

# VITAL ROOT

3915 TENNYSON ST, DENVER, CO 80212

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

## BRUNCH

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

## SMALLS

<b>KOREAN BBQ VEGGIE “WINGS”</b>	<b>13</b>
smoked broccoli & cauliflower, sesame seeds, toga-ranch-i	
<b>CASHEW “QUESO” NACHOS</b>	<b>13</b>
black beans, jalapeño, onion, cabbage, cilantro, <i>raquelitas</i> tortilla chips + <i>FABLE</i> MUSHROOM “MEAT” 4.5, + PLANT-BASED “CHIK’N” 5	
<b>FRIED BRUSSELS SPROUTS</b>	<b>8</b>
coconut citrus yogurt, toasted hazelnuts, pomegranate, orange sesame glaze + <i>FABLE</i> MUSHROOM “MEAT” 4.5, + PLANT-BASED “CHIK’N” 5	
<b>VEGAN POZOLE</b>	<b>8</b>
hearty broth with chickpeas & hominy, <i>fable</i> mushroom “meat”, cabbage, cilantro, lime + TOFU 4, +AVOCADO 2.5	

## MAINS

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

## SIDES

<b>SWEET POTATO FRIES</b>	<b>7.5</b>
<i>elevation</i> ketchup	
<b>YUCA FRIES</b>	<b>8</b>
chimichurri, grilled banana ketchup	
<b>HOME FRIES</b>	<b>6.5</b>
breakfast potato medley, <i>elevation</i> ketchup	
<b>HOUSEMADE KIMCHI</b>	<b>6</b>
napa cabbage, korean chili flake, ginger, garlic, scallion	
<b>CHICKPEA SALAD</b>	<b>6</b>
chickpeas, pickled vegetables, onion, garlic, smoked paprika	
<b>VITAL SALAD</b>	<b>10</b>
chickpea salad, avocado, smoked almonds, cucumber, <i>beatbox</i> greens mix, coriander vinaigrette + TOFU 4, + PLANT-BASED “CHIK’N” 5	
<b>SIDE CHIPS &amp; CASHEW QUESO</b>	<b>9</b>
<i>raquelitas</i> black bean tortilla chips + <i>FABLE</i> MUSHROOM “MEAT” 4.5, + AVOCADO 2.5	

## KIDS MENU

<b>COUNTRY FRIED TOFU</b>	<b>9</b>
<b>CHEESE QUESADILLA</b>	<b>9</b>



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	10
almond butter, banana, hemp seeds, spinach, basil	
GREEN GINGER.....	10
avocado, kale, spinach, parsley, spirulina, cashews, pineapple	

## COOKIES & THINGS

PEANUT BUTTER COOKIE.....	4.5
oats, tahini, vanilla	
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 COOKIE DOUGH.....	8
maple syrup, almond flour, cashew butter, pecans	



## JOIN US FOR HAPPY HOUR

MON-FRI	\$8 BANH MI TACOS
3pm-5pm	\$8 CASHEW "QUESO" NACHOS
	\$9 KOREAN BBQ VEGGIE "WINGS"
	\$1 OFF SELECT BEER
	\$6 OLD FASHIONED'S & GIN LEMONADE

\*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