

# ROOTS

**AÇAI SMOOTHIE BOWL** (V, VG, NG) **12.5**

Açai smoothie bowl topped with Roots gluten free granola, banana, cacao nibs, hemp seeds, almond butter

**BACON PANCAKES** (NG, DF) **12.0**

Smoked streaky bacon with maple syrup

**PEACH MELBA PANCAKES** (NG, V) **13.0**

Our house pancakes topped with peach slices, gluten- free homemade shortbread, raspberry compote, vegan custard

**BREAKFAST SPECIAL BAGEL** **14.0**

Toasted bagel filled with a pork patty, crispy bacon, fried egg, halloumi, fiery chilli jam

**BEET & AVO TOAST** (NGR, V, VGR) **14.0**

Orange and balsamic marinated beetroot, beetroot hummus, smashed avocado, feta crumb, pickled red onions, chopped salad, poached eggs

**BUDDHA BOWL** (VR, VGR) **16.5**

A base of roasted courgette and aubergine with half a sweet potato, crispy seasoned chickpeas, creamy Roots hummus, wilted greens, smashed avocado, topped with your choice of *chicken or falafel*

**CINNAMON FRENCH TOAST** (V) **14.0**

Sliced cinnamon swirls dipped in egg, topped with icing and a sweet berry compote

**SWEET POTATO HASH** (VGR, NG, V, DF) **13.5**

Crispy sweet potato patties with Roots smashed avocado, wilted greens, topped with a poached egg, chilli flakes. *Add Chorizo for extra?*

**STEAK AND GREEN EGGS** (NG, DF) **17.0**

Cubed white potatoes, poached eggs with wilted greens, fried onions, topped with steak, chimichurri

**CHICKEN & HALLOUMI WRAP** **16.0**

**OR FALAFEL WRAP** (VR, VGR, DFR)  
Spiced harissa chicken with halloumi, sweet potato fries, tzatziki and cucumber salad. *Falafel or Chicken swap*

**OG CHILLI EGGS** (NGR) **14.0**

Smashed avocado on toasted sourdough with poached eggs, our house chilli sauce, crumbled feta, chorizo crumb

**GRILL UP** (DF, NGR) **14.5**

Two Cumberland sausages, bacon, scrambled egg, roasted vine tomatoes, mixed sautéed garlic mushrooms, Roots beans

**VEGAN GRILL UP** (V, VG, NGR, DF) **14.0**

Roasted vine tomatoes, mixed sautéed garlic mushrooms, Roots beans, smashed avocado, vegan sausages, wilted greens, cubed white potatoes

**EGGS YOUR WAY** (V, NGR, DF) **9.5**

Poached, scrambled or fried eggs on toasted sourdough

ADD ONS	1X	2X
Cumberland Sausage	1.35	2.5
Bacon	1.35	2.5
Smashed Avocado		2.5
Halloumi		3.5
Toast / NG Toast		2.5
Tomatoes		2.0
Mushrooms	1.75	2.0
Eggs (3 ways)		2.0
'Roots' Beans		1.75
Vegan Sausages	1.35	2.5
Chorizo Crumb		2.0
Feta		2.0

ALL OUR FOOD IS PREPARED IN A KITCHEN CONTAINING ALL ALLERGENS ( MAINLY GLUTEN, EGGS, NUTS)

PLEASE LET US KNOW OF ANY FOOD ALLERGIES BEFORE ORDERING

## SMOOTHIES

**DEEP BLUE** 6.5  
Peach, apple, pineapple, banana,  
lime and blue sprilina

**MATCHA ME** 6.5  
Pineapple, spinach, banana,  
apple and matcha powder

**MIXED BERRY** 6.5  
Raspberrry, blueberries, mango  
and apple

**TROPICAL** 6.5  
Pineapple, papaya and mango

**SUPERGREEN** 6.5  
Spinach, pineapple, banana and  
lime

**ACAI BERRY** 6.5  
Acai, blueberries, strawberries  
and mango

## SOFT DRINKS

Freshly squeezed orange juice 3.3  
Freshly squeezed apple juice 3.3

Dalston Fizzy cherryade 3.3  
Dalston Fizzy rhubarb 3.3  
Dalston Fizzy lemon 3.3  
Dalston Fizzy elderflower 3.3

Dash Sparkling mango 3.3  
Dash Sparkling blackcurrent 3.3  
Dash Sparkling cucumber 3.3  
Dash Sparkling lemon 3.3  
Dash Sparkling peach 3.3  
Dash Sparkling raspberry 3.3

Karma Cola 3.5  
Karma Diet Cola 3.5  
Karma Orangade 3.5

Lemonaid lime 3.6  
Lemonaid passionfruit 3.6  
Lemonaid blood orange 3.6

Harrogate Water Still 2.3  
Harrogate Water Spring 2.3

## COFFEE

	R	L
Espresso	3.1	
Americano	3.1	3.9
Flat White	3.5	3.9
Latte	3.5	3.9
Cappuccino	3.7	3.9
Macchiato	3.4	
Cortado	3.3	3.9
Mocha	3.7	3.9
Iced Coffee	4.2	
Hot Chocolate	3.8	
Super Hot Chocolate	4.8	
Ice Hot Chocolate	4.2	
Babyccino	1.3	

## SUPER LATTES

	R	L
Gold Latte	3.6	3.9
Ruby Latte	3.6	3.9
Charcoal Latte	3.6	3.9
Matcha Latte	3.6	3.9

MADE WITH COCONUT MILK

Make them iced 4.2

## TEA

	R	L
Earl Grey	3.3	3.9
Breakfast	3.3	3.9
Decaf	3.3	3.9
Berry	3.3	3.9
Green	3.3	3.9
Peppermint	3.3	3.9
Chamomile	3.3	3.9

## WHITE WINE

Chardonnay The Listening Station, South Australia	7.4, 8.9, 28
Pinot Grigio Arcano, Italy	7.4, 8.9, 28
Sauvignon Blanc Oyster Bay, New Zealand	8.0, 11.0, 33

## RED WINE

Merlot Pecking Order, South Africa	7.4, 8.9, 29
Malbec Despacito, Argentina	7.8, 8.9, 29
Rioja Senorial, Spain	7.8, 8.9, 29

## ROSE WINE

Cuvee Jean Paul VDP Cotes De Gascogne, France	7.5, 8.8, 29
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## SPARKLING WINE

NUA Prosecco	9, 29
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## COCKTAILS

See Cocktail menu

## BEER

Camden Hells Lager	5.9
Camden Hells Pale Ale	5.9
Mahou	5.9

## SPIRITS

Archers	4.1
Baileys	4.8
Barcardi White Rum	4.2
Bulldog Gin	5.5
Bulleit Bourbourn	5.5
Captain Morgan	4.9
Copper House Dry Gin	5.0
Copper House Pink Gin	5.0
Disaronno	4.8
Drambuie	5.9
Duppy Share Caribbean Rum	5.5
Espolon Blanco Tequilla	4.8
Havana Club 7 Year	5.5
Hennessy VS Cognac	5.5
Jager	5.0
Jim Beam	5.4
Jose Cuervo Especial	4.9
Koko Kanu Coconut Rum	4.8
Malibu	4.3
Passoa	4.0
Pimms	4.0
Sipsmith Lemon Drizzle Gin	5.5
Sipsmith Orange Gin	5.5
Southern Comfort	5.0
Stolichnaya Red Vodka	5.0
Stolichnaya Vanilla Vodka	5.5
Tequila Rose	4.7
Tequila Silver	5.0
Tia Maria	4.3
The Naked Grouse	5.5

## MIXERS

Fever Tree Soda Water	2.4
Fever Tree Indian Tonic	2.4
Fever Tree Classic Tonic	2.4
Fever Tree Lemonade	2.4