



**USE FOOD**

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

 @rootsnk



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# TO GO MENU

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**Kids Eat Free**

3610 Forbes Ave  
Pittsburgh, PA 15213  
(412) 904-3190

# 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 \$8.90

**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 \$9.15

**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 \$9.15

**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

## MAD BOWL \$8.75

**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



### SALAD BOWLS



### GRAIN BOWLS

## EL JEFE \$9.75

**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 \$8.15

**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 \$9.15

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

## THE SOUTHERN \$8.85

**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 \$10.25

**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.

### Prepped

Lime-Pickled Onions  
 Hard Boiled Egg   
 Toasted Almonds   
 Pickled Jalapeños

Dried Cranberries  
 Charred Corn  
 Pita Chips   
 Carrots

### Beans

Black Beans  
 Cannellini Beans  
 Chickpeas

### Roasted

Sweet Potatoes  
 Beets  
 Broccoli

### 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.**

\$9.25	+	\$1.85
\$8.85	+	\$1.45
\$8.85	+	\$1.45
\$8.85	+	\$1.45
\$8.00		