



Breakfast 8:45am-11:45am

Rooted Breakfast £11.95

Sausage, slow roasted vine tomato, house smoked beans, wild mushrooms, hash brown, greens choice of poached or fried eggs on malted wheat sourdough

Go Vegan: Scrambled Tofu - Plain or Curried

Add on: Black Pudding £3.00 | Facon £2.00

Summer Berry Pancakes £8.95

American style banana buckwheat and chai seed pancakes, maple syrup, summer berry and blueberry compote, oat crème fraiche and house granola (contains nuts) fresh orange

Eggs Your Way £6.95

Your choice of poached, scrambled, fried or Keralan curried scrambled eggs with patcha on malted wheat sourdough

Go Vegan: Scrambled Tofu On Toast or Curried Scrambled Tofu with tomato patcha £7.20

Eggs and Greens £9.95

Poached eggs, steamed seasonal greens, smashed avocado served on malted wheat sourdough harissa hollandaise and kale crackling

Go Vegan: Fennel Roasted Tomatoes

Rooted Muffin £8.00

Vegan sausage patty, free range egg, vegan cheese served in a toasted muffin with a hash brown

Go Vegan: Scrambled Tofu - plain or curried with a vegan brioche bun

Add On: Hash Brown £1.50

Brunch all day

Bubble and Squeak £11.95

Crushed garlic and rosemary potatoes with carrots, savoy cabbage and onions served with a fried egg and our wild mushroom gravy

Go Vegan: Fennel roasted tomatoes and wilted seasonal greens

Add on: Sausage £2.00 | Black Pudding £3.00

Chilli Feta Smash £10.50

Vine tomato, baby capers and chilli feta with Newton St. Loe rapeseed oil, red wine vingerette dressing served on toasted multiseed sourdough and smashed avocado

Add on: Fried egg £1.50

Go Naked and GF: Make it a Salad £8.95

Sausage Sarnie £8.95

Classic sausage sarnie with english mustard and fennel roasted tomato in multiseed sourdough bread

Wild Mushrooms on Toast £11.95

Local forest mushrooms, whipped lemon hummus, garlic fried seasonal greens served on multiseed sourdough, kale crackling

Add On: Fried egg £1.50 | Black Pudding £3.00



Bloody Mary £9.50

Rooted's own house-made Mary mix | Koskenkorva Sustainable Vodka | Vegan Worcestershire Sauce | Wasabi | Tajin rim (mild chili peppers, lime and sea salt)

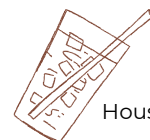
Let us know how spicy you like it!

Non alcoholic available



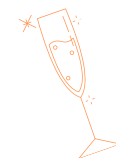
Turmeric Shot £3.00

Fresh turmeric, lime, ginger, black pepper, apple



Espresso Maple Coffee £4.50

House made espresso maple syrup poured over iced oat milk



Bucks Fizz £8.00

Orange juice and prosecco

The Full Indian Breakfast

available all day £11.95

Grilled paratha, mum's dhal tempered with freshly fried onions, green chilli, black mustard seeds, two fried masala eggs, mango lime achar, coconut, ginger, green chilli chutney, tomato patcha chutney with our home made Mango Lassi

Go Vegan: scrambled curried tofu

Mains 12pm

Our Mothers Dhal £10.00

Chefs Mothers Dhal Recipe

House Dhal tempered with freshly fried onions, green chilli, black mustard seeds, pomegranate, tamarind, coconut yoghurt served with brown basmati rice, hot and sour slaw and coconut potato puri

Railway Thali £14.95

Traditional rail workers lunch dates back to the 1900s, created by the chefs of the Indian railways during the British Raj for the first class passengers

Cauliflower, potato and spinach curry tempered with fresh tomato, ginger, garlic served with brown shallot basmati rice, pomegranate, tomato chutney, mango and lime achar and coconut and potato puri

Burgers and Wraps

The Argy Bhaji Wrap £8.95

Onion bhaji, hot and sour slaw, mango masala mayo, deep fried shallots, curried cous cous, golden sultana, hummus, toasted wrap with house seasoned skin on fries and spiced caramelised tomato cumin chutney (great for your gut health)

Wahaca Burrito £11.95

Classic Mexican flavours, house smoked beans, seasoned vegan chilli beef, guacamole, cheese, sofrito brown rice, lettuce, jalapeno, tomato and red onion served with house skin on fries and our Cholula mayonnaise

Gangster Burger £15.95

Vegan beef patty, smoked applewood cheese, red onion relish, lettuce, tomato, cornichon mayo, beer battered onion rings served in charred brioche bun with house skin on fries gherkin and our hot and sour slaw

All dishes on the menu in **Green** are vegan friendly/ All dishes in **Orange** contain dairy and/or eggs. Many of our dishes can be adapted for gluten sensitivities (please ask to see our gluten free menu) Although we assure you all your dishes are prepared with great care. It is created in the same environment as other allergens. Please inform your server of any allergens before you order

A discretionary 12.5% service charge is added to all food bills over 2 people

Sharers

Super Greens 6.95

Local greens, toasted superseeds, Newton St. Loe first press rape seed oil

Great as a sharer

Whipped Lemon Hummus and Rough Cut Pesto £8.00

House lemon hummus with rough cut pesto, toasted sunflower and pumpkin seeds, first pressed rapeseed oil and charred flatbread

Salt and Pepper Cauli Calamari £8.00

Calamari style deep fried cauliflower bites tossed in a salt and pepper season with cornichon mayo, fresh red chilli and a wedge of lemon

Skin On Fries £3.95

Disco house seasoning

Wild Mushroom Poutine £7.20

Skin on Fries, melted cheddar served with wild mushroom gravy and your choice of truffle mayo or sriracha mayo

Go Vegan: Ask for vegan cheddar

Indian Poutine £7.20

Skin on fries, melted cheddar served with mums dhal topped with mango masala mayo, tamarind and fresh chopped green chilli's

Go Vegan: Ask for vegan cheddar

Guacamole and Fries £7.50

Skin on fries with smashed avocado, pico de gallo and American style cheese, pink pickled onion, tajin

Brunch Browns £6.95

3 classic hash browns with a sweet and sour banana ketchup, pico de gallo and American style cheese

Desserts all day

Vanilla Cheesecake £6.50

Classic vanilla bean cheesecake made with creamed lentils, oat biscuit base served with blueberry and blackberry compote (GF)

Rooted Chocolate Brownie and Vanilla Ice cream £6.50

Warmed rooted walnut brownie with vanilla ice cream and hot chocolate sauce (GF)

Marshfield Ice Cream Pots £4.95

Blackcurrant and Clotted Cream, Chocoholic

Marshfield Plant Based Ice Cream Pots £4.95

Salted caramel or Vanilla

Sorbet £4.95

Strawberry and Champagne sorbet

Rooted Affogato £5.95

Rooted specialty espresso poured over vanilla ice cream

Add On: Shot of Conker Coffee liqueur £2.50 or Frangelico £2.50



All our dishes are made fresh to order

there might be a wait when the café is at capacity thank you for your understanding