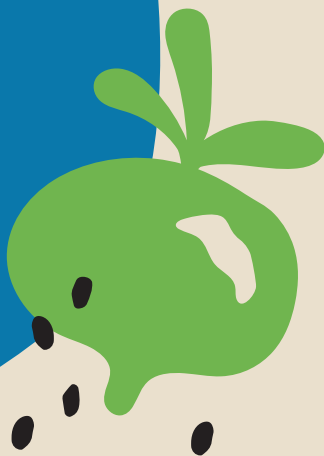


# Mama Roots



## Açaí Bowls

### Acai Bowl \$12

Coconut-acai blend topped with chia seed pudding, house-made granola, bananas, strawberries.

### Dragon Fruit Bowl \$12

Dragon fruit blend topped with chia seed pudding, house-made granola, bananas, blueberries.

### Blü Bali Bowl \$12

Tropical blue spirulina sorbet, granola, chia seed pudding, pineapple & banana.

#### AÇAÍ ADD-INS

Peanut Butter	\$1
Almond Butter	\$1
Agave	\$1
Caco Nibs	\$.75
Shredded Coconut	\$.5
Flax Seeds	\$.5

## Kids Menu

### Strawberry Shortcake \$5

Strawberries, banana, chia seeds, coconut milk.

### Baby Shark \$6

Pineapple, mango, blue spirulina, coconut milk.

### Lil Sprout Acai Bowl \$7.5

Coconut-Acai blend, topped with granola and fruit.

## Sandwiches

All sandwiches are served with our daily soup or house salad.

### BLT Sandwich \$15

Gluten-free bread, house-made mayo, tomatoes, lettuce, bacon tempeh.  
Add avocado +\$1.

### Tuscan Ricotta \$15

Gluten-free bread, house-made ricotta, tomatoes, lettuce, basil, lemon pepper.

### Korean Crunch \$15

Gluten free bread, Korean bbq tempeh, kim chi, mayo, sriracha, mixed greens, carrots.

## Toast & Bagels

### Avo Zest Toast \$6

Gluten-free bread, fresh mashed avocado, lemon pepper, sprouts, olive oil.

### CinnaButter Toast \$6

Gluten-free bread, house-made peanut butter, bananas, cinnamon, agave.

### Modest Bagel \$6

Gluten-free bagel & house-made ricotta.

### Sprouted Earth Bagel \$8

Gluten-free bagel, avocado, house-made ricotta, spring mix, shredded carrots, tomatoes, lemon pepper, sprouts.

## Smoothies

### Java Kong \$9

Local coffee, cacao, banana, vanilla protein, peanut butter, coconut milk.

### Nutty Hippy \$8

Strawberries, banana, chia seeds, peanut butter, coconut milk.

### Iron Man \$10

Double spinach, double protein, spirulina, flax seeds, pineapple, mango.

### Fit Chip \$8

Spinach, banana, vanilla protein, cacao nibs, dates, coconut milk.

### Mango Matcha \$9

Mango, pineapple, matcha, spinach, vanilla protein, coconut milk.

### Cacao Trip \$9

Mushroom power blend, cacao, banana, vanilla protein, almond butter, dates, coconut milk, cinnamon.

### Blue Hawaiian \$9

Banana, mango, pineapple, vanilla protein, organic blue spirulina.

### Crazy Date \$8

Local coffee, almond butter, dates, banana, coconut, cinnamon.

### Glow \$9

Pineapple, mango, banana, turmeric, maca, coconut milk.

#### SMOOTHIE ADD-INS

Nut Butter	\$1
Vanilla Protein	\$1
Spirulina	\$.75
Hemp Seeds	\$.75
Coconut Oil	\$.75
Turmeric	\$.5
Chia Seeds	\$.5
Flax Seeds	\$.5