

ROOTS KITCHEN + JUICE BAR MENU

SANDWICHES

CHOOSE YOUR BREAD

Gluten Free: Focaccia or Buckwheat **add \$1**

Traditional: Nashoba Brook Bakery: Sourdough, Whole Wheat or Focaccia

Turkey turkey, lettuce, tomato, avocado, provolone, rockin roots ranch 11

California Chicken Salad our housemade chicken salad is mixed with non-gmo mayo, raw pecans, red grapes, celery, and poppy seeds. mixed greens, cucumber, tomato 11

Roast Beef Grass-fed top round crusted with garlic and spices and slow roasted. lettuce, tomato, pickled red onions, raw cheddar, roast garlic and horseradish aioli 12

Rueben Niman Ranch Nitrate-free Beef Brisket, local og garlic kraut, swiss cheese, living island dressing 12

Grilled Chicken Pesto hormone-free chicken breast, roasted red & yellow peppers, arugula pesto aioli, mixed greens, provolone cheese 11

Tuna line caught tuna, non-gmo mayo, capers, lemon zest, tomato, greens 9

Roasted red Pepper Hummus homemade hummus with roasted cauliflower, mixed greens and carrots 9

Veggie Mixed greens, cucumbers, carrots, kale, avocado, tomato, lemon-dill tahini 9

Caprese Marinated tomatoes, red onion, mozzarella from Vermont, fresh basil, org olive oil, aged balsamic 11

BLT or TLT Local Nitrate Free Bacon & non-gmo mayo or Tempeh & Vegenaise with mixed greens, tomato 10

Beetnik sliced roasted beets, goat cheese, mixed green, aged balsamic 9

SALADS

Add a Protein-

Chicken 3 grassfed Steak 4 or Tempeh 2

Garden Salad. mixed greens, carrot, beet, cucumber, red onion, cherry tom, citrus-mint dressing 8

Kees' Kale Vegan Caesar. Charlies Red House Kale, gluten-free croutons, dairy-free caesar dressing, tomatoes, tempeh bacon 10

Cobb. Organic Mixed Greens, pasture raised grilled chicken breast, avocado, nitrate-free bacon, tomatoes, great hill blue cheese, farm egg, rockin roots ranch 11

SOUPS

check our homemade seasonal soup board.
cup 4 bowl 6

BOWLS

Add a Protein

Chicken 3 Grassfed Steak 4 or Organic Tempeh 2

Quinoa. quinoa, black beans, cheddar cheese, avocado, pico de roots, salsa verde, gf tortilla strips 9

Paleo. roasted sweet potatoes, carrots, shedded cabbage, garlic kale, honey mustard dressing 9

Soba. soba noodles, kale, carrot, sesame seeds, scallions, roots kimchi, ginger-miso sauce 9

Dragon. short grain brown rice, mixed greens, baked tofu, cucumbers, cabbage, cashew curry dressing 9

KIDS MENU

Grilled Cheese choice of bread & cheese 6

Grilled Cheese & Turkey choice of bread and cheese with house roasted turkey breast 7

ROOTS NATURAL FOODS. KITCHEN + ORGANIC JUICE BAR 100 Crawford St. Leominster, MA 01453 Ph. 978.534.7668

WHEN POSSIBLE ALL INGREDIENTS ARE EITHER NON-GMO. ORGANIC.
OR SOURCED FROM SUSTAINABLE LOCAL FARMS.