

# roost

---

## SMOOTHIES & JUICES

### MOON GREEN JUICE

GF, DF, VG, NF, V

kale | cucumbers | celery | lemon | ginger | apples

### HARVEST CARROT JUICE

GF, DF, VG, NF, V

carrot | orange | pineapple | cayenne

### BALANCE SMOOTHIE

DF, VG, V, NF

strawberry | banana | raspberry | oats | goji berry

### REFRESH SMOOTHIE

GF, DF, VG,

blueberry | spinach | kale | figs puree | walnuts

---

## FRESH SALADS

### CAESAR

NF

little gem lettuce | whole wheat roasted breadcrumbs  
white anchovy | parmigiano reggiano

### ROOST COBB SALAD

GF

chicken | ham | bacon | hard boiled egg | olives | cucumber  
tomato | dried cranberries | lemon vinaigrette

---

## LUNCH GRAB & GO

### BLACK PEARL LENTIL BOWL

GF, V DF

cremini mushrooms | tomato | carrot | kale | black garlic  
basil sherry vinaigrette

### VEGETABLE SALAD

GF, VG

roasted sweet potato | caramelized broccoli & cauliflower | pick-  
led cucumber | shaved radishes | micro herbs salad  
greek yogurt sauce

### CRISPY TOFU TARTINE

V, GF

pesto | arugula salad | confit tomato | grilled red onions

### ROASTED PULLED CHICKEN SALAD

kale | tomato | wheat wrap

### SMOKED TURKEY & CHEDDAR CHEESE

tomato | little gem lettuce | pickled cucumber  
tomato hummus spread | wheat bun

### “LORRAINE” QUICHE

ham | gruyere cheese | herbs

GF Gluten Free | DF Dairy Free | V Vegetarian | VG Vegan | NF Nut Free | CONTAINS NUTS

*Disclaimer: Consuming raw or undercooked meats, poultry, seafood or eggs may increase your risk of foodborne illnesses, especially if you have certain medical conditions.*