

VITAL ROOT

3915 TENNYSON ST, DENVER, CO 80212

MON – THURS (11AM – 8:30PM) • FRI (11AM - 9PM) SAT (10AM – 9PM) • SUN (10AM – 8PM)

BRUNCH

DOSA WAFFLE	14.5
roasted butternut squash, spiced squash butter, pomegranate, coconut citrus yogurt + SCRAMBLED EGGS 4, + TOFU 4		
BREAKFAST SANDWICH	10.5
scrambled egg, cheddar, beatbox sprouts, umaro seaweed bacon, sriracha aioli + TOFU 4, + AVOCADO 2.5		
BANH MI BREAKFAST TACOS	13.5
scrambled egg, edamame “pâté,” pickled vegetables, jalapeño, sriracha aioli, fresh herbs + EXTRA TACO 7, + AVOCADO 2.5		
BREAKFAST FALAFEL	16.5
scrambled egg, fava bean falafel, feta, cucumber, tomato, tzatziki, tehina, house naan + PLANT-BASED “CHIKEN” 5, + AVOCADO 2.5		
HOME FRIES	6.5
potato medley, elevation ketchup		

SMALLS

SUNFLOWER RISOTTO	16.5
smoked almond pesto, roasted mushrooms, butternut squash, fennel salad + FABLE MUSHROOM “MEAT” 4.5, + PLANT-BASED “CHIKEN” 5		
KOREAN BBQ VEGGIE “WINGS”	13
smoked broccoli & cauliflower, sesame seeds, toga-ranch-i		
CASHEW “QUESO” NACHOS	13
black beans, jalapeño, onion, cabbage, cilantro, raquelitas tortilla chips + FABLE MUSHROOM “MEAT” 4.5, + PLANT-BASED “CHIKEN” 5		
FRIED BRUSSELS SPROUTS	8
coconut citrus yogurt, toasted hazelnuts, pomegranate, orange sesame glaze + FABLE MUSHROOM “MEAT” 4.5, + PLANT-BASED “CHIKEN” 5		

MAINS

VEGAN “CHIKEN-BACON” RANCH WRAP	16
avocado, beatbox greens mix, tomato, house naan + EXTRA “CHIKEN” 5, + EXTRA “BACON” 4		
SAMBAR BOWL	15
organic brown rice, tamari mushrooms, butternut squash, pickled vegetables, nori cashews, cilantro mint yogurt + FABLE MUSHROOM “MEAT” 4.5, + PLANT-BASED “CHIKEN” 5		
MISSION BOWL	16.5
brown rice, black beans, corn, avocado, cumin-lime crema + “QUESO” 3, + PLANT-BASED “CHIKEN” 5		
“CHIKEN” & DOSA WAFFLE	17
daring foods plant-based “chiken”, roasted butternut squash, spiced squash butter, pomegranate, coconut citrus yogurt + SCRAMBLED EGGS 4, + TOFU 4		
ROOT VEGETABLE REUBEN	14.5
root vegetable “pastrami”, swiss, sauerkraut, beatbox sprouts, served with home fries + UMARO SEAWEED BACON 4, + FABLE MUSHROOM “MEAT” 4.5		
VITAL COBB	19.5
beatbox greens mix, umaro seaweed “bacon”, egg, dates, feta, lentils, mung beans, smoked almonds, tomato, radish, toga-ranch-i + PLANT-BASED “CHIKEN” 5, + TOFU 4		
KOREAN STIR FRY	18
lemongrass tofu, brown rice, mung beans, mushrooms, kimchi, cashews, sesame gochujang + SCRAMBLED EGGS 4, + PLANT-BASED “CHIKEN” 5		
VITAL PAD THAI	18
scrambled egg, green papaya, brussels sprouts, pickled vegetables, thai chili paste, peanuts, cilantro + TOFU 4, + PLANT-BASED “CHIKEN” 5		
BANH MI TACOS	13.5
lemon grass tofu, edamame “pâté,” pickled vegetables, jalapeño, sriracha aioli, fresh herbs + TACO 7, + SUB PLANT-BASED “CHIKEN” 2		
FALAFEL WRAP	16.5
fava bean falafel, feta, cucumber, tomato, tzatziki, tehina, house naan + PLANT-BASED “CHIKEN” 5, + AVOCADO 2.5		

SIDES

SWEET POTATO FRIES	7.5
elevation ketchup		
YUCA FRIES	8
chimichurri, grilled banana ketchup		
HOME FRIES	6.5
breakfast potato medley, elevation ketchup		
HOUSEMADE KIMCHI	6
napa cabbage, korean chili flake, ginger, garlic, scallion		
CHICKPEA SALAD	6
chickpeas, pickled vegetables, onion, garlic, smoked paprika		
VITAL SALAD	10
chickpea salad, avocado, smoked almonds, cucumber, beatbox greens mix, coriander vinaigrette + TOFU 4, + PLANT-BASED “CHIKEN” 5		

KIDS MENU

COUNTRY FRIED TOFU	9
CHEESE QUESADILLA	9



Please notify us of any allergies, not all ingredients are listed. Due to the nature of restaurants & cross contamination, we are unable to guarantee a 100% allergy free zone.

*These items may be served raw or undercooked based on your specification, or contain raw or undercooked ingredients. Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of foodborne illness.

COFFEE & TEA

CODA COFFEE

DRIP.....3 LATTE.....5.5

CAPPUCCINO.....5.5 ESPRESSO.....3

SATI COLD BREW.....6
rotating flavors

HOUSE LEMONADE.....6
beet berry

TEATULIA ICED TEA.....5

CHAGACCINO.....6.5

MATCHA LATTE.....5.5

SPORTEA.....5

SMOOTHIES

BLUEBERRY & AÇAI.....9.5
almond butter, banana, hemp seeds, spinach, basil

GREEN GINGER.....9.5
avocado, kale, spinach, parsley, spirulina, cashews, pineapple

COOKIES & THINGS

PEANUT BUTTER COOKIE.....4.5
oats, tahini, vanilla

HEMP CACAO COOKIE.....4.5
maca, chocolate chips, coconut

BEET BROWNIE.....7
cocoa, beet cashew frosting

TIRAMISU.....8
lady fingers, raw cacao, espresso, rum, coconut cream

VEGAN CHOCOLATE CHIP COOKIES.....5
maple syrup, almond flour, cashew butter, pecans

VEGAN CHOCOLATE CHIP.....8
COOKIE DOUGH
maple syrup, almond flour, cashew butter, pecans



JOIN US FOR

HAPPY HOUR

\$8 BANH MI TACOS

\$8 CASHEW "QUESO" NACHOS

\$9 KOREAN BBQ VEGGIE "WINGS"

\$1 OFF SELECT BEER

\$6 OLD FASHIONED'S & GIN LEMONADE

MON-FRI
3pm-5pm

Happy Hour Is Available for Dine-In Only

COCKTAILS

WATERMELON MARGARITA.....9

tequila, simple syrup, lime

GIN LEMONADE.....9

beet powder, mixed berry syrup, lemon

CITRUS INFUSED OLD FASHIONED.....9

bourbon, black walnut bitters, orange

JIANT HARD KOMBUCHA.....9

passionfruit elderflower

BEERS

GRAND TETON PARKS IPA.....6

EPIC LOS LOCOS MEXICAN-STYLE LAGER.....7

HOLIDAILY FAVORITE BLONDE.....8

100% GF

CLIMB PEACH CIDER.....7

WINE

CONO SUR SAUVIGNON BLANC.....8/27

VEGAN

CONO SUR PINOT NOIR.....9/31

VEGAN

PRATSCH ROSÉ.....9/31

VEGAN

3 WAYS TO ORDER FOOD & ALCOHOL

ORDER ONLINE & PICK-UP
(alcohol available)

1

Help support us. This option saves us 20% + on delivery fees.

OR

PICK-UP
(alcohol available)

2

Call 303-474-4131 to order with one of our humans.

OR

DELIVERY VIA UBEREATS
(alcohol not available)

3

Find us on the app and let the food come to you.



A 3% surcharge will be applied to all checks to help us manage the increased cost of goods, services, supply chain issues, and the health & safety of our staff & guests

In the spirit of creating a balanced & unified workplace, we implement a tip pool for our entire service team including our back of house