



rooted table

TEST KITCHEN

8706 COUNTRYSIDE PLAZA

402.915.2544

www.rootedtablecafe.com

@rootedtablecafe

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



AFTERNOON

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



SMOOTHIES

TROPI-CALI \$9

Strawberries, Orange, Banana, Mango,
Coconut Water

LIFELINE \$10.50

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

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 \$9

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

STRONG & RADIANT \$9

Coconut Water, Kale, Banana, Blueberries,
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 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)

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

ALL AT ONCE TOAST (*GF) \$13.75

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



SAMMIES

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

CHICKPEA SALAD \$11.75

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

AVO ITALIANO \$11.75

Wrap or Bread, Avocado Mash, Tomato
Bruschetta, Spices

AB&J \$11.5

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

SUNFLOWER "TOONA" \$11.75

Bread, Vegan Mayo, Sunflower Seeds, Dulse,
Cucumber, Microgreens



HEALTHY TREATS

PICK ME UP BITES \$3.25

GF Rolled Oats, Almond Butter, Salt, Maple Syrup, Sweetened Cacao Nibs

SUPERFOOD BROWNIE \$4.25

Cacao, Maple Syrup, Oats, Coconut, Dates, Walnuts, Maca

BOMB BAR \$4.25

Nuts and Seeds, Brown Rice Syrup, Maple Syrup, Salt

MACA ENERGY BITES \$3.75

Almonds, Walnuts, Cacao, Maca, Dates, Groats, Beet Powder, Pumpkin Seed

VANILLA MACAROONS \$3.75

Almond Flour, Coconut, Maple Syrup, Salt, Vanilla

SALTED CARAMEL SQUARE \$3.75

Dates, Maple Syrup, Vanilla, Coconut



COLD-PRESSED JUICE

-  **CRYSTAL BLUE**
-  **BRIGHTER DAY**
-  **RHYZE & SHINE**
-  **SHAKEN, NOT STIRRED**
-  **MIRACLE WORKER**
-  **ORANGE YOU AMAZING**
-  **NOT FOR AMATEURS**



HEALTHY LATTES

ADAPTOGENIC COFFEE \$5.50

Myrtle & Cypress Coffee, Choice of Milk, Wild Reishi, Stevia

COLD BREW LATTE \$5.00

Myrtle & Cypress Cold Brew, Choice of Milk, Ice, Maple Syrup

MUDWTR LATTE \$5.50

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

DRIP COFFEE, ICED COFFEE, OR HOT TEA \$3.50

Coffee or Hot Tea, Steamed Milk, Choice of sweetener

CHAGA CHAI \$5.50

Houseblend Chaga, Lucuma, Cinnamon, Turmeric, Cardamom, Oatmilk, Agave, Stevia

MASALA OR GOLDEN CHAI \$5.00

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

MATCHA HIGH LIFE \$5.50

Matcha, Barley Grass, Almond Milk

MYLK OPTIONS:

- housemade almond
- oat milk
- coconut milk



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KITCHEN • JUICERY

TUESDAY TO SATURDAY
9 AM TO 3 PM

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