

a vegan restaurant and bar

223 west walnut street

lancaster, pa

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

717-826-9130

Appetizers

Pretzel Bites House made pretzel bites served with a beer cheese
8.00

Oyster Mushroom Scallops (GF) Seared King oyster mushrooms topped
with a sweet chili sauce and an apple slaw 10.00

Beet Tartare (GF) Roasted beets pureed and topped with a horseradish
creme served on Belgium endive 8.00

Lentil Lettuce Cups (GF) Lentil mix topped with balsamic onions,
tomatoes and peppers served on lettuce with a roasted garlic
jalapeño creme 10.00

Eggplant Bruschetta Roasted eggplant, onions, garlic and tomatoes
served with crostini (GF) if served with veg 10.00

Deconstructed Ratatouille (GF) Breaded eggplant topped with a
zucchini, squash, onions and tomatoes served with a dollop of
marinara 10.00

BBQ Tofu Skewers (GF) Baked tofu, tomatoes, pineapple and onions
served with a BBQ sauce on a bed of greens 9.00

Stuffed Peppers (GF) Poblanos stuffed with a rice and veg mix served
with roasted garlic jalapeño creme 10.00

Salads

Kale Caesar (GF) Grilled Kale tossed with sautéed artichoke, onions
and tomatoes and our own Caesar dressing 10.00

Thai Peanut Noodle (GF) Rice noodles tossed with green onions,
peppers, tomatoes and carrots in a Thai peanut sauce 10.00

Caprese Salad (GF) Tomatoes, mozz and onions served on romaine with
a basil balsamic vinaigrette 10.00

Strawberry Salad (GF) Fresh strawberries, romaine, cucumbers, tofu
feta and basil served with a side of Balsamic vinaigrette 10.00

Pizzas

Hawaiian Ham seitan, pineapple and red onion with a BBQ sauce topped with mozz 9.50

Black and Bleu Seitan, red onion and arugula on top of a Bleu Cheeze ricotta topped with a horseradish crème 10.00

Caesar Sautéed onions, artichokes and tomatoes served with a Caesar cream sauce 10.00

Pasta Eggplant cream sauce topped with pasta, tomatoes and mozz 10.00

***The Caesar pizza and the pasta pizza can be made gluten free upon request**

Our pizza dough is homemade and takes additional time to cook

Entrees

Mongolian Cauliflower (GF) Flash fried cauliflower tossed with mushrooms, peppers and onions in a Mongolian BBQ sauce served over rice 10.00

Daikon Scallops (GF) Marinated Daikon, seared and topped with a roasted garlic and jalapeño creme served with mashed potatoes and veg of the day 10.00

Buffalo Eggplant Pasta Pasta tossed with flash fried eggplant, buffalo sauce, tomatoes and a Bleu Cheeze ricotta (can be served GF with rice noodles) 10.00

Oyster Mushroom PO-Boy Flash fried oyster mushrooms served with tartar sauce, pickles, hot sauce, lettuce and tomatoes on Ciabatta served with fries 10.00

The Louie Bowl (GF with no bread) Rice and vegetables tossed with a Cajun style tomato broth served with a side of Ciabatta 9.00

Tofu Fish and Fries (GF) Marinated tofu wrapped in nori battered and flash fried, served with fries and a side of tartar 9.00

Portobellos Stuffed with Balsamic Veg (GF) Portobellos topped with Balsamic marinated tomatoes, onions and peppers topped with bread crumbs and mozz 10.00

Jerk Burger Blended chickpeas, onions and eggplant with Jerk seasoning topped with lettuce, tomato and avocado served with a spicy aioli and fries 10.00

Please allow extra time for preparation

Our food is prepared fresh daily

FAVORITES MENU

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

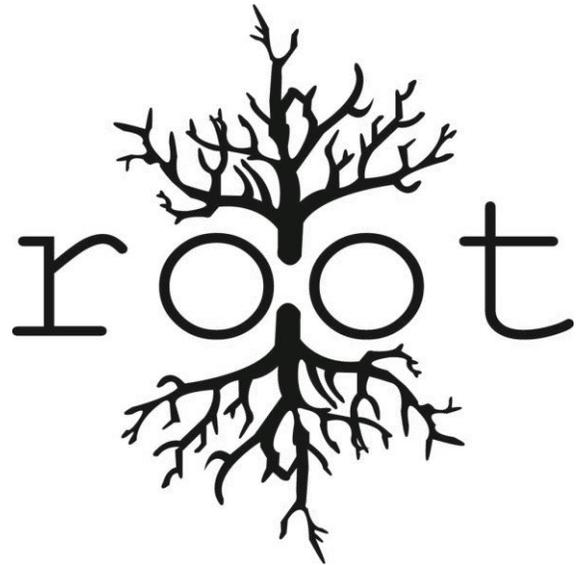
Big Mic Two seitan patties topped with special sauce, lettuce, cheese, and onions on a roll with fries 10.00

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

Coffee and Tea

Unsweetened Ice Tea

Assorted Hot Teas - Ask about available flavors

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.