

root cafe



japanese breakfast bowl

GF

miso-mushroom dashi, brown rice & quinoa blend, wakame, house pickles, shiitake mushroom, furikake, sambal, scallions, complete with farm egg & smoked salmon

...vegan version available



8 greens bowl

GF

kale, arugula, spinach, avocado, edamame, wakame, cucumber, brown rice & quinoa blend, pickled green cabbage, furikake, creamy jalapeño-date dressing

whole world in your hand wrap

brown rice & quinoa blend, cumin sunflower seed spread, shiitake mushrooms, chimichurri, spinach, avocado, whole wheat tortilla wrap, pickled onion

roasted beet salad

GF

arugula, mustard-cider vinaigrette, blackberries, Briar Rose goat's milk chèvre or vegan chèvre



sesame soba noodle salad

soba noodle, arugula, spinach, shiitake mushroom, cucumber, carrot, wakame, pickled green cabbage, scallions, furikake, ginger-sesame vinaigrette

tandoori cauliflower blossom

GF

mint-cilantro chutney

shaved zucchini

GF

goat's milk chèvre, cherry tomatoes, pickled onions, radishes, fennel, mint, dill, pine nuts

add a protein

soft 7 minute farm egg +2 avocado +2

Briar Rose goat's milk chèvre +2

vegan chèvre +2 smoked coho salmon +5

soups

soup of the day

miso-mushroom dashi

scallions, furikake

GF



tea & 3

(all GF)



choose your tea & choose 3 or individual small plates 3 each:

stuffed dates w/ chevre, toasted almonds

chinese marbled tea egg

three root cake w/ shiitake, dashi, tamari

cucumber, radish & sesame salad

roasted cauliflower, fennel, arugula, pine nuts

trio of sesame truffles



juices



resilience

pineapple, orange, ginger

heart strong

carrot, beet, apple, spinach

skin toner

spinach, cucumber, apple, kale, celery, basil

immunity shot

lemon, ginger, dash of cayenne, orange wedge

detox shot - spicy blood tonic

carrot, ginger, turnip, apple, celery, dash of cayenne

smoothies

turn any smoothie into a bowl +2
house-made granola,
fresh fruit & chia seeds



hot date

banana, dates, pecans, almond milk,
cinnamon, dash of cayenne

for a berry hot date

...add blueberries & marionberries +1

green dream

avocado, spinach, kale, mango, almond butter,
dates, splash of orange juice, almond milk

sunshine

pineapple, banana, orange juice, pinch of cinnamon

for a super green sunshine

...add kale, ginger & spirulina +1.5

maca mocha

raw cacao, maca, espresso, dates, almond butter,
banana, almond milk, cacao nibs

add a boost +1

spirulina

chia seed

hemp seed

protein powder

goji berries



Note: All menu items can be made vegan.

Everything on the menu is sugar-free.

**Consuming raw or under-cooked eggs may increase your risk of food-borne illness.*

by the pot
medicinals



urgent care | a restorative blend for when you're not feeling your best

fennel, anise, raspberry leaf, rosehips, mullein, birch bark, thyme, dandelion leaf, horsetail, blackberry leaf, peppermint

concentration | a stimulating blend for healthy mental function and memory

yerba mate, ashwagandha, holy basil, ginkgo, hawthorn, lemon balm, matcha (contains caffeine)

nervous system | a calming blend for restfulness and a balanced mood

peppermint, chamomile, passion flower, lavender, kava kava, schizandra

throat & lung | a soothing blend for respiratory function and immune support

elderberry, peppermint, mullein, ginseng, usnea, oregano

cardiovascular | a warming blend for a healthy heart and circulatory system

green rooibos, fennel, lemongrass, hawthorn, bilberry leaf, cinnamon, ginger, red clover, roasted barley, safflower, hibiscus, lime oil

digestion | a normalizing blend for a healthy digestive system

rooibos, ginger, lemon peel, lemongrass, lemon oil

metabolism | a stimulating blend for optimal metabolic function

yerba mate, pu-erh, ginger, lemon peel, lemon oil (contains caffeine)

joint & muscle | a supportive blend for healthy joints and muscles

rooibos, turmeric, nettle, dandelion root, ginger, holy basil, lemongrass, birch bark, willow bark

female | a sensual blend for hormonal and sexual health

rooibos, raspberry leaf, ginkgo leaf, oat straw, licorice, ashwagandha, catuaba, rose petals, cacao bean, peppermint, calendula, natural chocolate flavor

male | an invigorating blend for male hormonal and sexual health

green rooibos, peppermint, ginkgo, puama bark, catuaba bark, damiana, hawthorn berry

vitality | a replenishing blend for general wellbeing

honeybush, rosehips, ginger, astragalus, licorice, ginseng, holy basil

tea menu

by the pot

pures



sencha | fukamushi

fukamushi is a deep-steamed japanese green tea. the lengthy steaming process releases more of the plant's nutritional properties. this is a bright, grassy brew, with well-known health benefits.

oolong | da hong pao wuyi

one of china's famous teas, this oolong is dark and flavorful with notes of fruit and honey. da hong pao (big, red robe) is grown in china's wuyi mountains.

darjeeling | glenburn

sweet with a very light body and notes of toast and honey up front and apricot at the end. this golden cup is from the glenburn tea estate in the doon valley, nestled in the foothills of the himalayas.

assam | hathikuli

this single estate black tea is grown in the hathikuli organic tea garden, located in india's golaghat district. full-bodied, rich and malty, assam is great with milk, making it an ideal morning tea – though it's perfect any time you seek increased alertness.

pu-erh | mini tuocha

a healing aroma rises from this high-mountain tea as its nest of compressed leaves – called "tuocha" – unfurl during steeping. fermented pu-erh offers probiotic benefits as well as an unusually smooth, slightly herbal profile.



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trio of sesame truffles

*we invite you to take a pause. to sit, relax
and enjoy the healing properties of your tea.
we can also prepare it to go. just ask.*