



rooted table

TEST KITCHEN

8706 COUNTRYSIDE PLAZA

402.915.2544

www.rootedtablecafe.com

@rootedtablecafe



AFTERNOON

**CHECK OUR SOCIALS, OUR
STOREFRONT OR CALL OUR SHOP FOR
THE WEEKLY SOUP, SALAD AND BOWL
OFFERING**



SMOOTHIES

THE SAINT \$9

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

THE AWESOME \$9

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

SIMPLY STRAWBERRY

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

STRONG & RADIANT \$9

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

MATCHA HIGH LIFE \$9.5

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

CHERRY CHAGA CHIP \$9

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

GRATEFUL HEART \$9

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



MORNING

COMPLETE ME BOWL \$13.95

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

GOOD LIFE BOWL \$13.95

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

MIDWEST MOOD BOWL \$13.95

Coconut Water, Bananas, Acai, Fresh Fruit,
Granola, Almond Butter Drizzle, Honey, Coconut,
Brazil Nut Crumble (sub agave)

ADD ONS +

- hemp or chia seeds \$.50
- maca, cacao, Lucuma, spirulina \$.75

SUPERFOOD OATMEAL BOWL \$13

GF Oats, Coco Sugar, Goji, Chai Spice, Sunflower/Hemp/Chia
Seeds, Bee Pollen, Maple Syrup, Coconut Flakes, Topped with
Date Syrup, Fresh Fruit, Cacao Nibs



SAMMIES

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

CHICKPEA SALAD \$11.5

Wrap or Bread, Chickpea "eggy" Salad, Mustard,
Veggies on Top,

AVO ITALIANO \$11.5

Wrap or Bread, Avocado Mash, Tomato
Bruschetta, Spices

AB&J \$11.5

Bread, Almond Butter, Berries, Bananas, Hemp
Seeds, Granola Date Syrup, Agave, Toasted
Walnuts

ADD ONS+:

Cashew Ricotta, Avocado, Mushroom Facon \$1



COLD-PRESSED JUICE

CRYSTAL BLUE

BRIGHTER DAY

RHYZE & SHINE

SHAKEN, NOT STIRRED

MIRACLE WORKER

ORANGE YOU AMAZING



HEALTHY TREATS

- PICK ME UP BITES** **\$2.99**
GF Rolled Oats, Almond Butter, Salt, Maple Syrup, Sweetened Cacao Nibs
- SUPERFOOD BROWNIE** **\$3.75**
Cacao, Maple Syrup, Oats, Coconut, Dates, Walnuts, Maca
- BOMB BAR** **\$3.75**
Nuts and Seeds, Brown Rice Syrup, Maple Syrup, Salt
- MACA ENERGY BITES** **\$3.50**
Almonds, Walnuts, Cacao, Maca, Dates, Groats, Beet Powder, Pumpkin Seed
- VANILLA MACAROONS** **\$3.50**
Almond Flour, Coconut, Maple Syrup, Salt, Vanilla
- SALTED CARAMEL SQUARE** **\$3.50**
Dates, Maple Syrup, Vanilla, Coconut



HEALTHY LATTES

- ADATOGENIC COFFEE** **\$5.50**
Myrtle & Cypress Coffee, Choice of Milk, Wild Reishi, Stevia
- COLD BREW LATTE** **\$4.75**
Myrtle & Cypress Cold Brew, Choice of Milk, Ice, Maple Syrup
- MUDWTR LATTE** **\$5.25**
Mudwtr Chai, Hot Water, English Toffee Stevia, Agave Splash of Milk
- LIFELINE (BLENDED)** **\$10.50**
Myrtle & Cypress Cold Brew, Almond Milk, Banana, Dates, Almond Butter, Cinnamon
- DRIP COFFEE** **\$3.00**
HOT TEA
Coffee or Hot Tea, Splash of Milk, Choice of sweetener
- CREAMY CHAI** **\$4.49**
Blue Lotus Chai Latte , Hot Water, Splash of Milk, Choice of sweetener
- MATCHA HIGH LIFE** **\$5.25**
Matcha, Barley Grass, Almond Milk



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KITCHEN • JUICERY

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