Chicken Kale Caesar Salad .......... $7.00
1 salad 345 cal, Contains: milk, egg, fish (anchovy), soy

Almost Classic Cobb Salad .......... $7.00
1 salad 510 cal, Contains: milk, egg, soy

Farmer’s Market Salad .............. $5.25
1 salad 190 cal, Contains: soy

Vegetable Crudité Cup ............. $4.25
1 cup 185 cal, Contains: milk, egg

The Caprese Baguette .............. $6.00
1 sandwich 680 cal, Contains: milk, egg, soy, wheat

Smoked Turkey & Cheddar Sandwich ............ $6.50
1 sandwich 715 cal, Contains: milk, soy, wheat

PB&J Sandwich ...................... $3.25
1 sandwich 770 cal, Contains: peanut, soy, wheat, sesame

Fruit & Yogurt Parfait ............... $5.00
1 parfait 305 cal, Contains: milk, almond, wheat

Hours of Operation: Monday-Saturday 10 a.m.-6 p.m.
Closed Sunday
Smoothies

Mango Smoothie .......... $4.29
16 oz / 200 Cal

Peach Smoothie .......... $4.29
16 oz / 200 Cal

Strawberry Banana Smoothie .......... $4.29
16 oz / 220 Cal

Strawberry .......... $4.29
16 oz / 240 Cal

Wildberry .......... $4.29
16 oz / 200 Cal

Add a Scoop of Standard Whey Protein .......... $2.49
Add a Scoop of Plant Based Protein .......... $2.49

Hours of Operation: Monday-Saturday 10 a.m.-6 p.m.
Closed Sunday
Rooted Grounds Coffee

12 oz..........................$1.79

16 oz..........................$1.99

Hours of Operation: Monday-Saturday 10 a.m.-6 p.m.
Closed Sunday
Merchandise

Towel ........ $8.99

Bucket Hat - .......... $19.99

Shaker Cup .......... $12.99

Hours of Operation: Monday-Saturday 10 a.m.-6 p.m.
Closed Sunday