

juices | 16oz

resilience & immunity 8.5

pineapple, orange, ginger

heart strong 8.5

carrot, beet, apple, spinach

skin toner 8.5

spinach, cucumber, apple, kale, celery

liver & kidney detox 8.5

red pepper, celery, orange, cilantro, cucumber, lemon, ginger

build your own juice 9.5



shots | 3oz

immunity 5

lemon, ginger, dash of cayenne, orange wedge chaser

detox & hydrate 5

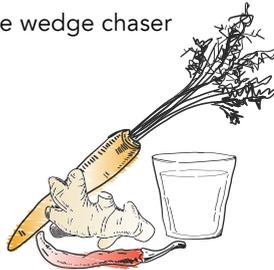
celery, cilantro, lime

for the love of joints 5

turmeric, ginger, pineapple, carrot, cinnamon, coconut oil, black pepper

cardiovascular 5

carrot, ginger, apple, celery, dash of cayenne



smoothies | 16oz

hot date 8.5

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

..make it a **berry hot date** w/ blueberries + marionberries +1

namaste hydrated 10

coconut water, orange, ginger, avocado, pineapple, mango, spirulina

green dream 8.5

avocado, spinach, kale, mango, almond butter, dates, orange, almond milk

maca mocha 8.5

raw cacao, maca, coffee grounds, dates, almond butter, banana, almond milk, cacao nibs

matcha queen 8.5

mizuba matcha, spinach, avocado, banana, dates, coconut milk

golden goddess 9

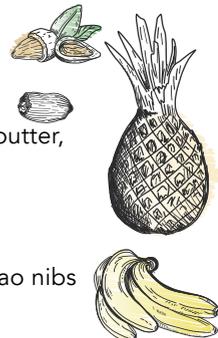
turmeric, carrot, ginger, banana, pineapple, avocado, coconut milk, cinnamon, cardamom

very berry 8.5

goji berries, marionberries, blueberries, banana, almond butter, orange, coconut milk

sunshine 8

pineapple, banana, coconut milk, pinch of cinnamon
.. make it **super green** w/ kale, ginger & spirulina +1



add a boost

pea protein or collagen +2
spirulina, goji berries, hemp seeds,
chia seeds, maca or cacao nibs +1

make any smoothie a bowl
with house-made granola,
seasonal fruit, chia seeds &
coconut flakes +2

ROOT

whole body



served all day

organic | plant-inspired | whole

8am - 6pm | dine in or take out | 503-292-7668

japanese breakfast 15 GF

shiitake mushrooms, wakame, house pickles, pickled cabbage, GF grain blend, furikake, sambal, scallions, soft-boiled egg, smoked salmon & cup of mushroom dashi with chickpea miso

...vegan version w/ kale & edamame 12



8 greens bowl 14 GF

steamed kale, arugula, spinach, avocado, edamame, wakame, cucumber, GF grain blend, pickled cabbage, furikake, creamy jalapeño-date dressing

...wrap it up in a whole wheat tortilla +1

chickpea masala coconut curry 14 GF

spinach, carrots, red peppers, GF grain blend, scallions, hemp seed chimichurri

roasted vegetables & chèvre 14 GF SF

crimini mushrooms, red peppers, carrots & rotating seasonal veggie w/ hemp seed chimichurri over arugula, spinach, mustard vinaigrette, roasted pepitas, smoked paprika & goat or vegan chèvre

...wrap it up in a whole wheat tortilla +1



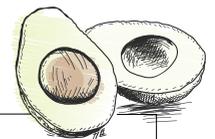
immunity broth bowl 14 GF

mushroom dashi with chickpea miso, kelp noodles, spinach, goji berries, shiitake mushrooms, ginger, garlic, soft-boiled egg, scallions, furikake

bowl of mushroom dashi with miso 6

toast of the day 5

oatmeal of the day 6



add a protein

soft-boiled egg +2 avocado +2
goat's milk chèvre +2 vegan chèvre +2
smoked coho salmon +5 hemp seed +1

Note: All menu items are refined sugar-free and can be made vegan.
* consuming raw or undercooked eggs can increase your risk of food-borne illness