

# SIGNATURE BOWLS

Want to flip the bases, make it vegan, add sweets or double the chicken? **Go for it! Just let us know.**



Limited Time



Salads



Grain Bowls

## THE CATALINA *☆☆ Limited Time Only! ☆☆*

Arugula with Quinoa, Tomatoes, Cucumber, Lime-Pickled Onions, and Feta [D]

Lemon Tahini [S] & Lemon Za'atar

Topped with **Grilled Shrimp** [Sh]

## PESTO CAESAR

Kale with Bulgur [G], Tomatoes, Pita Chips [G], Lime-Pickled Onions, Shaved Parmesan [D]

Pesto Vinaigrette [D] & Caesar [D,F,E]

Chicken

**Kick it up with a shot of Sriracha!**

## MAYWEATHER

Kale with Bulgur [G], Roasted Sweet Potatoes, Roasted Beets, Red Onions, Goat Cheese [D], Avocado

Lemon Tahini [S], Pesto Vinaigrette [D],

Chicken

## CORNER COBB

Arcadian Mix with Kale & Roots Rice, Roasted Sweet Potatoes, Charred Corn, Red Onions, Cucumbers, Avocado, Hard Boiled Egg [E]

Greek Feta [D]

Chicken

## TAMARI

Brown Rice & Kale with Roasted Broccoli, Red Onion, Carrots, Pickled Jalapeños, Red Cabbage, Toasted Almonds [N]

Miso Ginger [S]

Red Chili Miso Tofu [S]

## YAM JAM

Roots Rice with Spinach, Roasted Sweet Potatoes X2, Pita Chips [G], Red Onions, Goat Cheese [D], Dried Cranberries

Lemon Tahini [S]

(No Grill Item Included)

**Ask for it with a splash of red wine vinegar!**

## EL JEFE

Brown Rice with Kale, Black Beans, Charred Corn, Red Onions, Avocado, Pita Chips [G], Feta [D]

Cilantro Lime

Chicken

**Ask for it with 'the works'!**

## THE BALBOA

Brown Rice with Roasted Sweet Potatoes, Charred Corn, Avocado, Pita Chips [G], Feta [D], Lime-Pickled Onions

Lemon Tahini [S], Caesar [D,F,E] & Frank's Red Hot

Chicken X 1.5

## THE APOLLO

Brown Rice with Spinach, Chickpeas, Cucumbers, Feta [D], Tomatoes, Red Onions, Pita Chips [G]

Lemon Tahini [S]

Chicken

## THE SOUTHERN

Roots Rice with Kale, Chickpeas, Roasted Broccoli, Charred Corn, Lime-Pickled Onions, Cheddar [D]

Lemon Tahini [S]

BBQ Tofu [S]

## MAD BOWL

Brown Rice with Spinach, Cannellini Beans, Roasted Broccoli, Cucumbers, Grape Tomatoes, Red Onions, Shaved Parmesan [D]

Pesto Vinaigrette [D] & Basil Balsamic

Chimichurri Mushrooms

# CREATE YOUR OWN

Grill item determines starting price.

## 1 BUILD YOUR BASE

We recommend choosing 1 primary base and 1 secondary base.

### Grains

Brown Rice

Roots Rice

Bulgur [G]

Quinoa

### Lettuces

Kale

Arcadian Mix

Spinach

Arugula

## 2 ADD YOUR INGREDIENTS

5 ingredients are included. Additional are .75 each unless specified otherwise.

### Roasted

Roasted Sweet Potatoes

Roasted Beets

Roasted Broccoli

### Beans

Cannellini Beans

Black Beans

Chickpeas

### Cheeses

Feta [D]

Parmesan [D]

Goat Cheese [D] (+\$1.50)

White Cheddar [D]

### And More!

Charred Corn

Cucumbers

Grape Tomatoes

Red Onions

Pita Chips [G]

Avocado (+\$1.95)

Lime-Pickled Onions

Pickled Carrots

Purple Cabbage

Pickled Jalapeños

Dried Cranberries

Hard-Boiled Egg [E]

Toasted Almonds [N]

## 3 CHOOSE YOUR DRESSING(S)



All our dressings are made daily in house! Dressings without dairy [D] are vegan.

### House-Made Dressings

Cilantro Lime

Lemon Tahini [S]

Caesar [D,F,E]

Pesto Vinaigrette [D]

Basil Balsamic

Greek Feta [D]

Lemon Za'atar

Miso Ginger [S]

### Citrus & Spice!

Chipotle Tabasco

Sriracha

Frank's Red Hot

Lime Squeeze

Lemon Squeeze

### The Basics

Olive Oil

Red Wine Vinegar

## 4 CHOOSE YOUR GRILL ITEM(S)



Bowl price includes one grill item serving.

### Grilled Options

Adobo Chicken

Grilled Shrimp [Sh]

BBQ Tofu [S]

Red Chili Miso Tofu [S]

Chimichurri Mushrooms

No Grilled Option

### Add Extra

3.75

4.45

2.75

2.75

2.75

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Roots Favorite

Limited Time Item

Allergens: Gluten [G] Dairy [D] Soy [S] Fish [F] Tree Nuts [N] Egg [E] Shellfish [Sh]