

## menu:

### ROOTS JUICES:

Blood Fiyah \$5.25 | Carrot Juice \$5.25  
Easy Does It \$5.25 | King's Drink \$5.25

### SMOOTHIES: (16oz)

Banana Strawberry \$7.00 | Earth Milk \$7.00  
Tropical Blend \$7.00 | Wild Berry Mix \$7.00

### SHOTS:

Wheatgrass \$2.00 an Ounce  
Aloe Gold \$2.00 an Ounce

### Fair Trade Coffees & Herbal Teas

organic: espressos, cappuccinos, lattes & fresh brew  
organic teas: hibiscus, yerba mate & more

### AT FIRST: (served with veggie chips)

Walnut Pate' \$4.00 | Mango Chutney \$5.00  
Tomato & Cilantro Salsa \$4.00

### SALAD BOWL:

Delicious variety of greens, veggies & pastas. \$8.75 per lb.

### ROOTS SANDWICHES:

(all sandwiches served on Ezekiel sprouted breads)  
Kitchen Sink \$8.75 | Chappalata \$7.75  
Avocado \$6.00 | Peanut Butter Jam \$3.75  
Specialty \$8.75

### SOUPS: Chef Choice Daily

Cup \$5.50 | Bowl \$7.50

### LATER ON:

(served with seasoned brown rice & steamed vegetable)  
Chef Choice Daily \$9.95 | Beans Black or Red \$7.95

### SWEET THINGS:

Paradise Pie \$5.25 a slice | Frozen Banana \$3.50

### WRAPS:

Grab & Go Wraps \$7.25

Please call or fax ahead to place your orders.  
tele 865-584-6728 | fax 865-584-6728

**Good from the roots up.**

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