

SIGNATURE BOWLS

Want to flip the bases, make it vegan, add sweets or double the chicken? **Go for it! Just let us know.**



Limited Time



Salads



Grain Bowls

THE ASTRA ⚡ Limited Time Only! ⚡

A fusion so fresh, it'll send you into orbit! Brown Rice, Kale and **Shaved Brussels Sprouts** with Roasted Broccoli, Cucumbers, Avocado, Lime-Pickled Onions, and **Sriracha Peas** [G]

🥄 Featuring our **Green Goddess Dressing** [S]

🔪 Topped with **Garlic Herb Chicken!**

🌱 Substitute Chimichurri Mushrooms

PESTO CAESAR ☯️

Kale with Bulgur [G], Tomatoes, Pita Chips [G], Lime-Pickled Onions, Shaved Parmesan

🥄 Pesto Vinaigrette [D] & Caesar [D,F]

🔪 Chicken

Kick it up with a shot of Sriracha!

EL JEFE ☯️

Brown Rice with Kale, Black Beans, Charred Corn, Red Onions, Avocado, Pita Chips [G], Feta [D]

🥄 Cilantro Lime

🔪 Chicken

Ask for it with 'the works'!

MAYWEATHER

Kale with Bulgur [G], Roasted Sweet Potatoes, Roasted Beets, Red Onions, Goat Cheese [D], Avocado

🥄 Lemon Tahini [S], Pesto Vinaigrette [D],

🔪 Chicken

THE BALBOA

Brown Rice with Roasted Sweet Potatoes, Charred Corn, Avocado, Pita Chips [G], Feta [D], Lime-Pickled Onions

🥄 Lemon Tahini [S], Caesar [D,F] & Frank's Red Hot

🔪 Chicken X 1.5

'CORNER COBB

Arcadian Mix with Kale & Roots Rice, Roasted Sweet Potatoes, Charred Corn, Red Onions, Cucumbers, Avocado, Hard Boiled Egg [E]

🥄 Greek Feta [D]

🔪 Chicken

THE APOLLO

Brown Rice with Spinach, Chickpeas, Cucumbers, Feta [D], Tomatoes, Red Onions, Pita Chips [G]

🥄 Lemon Za'atar

🔪 Chicken

TAMARI

Brown Rice with Kale, Roasted Broccoli, Red Onion, Carrots, Pickled Jalapeños, Red Cabbage, Toasted Almonds [N]

🥄 Miso Ginger [S]

🔪 Red Chili Miso Tofu [S]

THE SOUTHERN

Roots Rice with Kale, Chickpeas, Roasted Broccoli, Charred Corn, Lime-Pickled Onions, Cheddar [D]

🥄 Lemon Tahini [S]

🔪 BBQ Tofu [S]

ROOTS BOWL

Roots Rice with Spinach, Roasted Sweet Potatoes X2, Pita Chips [G], Red Onions, Goat Cheese [D], Dried Cranberries

🥄 Lemon Tahini [S]

🔪 (No Grill Item Included)

Ask for it with a splash of red wine vinegar!

MAD BOWL

Brown Rice with Spinach, Cannellini Beans, Roasted Broccoli, Cucumbers, Grape Tomatoes, Red Onions, Shaved Parmesan [D]

🥄 Pesto Vinaigrette [D] & Basil Balsamic

🔪 Chimichurri Mushrooms

CREATE YOUR OWN

1 BUILD YOUR BASE

We recommend choosing 1 primary base and 1 secondary base.

Grains

Brown Rice
Roots Rice
Bulgur [G]

Lettuces

Kale
Arcadian Mix
Spinach
Shaved Brussel Sprouts ⚡

2 ADD YOUR INGREDIENTS

5 ingredients are included. Additional are .60 each unless specified otherwise.

Roasted

Roasted Sweet Potatoes
Roasted Beets
Roasted Broccoli

Beans

Cannellini Beans
Black Beans
Chickpeas

Cheeses

Feta [D]
Parmesan [D]
Goat Cheese [D] (+\$1.25)
White Cheddar [D]

And More!

Charred Corn
Cucumbers
Grape Tomatoes
Red Onions
Pita Chips [G]
Avocado (+\$1.85)
Lime-Pickled Onions
Pickled Carrots
Purple Cabbage
Pickled Jalapeños
Dried Cranberries
Hard-Boiled Egg [E]
Toasted Almonds [N]
Sriracha Peas [G] ⚡

3 CHOOSE YOUR DRESSING(S)



All our dressings are made daily in house! Dressings without dairy [D] are vegan.

House-Made Dressings

Cilantro Lime
Lemon Tahini [S]
Caesar [D] [F]
Pesto Vinaigrette [D]
Basil Balsamic
Greek Feta [D]
Lemon Za'atar
Miso Ginger [S]
Green Goddess [S] ⚡

Citrus & Spice!

Chipotle Tabasco
Sriracha
Frank's Red Hot
Lime Squeeze
Lemon Squeeze

The Basics

Olive Oil
Red Wine Vinegar

4 CHOOSE YOUR GRILL ITEM(S)



Bowl price includes one grill item serving.

Grilled Options

Adobo Chicken
Garlic Herb Chicken ⚡
BBQ Tofu [S]
Red Chili Miso Tofu [S]
Chimichurri Mushrooms
No Grilled Option

Add Extra

3.00
3.00
2.00
2.00
2.00

☯️ Roots Favorite

⚡ Limited Time Item

Allergens: Gluten [G] Dairy [D] Soy [S] Fish [F] Tree Nuts [N] Egg [E]