



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



rooted table
KITCHEN • JUICERY

TUESDAY TO SATURDAY
9 AM TO 3 PM

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