



USE FOOD

Please email us any feedback you
have to feedback@rootsnk.com
We'd love to hear from you!

 @rootsnk



M E N U



Skip the line by using our
"Rootsnk" app for **pickup orders**



Or stay where you are by
getting **delivery** via our website

Kids Eat Free

10 E 15 Ave
Columbus, OH 43201
740-573-7050

SIGNATURE BOWLS

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

*Allergy information on next page.

Limited Time Only!

BLAZIN' BLUE \$11.85

It's football season and our newest seasonal bowl is hitting the field. Meet the Blazin' Blue - its got Spicy Buffalo-style chicken or tofu in a grain bowl with all the traditional fixings.

Primary Base: Brown Rice

Secondary Base: Kale

Ingredients: Avocado, Blue Cheese [D], Pita Chips [G], Carrots, Cabbage, Raw Celery

Dressing: House Vinaigrette

Grill: Buffalo Chicken

Vegetarian: Ask for Buffalo Tofu [S]

MAYWEATHER \$11.65

Primary Base: Kale

Secondary Base: Bulgur [G]

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

Dressing: Lemon Tahini [S], Pesto Vinaigrette [D]

From the Grill: Chicken

PESTO CAESAR \$10.65

Primary Base: Kale

Secondary Base: Bulgur [G]

Ingredients: Grape Tomatoes, Pita Chips [G], Lime-Pickled Onions, Shaved Parmesan [D]

Dressing: Pesto Vinaigrette [D], Caesar [D,F]

From the Grill: Chicken

Kick it up with a shot of sriracha!

CORNER COBB \$11.00

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 [D]

From the Grill: Chicken

TAMARI \$11.15

Primary Base: Brown Rice & Kale

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

Dressing: Miso Ginger [S]

From the Grill: Red Chili Miso Tofu [S]



SEASONAL
BOWLS



SALAD
BOWLS



GRAIN
BOWLS

EL JEFE \$11.50

Primary Base: Brown Rice

Secondary Base: Kale

Ingredients: Black Beans, Charred Corn, Red Onions, Avocado, Pita Chips [G], Feta [D]

Dressing: Cilantro Lime

From the Grill: Chicken

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

ROOTS BOWL \$10.45

Primary Base: Roots Rice

Secondary Base: Spinach

Ingredients: Roasted Sweet Potatoes X2, Pita Chips [G], Red Onions, Goat Cheese [D], Dried Cranberries

Dressing: Lemon Tahini [S]

Ask for it with a splash of red wine vinegar!

THE APOLLO \$11.15

Primary Base: Brown Rice

Secondary Base: Spinach

Ingredients: Chickpeas, Cucumbers, Feta [D], Grape Tomatoes, Red Onion, Pita Chips [G]

Dressing: Lemon Za'atar

From the Grill: Chicken

THE SOUTHERN \$11.00

Primary Base: Roots Rice

Secondary Base: Kale

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

Dressing: Lemon Tahini [S]

From the Grill: BBQ Tofu [S]

THE BALBOA \$12.35

Primary Base: Brown Rice

Ingredients: Roasted Sweet Potatoes, Charred Corn, Avocado, Pita Chips [G], Feta [D], Lime-Pickled Onions

Dressing: Lemon Tahini [S], Caesar [D,F], Frank's Red Hot

From the Grill: Chicken X1.5

MAD BOWL \$10.50

Primary Base: Brown Rice

Secondary Base: Spinach

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

Dressing: Basil Balsamic, Pesto Vinaigrette [D]

From the Grill: Mushrooms

CREATE YOUR OWN

Contains Gluten [G] Dairy [D] Soy [S] Contains Fish [F]

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 [G]

LETTUCES

Kale
Arcadian Mix
Spinach

2 ADD YOUR INGREDIENTS

5 ingredients are included. Additional ingredients beyond 5 are \$.45 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 [G]
Picked Jalapeños
Carrots

Raw

Red Onion
Avocado (+\$.125)
Cucumber
Grape Tomato
Red Cabbage

Cheese

Cheddar [D]
Feta [D]
Parmesan [D]
Goat Cheese [D] (+\$.85)

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 [S]
Miso Ginger [S]
Lemon Za'atar
Red Wine Vinegar
Pesto Vinaigrette [D]
Greek Feta [D]
Caesar [D,F]

*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 [S]
Red Chili Miso Tofu [S]
Mushroom
Veggie

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

\$11.25	+	\$1.85
\$10.85	+	\$1.45
\$10.85	+	\$1.45
\$10.85	+	\$1.45
\$9.40		