



# rooted table

KITCHEN + JUICERY

8705 SHAMROCK ROAD

402.915.2544

WWW.ROOTEDTABLECAFE.COM

@ROOTEDTABLECAFE

## Nourishing Drinks

### Organic Cold-Pressed Juices

<b>CRYSTAL BLUE</b>	<b>11</b>
APPLE, CUCUMBER, GINGER, LEMON, BLUE SPIRULINA, CHILI POWDER	
<b>ORANGE YOU AMAZING</b>	<b>11</b>
CARROT, PEAR, APPLE, FENNEL, LEMON, GINGER	
<b>BRIGHTER DAY</b>	<b>11</b>
ROMAINE, SPINACH, PEAR, APPLE, KIWI, BASIL, GINGER, LEMON	
<b>SHAKEN, NOT STIRRED</b>	<b>11</b>
ROMAINE, SPINACH, CUCUMBER, CELERY, LEMON, CHIA SEED	
<b>MIRACLE WORKER</b>	<b>11</b>
CELERY	

### Immunity Shots

<b>RHYZE &amp; SHINE</b>	<b>5</b>
PEAR, FENNEL, ORANGE, GINGER, TURMERIC, LEMON, SEA BUCKTHORN OIL	
<b>NOT FOR AMATEURS</b>	<b>5</b>
GINGER, CELERY, GREEN APPLE, CAYENNE, LEMON	

### Specialty Wellness Lattes

<b>CHAGA HOT CHOCOLATE</b>	<b>5.5</b>
HOUSEBLEND CACAO MIX, CHAGA, OATMILK, MAPLE	
+ WITH PEPPERMINT (\$6)	
+ WITH ESPRESSO SHOT (\$6.6)	
<b>MUSHROOM COFFEE</b>	<b>5.5</b>
BREWED COFFEE, MUSHROOM BLEND, OATMILK, STEVIA	
<b>BEETROOT GLOW LATTE</b>	<b>5.5</b>
ALMOND MILK, BEETROOT, VANILLA, MAPLE, CINNAMON	
<b>BLUE DREAM LATTE</b>	<b>5.5</b>
OAT MILK, BLUE SPIRULINA, VANILLA, MAPLE	

### Coffee

<b>BREWED COFFEE</b>	<b>3.5</b>
<b>ESPRESSO SHOT (DBL)</b>	<b>3.5</b>
<b>AMERICANO</b>	<b>3.5</b>
<b>CAPPUCCINO</b>	<b>5</b>
<b>CAFE CON LECHE</b>	<b>4.5</b>
<b>COLD BREW</b>	<b>5</b>

### Wellness Lattes

<b>THE CLASSIC</b>	<b>4.5</b>
<b>VANILLA MAPLE</b>	<b>5.5</b>
<b>CARAMEL MESQUITE</b>	<b>5.5</b>
<b>REISHI MOCHA</b>	<b>5.5</b>

### Tea

<b>HERBAL TEA</b>	<b>2.5</b>
<b>CHAGA CHAI (CAFFEINE FREE)</b>	<b>5.5</b>
OATMILK, CHAGA, CINNAMON, TURMERIC, CARDAMOM	
<b>CREAMY CHAI</b>	<b>5</b>
OATMILK, MASALA, CINNAMON, CLOVES	
+ WITH ESPRESSO SHOT (\$6)	
<b>GOLDEN CHAI</b>	<b>5</b>
OATMILK, BLACK TEA, TURMERIC, GINGER	
+ WITH ESPRESSO SHOT (\$6)	
<b>MATCHA HOT OR ICED</b>	<b>5.5</b>
ALMOND MILK, ORGANIC MATCHA, BARLEY GRASS, SPIRULINA, TOCOS	
<b>MUDWTR LATTE</b>	<b>5.5</b>
OATMILK, CACAO, CHAI, MUSHROOMS, COCONUT (CAN BE LEFT OUT)	

#### MILK OPTIONS:

HOUSEMADE ALMOND MILK, OATMILK, COCONUT MILK, VANILLA OAT CREAM (\$.50)

#### SWEETENER:

MAPLE SYRUP, STEVIA, HONEY, AGAVE, DATE SYRUP

**MAKE IT BLENDED \$1**

PLANTS. NOURISH. PEOPLE. ~ PEOPLE. THRIVE. TOGETHER.



# Organic Cold Pressed Juice Benefits

<i>Name</i>	<i>Best For</i>	<i>Key Benefits</i>	<i>Flavor Profile</i>
<b>Crystal Blue</b>	Energy & Antioxidants	+Hydration +Anti-Inflammatory +Detox	Refreshing, slightly spicy, with a subtle ocean-like umami from blue spirulina
<b>Orange You Amazing</b>	Immunity & Digestion	+Immune boosting +Gut Support +Energizing	Bright, sweet, slightly earthy
<b>Brighter Day</b>	Detox & Hydration	+Detox +Hydration +Gut Friendly	Light, crisp, slightly sweet with a hint of basil
<b>Shaken, Not Stirred</b>	Alkalizing & Hydration	+Alkalizing +Fiber rich +Digestion Support	Ultra refreshing, earthy, mild citrusy zing
<b>Miracle Worker</b>	Deep Cleaning & Reset	+Hydration +Mineral Rich +Gut Strength	Light, salty, slightly grassy
<b>Rhyze &amp; Shine Shot</b>	Ultimate Immune Boost	+Anti-inflammatory +Vitamin C packed +Antioxidant Rich	Citrus-forward, slightly herbal, warming
<b>Not for Amateurs Shot</b>	Metabolism & Circulation	+Metabolism boost + Immune Support + Detox	Spicy, zesty, bold with a strong kick