

ROOTS

Vegetarian Restaurant & Juice Bar

Mission Statement

Roots Restaurant is dedicated to our customers and meeting their needs for foods that are healthy and free of meat products, chemicals, and preservatives. We are dedicated to the advancement of local farmers and forming partnerships with our community. Our belief is that through the use of local foods, we will

be able to offer a fresher and higher quality product, while reducing our reliance on fossil fuels. We practice social responsibility by reducing, reusing, and recycling whenever possible. Our waste oils are saved and converted into Biodiesel fuel and our food scraps are composted and used for local farming.

Through these practices we hope to cultivate a sustainable community and encourage greater environmental awareness.

We must be the change we wish to see...

Information - You are what you eat

What do you mean, that's not meat...

Tofu Pressed soy bean cake used as a meat substitute, good source of protein, calcium and low in fat

Tempeh Fermented soy bean product used in place of meat, rich in protein and high in vitamins and minerals also easily digestible. Also readily absorbs other flavors to enrich the taste

Seitan "Wheat meat" made from gluten, flour and spices, with a texture similar to chicken or beef

Hemp Nut Protein derived from the seed of the hemp plant, the highest source of essential fatty acids in the plant kingdom

Organic Strict standards in which food is grown without chemicals, fertilizers, pesticides and promotes biodiversity and resource conservation

Fair Trade A standard price established to ensure farmers receive a fair price for their products

Locally Grown A product grown and/or made in a specific geographical location, usually within 100 miles of consumption

Free Range A standard to describe the condition and amount of space in which an animal is raised

Grass Fed A method of animal husbandry that relies on pasture for animal health rather than hormones & antibiotics

Environmentally Conscious To make a purchasing decision based on full awareness of where a product comes from, how it is made and the environmental impact of production



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Vegetarian Restaurant & Juice Bar

126 North Walnut Street
812-336-ROOT

Hours of Operation

Monday - Thursday 11-10

Friday & Saturday 11-10

Sunday Brunch 11-3

Sunday Dinner 3-9

*reservations recommended for parties over six
no separate checks*



Appetizers

- Fried Tofu** 5.95
Served with a sweet cilantro plum sauce
- Seitan Nuggets** 5.95
Our homemade seitan-fried & served with a sweet & tangy honey dijon dipping sauce
- Sweet Potato Fry Plate** 5.95
A huge helping of our savory seasoned specialty!
Add cheese for \$1.00 dollar
- Spinach Artichoke Dip** 5.95
Made with local grass fed cheese & served with pita
- Mediterranean Plate** 9.00
Hummus & baba ghanouj, falafel, kalamatta olives, feta, red onions, tomato, sprouts & greens, served with pita
A perfect size for sharing!



Sides

Your choice with every sandwich!

- Ala Carte** 2.50
- Sweet Potato Fries**
Hand cut daily, fried to order and sprinkled with our savory spice mix. Very tasty snack!
- Mashed Potatoes with Mushroom Gravy**
Vegan herbed mashed potatoes topped with homemade portobello mushroom gravy.
- Daily Vegetables** Ask your server.
- Side Salad** \$3.00 ala carte, \$1.50 w/sandwich or entrée.

Mixed greens, carrots, onions, tomato, hemp seeds, croutons and your choice of dressing, listed on the top right of this page.

New Appetizers

- Spring Rolls** 5.95
Our version of the classic Asian favorite!
3 crispy rolls filled w/assorted seasonal vegetables, bean thread noodles & sweet potato served w/plum sauce. Handmade.
- Fried Dumplings** 5.95
A variety of vegetables w/mushrooms served w/Asian salsa. Comes w/6 pieces. Handmade.

Soups & Salads

- House dressings** Made from scratch!
Vegan: Raspberry, Herb or Balsamic Vinaigrette
Vegetarian: Ranch, Bleu Cheese, Honey Dijon or Sesame Ginger
- Mixed Greens Salad** 7.50
Mixed greens with shredded carrot, sliced tomato, sliced onion & parmesan, with your choice of dressing
- Country Fried Seitan Salad** 8.95
Roots special homemade country fried seitan strips served over mixed greens, red onions & mushrooms.
- Open Sesame** 8.25
Tempeh served over mixed greens with green onions, shredded carrot and sesame seeds, topped with our sesame ginger dressing.
- Mediterranean Salad** 7.95
Mixed greens and spinach with kalamatta olives, roasted red peppers, artichoke hearts, red onions, feta and parmesan cheese, with you choice of dressing.
- Spinach on Walnut** 7.95
Fresh baby spinach, toasted walnuts, dried fruit and shredded carrot, with raspberry vinaigrette dressing.
- Soup** 3.50 7.95
A cup or bowl of our original soup, made fresh from scratch daily, ask your server. (bowl includes salad & roll)
Add soup to a sandwich or entrée for \$3.00
In place of a side item.



Add Ons

- Organic tofu, tempeh or seitan \$1.75
On salad, stir fry or curried veggies
Cheese to any sandwich or meal \$1.00
Locally made grass-fed cheese
Sour cream, guacamole or hummus \$1.00
Sautéed mushrooms \$1.75
Pita \$1.00

Sandwiches

All sandwiches are made fresh to order and are served with your choice of a side dish.
(Roots house salad for an additional \$ 1.50, add 50 cents for sweet potato fries)

Southwest Black Bean Burger

Lunch **7.50**

Roots spicy black bean burger topped with guacamole, tomato, onion, sprouts, vegannaise and mixed greens on whole wheat bread.

The Herbivore

Lunch **6.95**

Spinach, cucumbers, green peppers, onions, tomatoes, guacamole, sprouts and vegannaise served on whole wheat bread.

The Gyro

Lunch **7.50**

Organic tofu, tempeh or seitan (your choice) topped with hummus, red onions, tomato, cucumber, greens and zaziki, served in a hand made pita.

Falafel Pita

Lunch **6.95**

Roots own falafel recipe served with hummus, onions, tomato, mixed greens and zaziki, served in a pita.

Grilled veggie hummus pita

Lunch **7.50**

Grilled veggies including squash, onions and tomatoes with Roots own fresh hummus, mixed greens and sprouts, served in a warm pita.

Roots B • Q

Lunch **7.50**

Organic tofu, tempeh or seitan (your choice) sautéed with onions & peppers, drenched in our sweet & spicy barbecue sauce and served on whole wheat bread.

Portobello Spinach Melt

Lunch **8.00**

Sautéed spinach, onions, tomatoes & bread crumbs, placed on a grilled Portobello cap, smothered in farmer's cheese, served with vegannaise and mixed greens on whole wheat.

Country Fried Seitan Sandwich

Lunch **6.95**

Our famous breaded seitan, fried to perfection, served with lettuce, tomato, vegannaise onion and served on whole wheat bread or pita.

Add BBQ Sauce **0.50**




Entrees

Lunch portions offered until 4:30 where indicated. Please specify vegan or vegetarian.
All entries with an * include locally made whole wheat roll. Add a side salad for \$1.50

	Lunch	Dinner
Polenta.....	\$8.95	\$10.95
Roots homemade polenta topped with pesto sauce and farmers cheese, served with grilled Mediterranean vegetables.		Add sautéed mushroom \$1.75
Mediterranean Plate.....	\$9.00	\$9.00
Roots homemade falafel, hummus and baba ghanouj, served with feta, kalamatta olives and pita points on a bed of greens with red onion and tomato.		
Country Fried Seitan.....	\$7.95	\$9.95
Homemade organic seitan served up right with our mashed potatoes & gravy and the daily vegetable.		
Soup & Salad*.....	\$7.95	\$7.95
A huge bowl of soup served with a side salad & roll.		
Creamy Pesto Linguine with Portobello Steaks.....	\$12.95	\$12.95
Organic linguine tossed in our homemade creamy pesto sauce and served with roasted Portobello steaks.		
Thai peanut curried noodles.....	\$8.95	\$10.95
Tofu, veggies and noodles blended with a curried peanut sauce.		
Exotic Mushroom Ravioli*.....	\$9.00	\$14.95
Roots own ravioli smothered in a creamy pesto white wine sauce		
Seitan Fajitas.....	\$9.95	\$11.95
Our signature seitan offered up with a variety of fresh veggies, cheese, and salsa.		

Specials

Pesto Sandwich.....	\$7.50	\$7.50
Local goat cheese, sautéed tomato, onion and garlic with a splash of white wine. Served with your choice of tofu, tempeh or seitan on 100% organic whole wheat bread.		
Baked Pasta	\$14.95	\$14.95
Sautéed broccoli florets, red peppers, spinach, white onions, garlic, kalamata olives, sun-dried tomatoes & local tomatoes (seasonal), portobello mushrooms, local goat cheese served with a cream white wine sauce, all over a bed of 100% organic whole wheat Linguini.		
Organic Tofu Teriyaki Stir-Fry.....	\$8.95	\$10.95
Lightly fried Organic tofu, served over a bed of rice noodles, sautéed white onions, red peppers, spinach, broccoli, portobello mushrooms, fresh pineapples all mixed with our signature Teriyaki sauce.		
Organic Tofu With Peanut Sauce.....	\$8.95	\$10.95
Organic tofu, sautéed with portobello mushrooms, broccoli, carrots, red peppers, zucchini and spinach served with brown rice on the side.		



Dessert

Homemade daily, ask your server for today's selections of baked goods and cakes or check the dessert case! Vegan and Vegetarian options available.

Vegan Temptation Organic Soy Ice Cream:

Ask your server for our flavors of vegan ice cream

3.00 per bowl or **1.50** to add to any dessert

Hand dipped Vegan or Vegetarian Shakes 5.95

Coffee Selections

All coffees served are 100% Organic and Fair Trade

	12oz.	16oz.		12oz.	16oz.
Coffee	1.65	2.25	Verba Mate Latte	2.75	3.30
Americano	1.85	2.15	Cappuccino	2.55	3.10
Latte	2.55	3.10	Mocha	3.00	3.55
Hot Cocoa	1.85	2.45	Espresso	Single \$1.55 Double \$1.75 Extra Shot of Espresso \$0.75	

Flavored Syrup **0.40**

All Natural & Organic, No Refined Sugar:
Amaretto, Hazelnut, Raspberry, Carmel, Irish Cream
and French Vanilla.

Smoothies

Please ask our bartender for a list of our current fresh smoothies

Beverages

Blue Sky Natural Sodas	1.95
Lemon-Lime, Raspberry, Root Beer, Cream Soda, Cola	
Reed's all Natural Sodas	2.25
Premium ginger brew	
Mango Lassic	3.55
House made organic yogurt & mango puree	