

roost

SMOOTHIES & JUICES

MOON GREEN JUICE

GF, DF, VG, NF, V

kale | cucumbers | celery | lemon | ginger | apples |
blue spirulina

HARVEST CARROT JUICE

GF, DF, VG, NF, V

carrot | orange | pineapple | cayenne

BALANCE SMOOTHIE

DF, GF

almonds | kiwi | strawberry | chia

REFRESH SMOOTHIE

GF, DF, NF

blueberry | spinach | banana | green tea | electrolytes

SUSTAIN SMOOTHIE

GF, DF

peanut butter | cocoa nibs | avocado | coconut oil

FRESH SALADS

VEGAN CAESAR SALAD

VG, GF

romaine | crispy garlic chickpeas | vegan "parmesan"

COBB SALAD

GF, NF

organic greens | chicken | blue cheese | turkey bacon |
hardboiled egg | chives | cherry tomato
avocado honey mustard

MIXED GRAIN BOWL

VG, DF, NF, EF

baby kale | butternut squash | mushroom | green onion |
black garlic gochujang

LUNCH GRAB & GO

MEZZE PLATE

VG, GF, NF, EF

hummus | pepper relish | grilled vegetables | olives

CRUDITE BOWL

VG, GF, NF

shaved carrots | radish | sugar snap pea | greek goddess dressing

HAM & CHEDDAR SANDWICH

EF, NF

kale | red onion | pickled cucumber | dijon | ciabatta roll

GRILLED VEGETABLE WRAP

V, EF

spinach | feta | pesto hummus

CHICKEN SALAD WRAP

DF

alfalfa sprouts | sundried tomato | fine herbs | aioli

ROASTED TURKEY SANDWICH

EF, DF

baby gem | tomato | avocado honey mustard | wheat roll

F Gluten Free | DF Dairy Free | V Vegetarian | VG Vegan | NF Nut Free | EF Eggs Free

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