

a vegan restaurant and bar

223 west walnut street

lancaster, pa

<http://www.rootoflancaster.com/>

717-826-9130

Appetizers

Reuben Ravioli Seitan, kraut and avocado stuffed ravioli, topped with kraut, onions, and a Thousand Island Sauce 10.00

White Bean Bruschetta A blend of mushrooms, cannellini beans, onions and fresh basil served on crostini, topped with basil infused oil 9.00

Oyster Mushroom "Mari" (GF) Battered oyster mushrooms flash fried and served with marinara 10.00

Sambal Tofu Bites (GF) Grilled tofu tossed with a Sambal Oelek Sauce served with cilantro lime 8.00

Collard Green Sushi (GF) Carrots, peppers, cucumbers rolled into collard greens with a srirachi lime cream cheese 9.00

Wonton Cups with Spinach Dip Wonton cups stuffed with a creamy spinach dip 10.00

Mushroom Rockefeller (GF) Mushroom topped with a sherry spinach sauce and baked with gluten free crumbs 9.00

Cauliflower Ceviche (GF) Cauliflower, onions and cucumbers with lime and cilantro served with chips 10.00

Salads

Wasabi Noodle Salad (GF) Peppers, tomatoes, carrots and scallions tossed with rice noodles in a wasabi cream sauce 10.00

Chipotle Tofu Salad (GF) Shredded lettuce topped with a corn salsa, chipotle tofu and tortilla strips served with cilantro lime dressing 10.00

Grilled Tomato Salad (GF) Grilled romaine topped with flash-fried tomatoes cucumbers and onions, served with a creamy tomato dressing 10.00

Wedge Salad (GF) Iceberg wedge topped with tomatoes, red onions, soy "bacon" and creamy tofu bleu cheese 9.00

Pizzas

Butternut Squash Pizza Butternut Squash sauce topped with peppers, tomatoes, onions and spinach 10.00

Carmelized Fig and Onion Pizza Fig, onion, tomatoes and basil with a Balsamic reduction 10.00

Taco Pizza Salsa sauce topped with a corn salsa, lettuce and tortilla strips and drizzles with cilantro lime cream sauce 10.00

Cheeseburger Pizza Ground seitan, tomatoes, onions, pickles and cheese 10.00

*Our pizza dough is homemade and takes additional time to cook.

*Any pizza crust can be replaced with gluten free crust for extra \$1.00 charge.

Mains

Chipotle Lentil Tacos (GF - upon request) Chipotle simmered lentils topped with lettuce, tomato and a cilantro lime sauce, served with veg of the day 10.00

Cauliflower Steak (GF) Pan-seared cauliflower topped with a home-style gravy, served with potato and veg of the day 10.50

Mushroom Burgundy (GF) Portabellas simmered in a red wine sauce with onions, carrots, served with potato and veg of the day 10.50

Creamy Vegetable Pasta Roasted Mushrooms, squash, kale and carrots in a creamy white wine sauce tossed with pasta 10.00

Ramen Bowl (GF) Tofu asparagus, carrots, Bok-choy and mushrooms on a bed of rice noodles topped with Ramen Sauce 10.00

Ginger Garlic Tofu Curry (GF) Spinach, tofu and broccoli tossed with rice noodles in a curry sauce 10.00

Southwestern Chili (GF) House made chili served with cornbread 9.00

Mushroom Black Bean Burger Blended black bean mushroom patty topped with barbeque caramelized onions, lettuce and tomato 10.00

*Please allow extra time for preparation.

Our meals are made to order and our food is prepared fresh daily.

*Please inform our wait staff of any allergies prior to ordering.

FAVORITES MENU

Wings Flash fried seitan tossed with your choice of sauce- barbeque, medium, hot, sweet chili 9.00

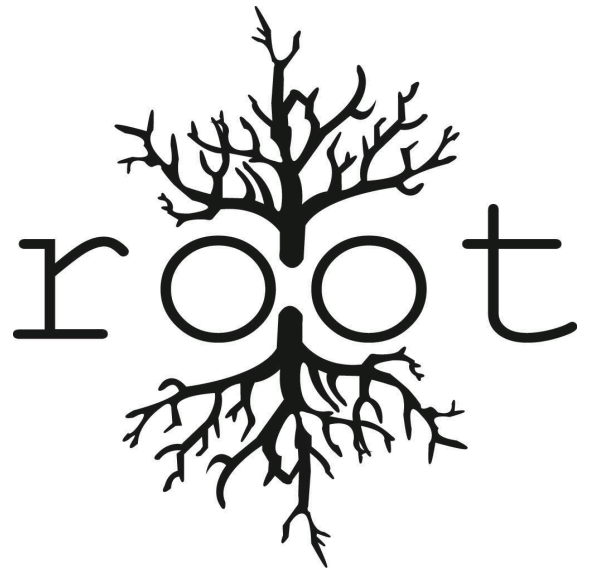
Big Mic Two seitan patties topped with special sauce, lettuce, cheese, and onions on a roll with fries 10.00

Avocado Rueben Sliced avocado, tomatoes, sour kraut and our house made Thousand Island served on grilled marble rye with fries 10.00

Pesto Mac and Cheeze Mac and cheese topped with pesto and stewed tomatoes, served with a side of veg 10.00

Cuban Slow roasted jack fruit, seitan ham, cheese, pickles and Dijon cream on Ciabatta bread, served with fries 10.00

Portabella Cheeze Steak Sautéed portabellas, peppers, and onions topped with marinara and cheese on Ciabatta, served with fries 10.00



BEVERAGES

Sodas and Juices

Coke

Diet Coke

Sprite

Ginger-ale

Lemonade

Cranberry Juice

Orange Juice

Pineapple Juice

Unsweetened Ice Tea

Assorted Hot Teas

Fat Cow Coffee

Renewal Kombucha - Ask about available flavors

*Our sodas are made from cane sugar.

*On order to protect the environment and wildlife, we no longer provide straws for beverages other than for children's drinks. Thank you for your understanding.

Desserts

Limited amount daily

Please ask your server for today's house made desserts

Reservations are accepted for parties of 6 or more.