potatoes, Charred Corn, Avocado, Pita Chips, Feta, Lime-Pickled Onions
Dressing: Lemon Tahini, Caesar, & Frank's Red Hot
From the Grill: Chicken X1.5

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
 Dried Cranberries

Charred Corn
 Pita Chips
 Picked Jalapeños
 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
 Frank's Red Hot
 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.

\$9.25	+	\$1.85
\$8.85	+	\$1.25
\$8.85	+	\$1.25
\$8.85	+	\$1.25
\$8.00		