



**8705 SHAMROCK ROAD**  
402.915.2544  
www.rootedtablecafe.com  
@rootedtablecafe

**rooted table**  
KITCHEN • JUICERY

**MONDAY TO SATURDAY**  
**8 AM TO 4 PM**



## MORNING

### **SUPERFOOD OATMEAL BOWL** \$13

GF Oats, Coco Sugar, Goji, Chai Spice, Superfood Seed Blend, Bee Pollen, Maple Syrup, Coconut Flakes, Drizzled with Date Syrup, Fresh Fruit, Cacao Nibs

### **COCOA CRUNCH BOWL** \$11.75

Dehydrated Chocolate Almond Granola (GF), Housemade Almond Milk, Fresh Fruit, Brazil Nuts

### **ALL AT ONCE TOAST** \$13.75

GF "Rye" Bread, Housemade Cashew Cream Cheese, All at Once Seasoning, Microgreens



## SAMMIES

\*Choice of sourdough, GF bread (+\$2), lettuce wrap, whole wheat wrap or sprouted wheat

### **AB&J** \$13.5

Almond Butter, Berries, Bananas, Hemp Seeds, Granola Date Syrup, Agave, Toasted Walnuts, GF Cinnamon Walnut Bread (open faced)

### **AVO ITALIANO** \$12.75

Sourdough Bread, Avocado Spread, Housemade Bruschetta, Olives, Capers, Herbed Ricotta Spread, Seeds, & Microgreens (open faced)

### **CHICKPEA EGGY SALAD** \$12

Sourdough Bread, Chickpea "eggy" Salad, Mustard, Tomato, Cucumber, Olives, Seeds, & Microgreens (open faced)

### **HUMMUS VEGGIE WRAP** \$13.5

Organic Whole Wheat Wrap, Housemade Hummus, Vegetables, Pickled Cucumbers, Micrgreens, & Seeds

### **DELIGHTFUL** \$12.75

Sprouted Whole Wheat Toast, Cashew Ricotta, Avocado, Tomato, Lettuce, Cucumbers



## AFTERNOON

### **MANE STREET CRAB CAKES** \$15.5

Local Lion's Mane Mushrooms with Carrots, Celery, Sourdough Breadcrumbs, Peppers, Spices, Vegan Tartar Sauce & Lemon, served with a House Salad & Dressing

### **COOPER'S CHOICE** \$12.5

Zesty Hummus, Herbed Cashew Dip, Lemony Avocado Spread, Org. Dipping Veggies (Cukes, Celery, Carrots) Housemade Almond Crackers or Chips

### **\*MINI COOP (1 DIP/DIPPER)** \$4.25

### **KALE QUINOA CAESAR** \$13.5

Kale/Romaine/Spinach Combo, Quinoa, Carrots, Chickpeas, Celery, Vegan Magic, served with Vegan Caesar Dressing

### **BE VIBRANT SALAD** \$13.5

Kale & Romaine, Carrot, Cabbage, Cranberries, Cucumber, Peppers, Herbed Cashew Ricotta, Toasted Walnuts, Fennel/Jicama, Served with Organic Pear Vinaigrette

### **CLEANSING KALE SALAD** \$13.5

Marinated Kale, Carrot, Kraut, Dried Fruit, Sunflower Seeds, Avocado, Microgreens, Served with Maple Tahini Dressing

### **TACO SALAD** \$14

Romaine, Walnut Taco Mix, Housemade Vegan Queso, Smoky Black Beans, Peppers, Tomatoes, Cilantro, Olives, Jalapeño, served with Corn Chips

### **HOUSE SALAD** \$3.5

Side Salad with choice of dressing



## SOUP

\*Served with Side of Sourdough Bread

### **HOUSE SOUP: TOMATO SOUP** \$9

Red Peppers, Tomatoes, Spices, Cashews, served with a side of sourdough

### **SOUP OF WEEK** \$9



## SNACKS

### **EDAMAME** \$3.5

Steamed & Salted Edamame

### **ORGANIC APPLE WITH CARAMEL** \$3.25

Organic Granny Smith with Housemade Caramel Sauce

MADE WITH *Love. Nourish.* WITH PLANTS. HEAL WITH *Connection..*



# SMOOTHIES

\*Mostly Organic Fruit and Housemade Almond Milk

## THE AWESOME \$9

Coconut Water, Orange, Mango, Banana, Ginger, Lemon, Turmeric

## GRATEFUL HEART \$9

Coconut Water, Apple, Cucumber, Celery, Lemon, Banana, Spinach

## STRONG & RADIANT \$9

Coconut Water, Kale, Banana, Blueberries, Goji Berries, Agave

## CHERRY CHAGA CHIP \$9

Almond Milk, Cherry, Strawberry, Banana, Chaga, Hemp Seeds, Dates, Cacao Nibs

## SIMPLY STRAWBERRY \$9

Almond Milk, Strawberries, Banana, Hemp Seeds, Dates, Almond Butter

## THE SAINT \$9

Almond Milk, Cacao, Dates, Bananas, Peanut Butter Powder, Vanilla Stevia

## TROPI-CALI \$9

Strawberries, Orange, Banana, Mango, Coconut Water

## LIFELINE \$10.5

Myrtle & Cypress Cold Brew, Almond Milk, Banana, Dates, Almond Butter, Cinnamon

## MATCHA HIGH LIFE \$9.5

Matcha, Barley Grass, Spirulina, Tocotrienols, Almond Milk, Banana, Ice, Agave



# SMOOTHIE BOWLS

## COMPLETE ME ACAI BOWL \$14

Almond Milk (HM), Bananas, Acai, Almond Butter, Fresh Fruit, Granola, Almond Butter Drizzle, Honey, Coconut (sub agave)

## GOOD LIFE BLENDED BOWL \$14

Almond Milk, Banana, Cherries, Blueberries, Housemade granola, coconut, almond butter drizzle, fresh fruit, & honey (sub agave)

## CHOCO-BANANA BLISS BOWL \$14

Oat Milk, Bananas, Almond Butter, Cinnamon, Chocolate Granola, Pick Me Up Bites, Brazil Nut Crumble, Fresh Fruit, Almond Butter Drizzle, Honey, Cacao Nibs (sub Agave)



# NOURISHING CAFE DRINKS

## ADAPTOGENIC LATTE \$5.5

Myrtle & Cypress Single Origin Brew, Steamed Almond Milk, Wild Mushroom Tonic, Stevia

## COLD BREW LATTE \$5

Myrtle & Cypress Cold Brew, Choice of Milk, Ice, Maple Syrup (Size: Large)

## MUDWTR LATTE \$5

Mudwtr Chai, Hot Water, English Toffee Stevia, Agave Splash of Milk

## COFFEE \$3.5

Regular or Decaf, Splash of Milk, Choice of sweetener (Size: medium)

## TEA: HOT OR ICED \$2.5 / \$3 WITH MILK

## CHAGA CHAI \$3.5

Houseblend Chaga, Cardamom Spice Blend, Oatmilk, Agave, Stevia

## MASALA OR GOLDEN CHAI \$5

Blue Lotus Chai Latte, Hot Water, Steamed Milk, Choice of sweetener

## MATCHA HIGH LIFE \$5.5

Matcha, Barley Grass, Spirulina, Almond Milk

## ESPRESSO (DBL) \$3

## AMERICANO S \$3/ L \$5

## LATTE \$4.5

## CAFE CON LECHE \$4.5

## MYLK OPTIONS: SWEETENER OPTIONS:

- housemade almond
- oat milk
- coconut milk
- Stevia
- Honey
- Maple Syrup
- Agave



# ORG COLD-PRESSED JUICE

\*In the Grab & Go Cooler

## CRYSTAL BLUE

## BRIGHTER DAY

## SHAKEN, NOT STIRRED

## MIRACLE WORKER

## ORANGE YOU AMAZING

## IMMUNITY:

## RHYZE & SHINE

## NOT FOR AMATEURS



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