

# BREAKFAST PACKAGES

## SPRIG BREAKFAST (Serves 6)

Assortment of six bagels, Greek yogurt & fruit salad

## ROOT BREAKFAST (Serves 12)

Avocado toast box, fruit salad or Greek yogurt, coffee or hot tea

## HUNGRY ROOT BREAKFAST (Serves 12)

Assortment of twelve breakfast sandwiches, fruit salad or Greek yogurt, coffee or hot tea

# BREAKFAST SANDWICHES (MINIMUM 6)

## SUNRISE (Vg)

Cage-free egg, white cheddar on English muffin

+Add pork loin +Add avocado

## MORNING GLORY (Vg)

Cage-free egg, roasted red peppers, pickled jalapenos, white cheddar cheese, arugula, lemon vinaigrette on toasted English muffin

# TO SHARE (SERVES 6)

## AVOCADO TOAST BOX (Vg)

Toasted honey wheat, smashed avocado, lemon vinaigrette

## BAGEL BOX (Vg)

Assortment of six bagels with butter & cream cheese

## BERRY GREEK YOGURT (Vg)

Greek yogurt, granola, blueberry compote

## FRUIT SALAD (V GF)

Seasonal fruit salad mix

# LUNCH PACKAGES

## SPRIG LUNCH (Serves 6)

Assortment of six sandwiches or wraps, chips & one side

## ROOT LUNCH (Serves 12)

Assortment of twelve sandwiches or wraps, chips & cookies

## HUNGRY ROOT LUNCH (Serves 12)

Assortment of twelve sandwiches or wraps, chips, cookies and choice of one salad/plate or two sides

# BOXED LUNCH (MINIMUM 6)

## ROOT BOXED LUNCH (Vg)

Choice of vegetarian sandwich, wrap, or salad with chips and cookies

## HUNGRY ROOT BOXED LUNCH (Vg)

Choice of vegetarian sandwich, wrap, or salad with chips and bottled water

## ROOT BOXED LUNCH

Choice of sandwich, wrap or salad with chips and cookies

## HUNGRY ROOT BOXED LUNCH

Choice of sandwich, wrap or salad with chips and bottled water

# SIDES

## SPICY SLAW (GF Vg)

Red and green cabbage, shredded carrots, sriracha, lemon vinegar

## ARUGULA SALAD (GF Vg)

Arugula, parmesan cheese, lemon vinaigrette

## CHARRED BROCCOLI (V GF)

Broccoli, quinoa, green goodness dressing

## MARINATED CHICKPEAS (V GF)

Marinated chopped chickpeas, roasted red peppers

# SANDWICHES & WRAPS (MINIMUM 6)

## TC CLUB

Roasted turkey, bacon, balsamic onion relish, smashed avocado, aioli, on toasted ciabatta

## PACIFIC GARDEN

Marinated tuna, fennel, olive tapenade, aioli, arugula, lemon vinaigrette on toasted ciabatta

## SPICY PORK

Pork shoulder, pickled jalapeños, spicy slaw, green goodness dressing, arugula on toasted ciabatta

## CHICKEN CALIENTE

Chicken, spicy slaw, smashed avocado, crema on toasted ciabatta

## GRANDMA'S CHICKEN SALAD

Chicken, aioli, diced red onion, diced celery, sliced tomato, bibb lettuce on toasted wheat

## FARMER'S HARVEST (Vg GF)

Roasted mushrooms, sauteed kale, roasted red peppers, almonds, lemon vinaigrette, garlic dressing on toasted wheat

## THE MEDITERRANEAN (V)

Marinated chopped chickpeas, olive tapenade, cucumbers, roasted red peppers, arugula, lemon vinaigrette on toasted ciabatta



VEGAN



CONTAINS NUTS



VEGETARIAN



GLUTEN-FREE

Prices are subject to change.  
\*\*\*Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness.

# SALADS

## COW BELL (GF)

Grilled flank steak, marinated chopped chickpeas, cucumbers, roasted red peppers, kale, parmesan cheese, lemon vinaigrette

## TUNA NICOISE (GF)

Marinated tuna, arugula, quinoa, fennel, sliced avocado, lemon vinaigrette

## SOUTHERN BORDER (GF)

Chicken, romaine, sliced avocado, pickled red onions, tortilla crisps, green goodness dressing

## BIRDS NEST (GF)

Chicken, aioli, diced red onions, diced celery, kale, sliced tomato, almonds, lemon vinaigrette

## SOY JOY

Teriyaki chicken, arugula, quinoa, charred broccoli, roasted red peppers, black besame seeds

## TOFU TWIST (V)

Sesame ginger marinated tofu, romaine, red and green cabbage, shredded carrots, sliced avocado, pickled red onions, black sesame seeds, carrot ginger dressing

## NATURES GIFT (V GF)

Roasted mushrooms, arugula, quinoa, charred broccoli, fennel, lemon vinaigrette

# Root & Sprig

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