

STARTERS

GUACAMOLE GLUTEN FREE

Made to order. Served with Masienda blue corn tortilla chips.

TRADITIONAL

\$3.99

SPICY WITH SALSA MACHA

\$4.49

SMASHED ENGLISH PEA & CUCUMBER

\$4.49

TOSTONES

\$4.49

Smashed & fried plantains topped with avocado coconut cream, blistered chiles, and crispy pumpkin seeds

ALMOND BUTTER TOAST

\$7.95

House crushed cardamom almond butter, macerated blackberries, Girl & Dug Farms Badger Flame beets, amaranth leaf and toasted pistachios on Cadoro seeded country bread

KIMCHI FRITTERS

\$8.99

Our favorite kimchi with brown rice and sesame, served with charred scallion aioli

BOWLS

OCEAN BOWL BLUE GLUTEN FREE | KETO

\$10.99

Spirulina laced coconut yogurt, Zuma Valley young coconut meat, banana, kiwi, pistachio butter, cacao, hemp hearts

MACROBIOTIC BOWL GLUTEN FREE | MACRO

\$10.99

Roasted purple yams, sea greens, sprouted turmeric quinoa, pickled red onions, green garbanzos, garlic tahini, coconut amino roasted cracked almonds

SPRING BOWL PALEO | GLUTEN FREE | KETO

\$10.99

Organic wheat berries, Persian cucumber, French breakfast radish, coconut yogurt, black garlic, crispy rice, fresh sprouts and garden herbs

SPICY SOBA MAZEMAN

\$12.99

Smoked tempeh, shiitake mushroom, toasted cashew, buttery miso mushroom broth, watermelon radish, togarashi

MUSHROOM ADOBO BOWL

\$12.99

Slow roasted adobo marinated forest mushrooms with black beans, cilantro brown rice, sour cream and guacamole

ENTREES

IMPOSSIBLE THAI SKEWERS

\$14.99

Lemongrass and ginger laced Impossible meat with herbs, served with lettuce wraps and spicy peanut sauce

MUSHROOM ADOBO BURRITO

\$12.99

Slow roasted adobo marinated forest mushrooms with black beans, cilantro brown rice, sour cream and guacamole



rooted

plant-based plates

KIDS

PLANTAINS & CHIPS WITH AVOCADO CREAM SAUCE

\$3.99

BLACK BEAN & CHEESE BURRITO

\$3.99