

SOUP & SALAD

- Carrot & Thai Red Curry Soup** GF | 9

Apple Pear Chutney & Cilantro
- Kale & Squash Salad** V/GF | 14

Beluga Lentils, Black Quinoa, Brined Red Cabbage, Candied Squash, Ricotta Salata, Apricot Tahini & Creamy Sesame Vin
- Roasted Baby Beet Salad** V/GF | 14

Arugula, Radish, Colorado Goat Cheese, Toasted Hazelnuts, Beet-Sunflower Seed Pesto & Basil Vin
- Bufala Burrata** GF | 16

‘Nduja Salumi, Mushroom Conserva, Butter Beans, Grilled Sourdough, Kale Jalapeño Pesto & Orange Marmalade

SLIDERS

SUB HOUSEMADE GLUTEN-FREE BUNS .50 EACH

- Veggie Burger Sliders** V | 17

Jalapeño Jam, Slaw, Pickled Red Onion, Sweet Potato Fries & Curry Lime Yogurt
- Colorado Lamb Sliders*** GF | 19

Spiced Ground Lamb, Bacon, Aged Cheddar, Harissa Aioli, Slaw, Sweet Potato Fries & Mint Garlic Yogurt

SMALL

PLATES

- Sweet Potato Fries** V/GF | 8

Curry Lime Yogurt
- Vadouvan Cauliflower** V/GF | 14

Dill, Roasted Tomato, Marcona Almonds, Coconut Yogurt, Dijon & Pomegranate Molasses
- Colombian Arepas** GF | 15

Corn Cakes, Mozzarella, Smoked Gouda, Poblano Pistachio Pesto, Achiotte Crema & Pico de Gallo
- Devils on Horseback** GF | 13

Tender Belly Bacon, Smoked Almonds, Gournay Cheese Fondue, Peppadew Peppers & Sherry Gastrique
- Squash Risotto** V/GF | 21

Tender Belly Bacon, Carnaroli & Red Rice, Black Quinoa, Sea Beans, Pecans & Squash Apple Purée

ADD 3 SEARED DIVER SCALLOPS* 12
- Carrot Gnocchi** | 19

Smoked Almond Cracker, Mushrooms, Pecorino, Kale Jalapeño Pesto & Tomato Salsa
- Dungeness Crab & Avocado Tacos** GF | 21

Jicama “Tortillas,” Sweet Corn Yogurt, Tomato Salsa, Kohlrabi Radish Slaw, Pepitas & Yuzu Apple Vin
- Diver Scallops*** GF | 23

Fried Plantain, Black Beans, ‘Nduja Salumi Gremolata, Watercress, Pickled Red Onion & Lemon Habanero Aioli

ENTRÉES

- Tofu “Paneer”** V/GF | 24

Cauliflower, Mushrooms, Charred Broccoli, Red Chile & Tomato Fennel Chutney
- Rockfish Tom Kha*** GF | 29

Bamboo Rice, Carrot, Snap Peas, Cilantro, Radish & Chili Oil
- Moroccan Roasted Chicken** GF | 27

Charred Broccoli, Harissa Carrot, Medjool Date, Lentil Salsa Verde, Preserved Lemon Yogurt & Black Tahini
- Callicrate Flat Iron Steak*** GF | 31

Smashed Red Potato, Fried Brussels, Scallion Yogurt & Pink Peppercorn Au Poivre
- Longs Peak Lamb Porterhouse*** GF | 34

Butter Bean Succotash, Pickled Rhubarb, Crispy Shallot, Mint Pea Purée & Cherry Coffee Demi

CHEF/OWNER, JUSTIN GUCCI
CULINARY DIRECTOR, JEREMY KITTELSON
EXECUTIVE CHEF, BRENDAN BAILEY

100% OF OUR GRATITUDE TO ALL OUR GUESTS OVER THE YEARS.
YOU ... MEAN IT.
XOXO, EDIBLE BEATS

A 2% KITCHEN SURCHARGE WILL BE ADDED TO EACH CHECK AND DISTRIBUTED SOLELY TO DISHWASHERS AND COOKS TO RESPOND TO GROWING WAGE DISPARITY.

APPROXIMATELY 60% OF OUR MENU IS ORGANICALLY SOURCED AND WE ARE PROUD OF OUR PARTNERSHIPS WITH LOCAL, RESPONSIBLE, ARTISINAL VENDORS.

DRINKS

- Coconut Ginger Fizz** | 6

Ginger, Lime, Coconut Milk & Sparkling Water
- Ginger Lemonella** | 6

Ginger Lemonade & Chia Seeds
(ONE FREE REFILL)
- SPORTea** | 4

Brazilian Mate, Siberian Ginseng & Ginger (FREE REFILLS)
- Rocky Mountain Soda Co.** | 4

Cola, Diet, Root Beer, Lemon-Lime & Ginger Ale (FREE REFILLS)
- Root Down Chai** | 5

Bhakti Regular & Decaf

Please notify your server of any allergies before ordering, as not all ingredients are listed. Due to the nature of restaurants and cross-contamination concerns, we are unable to guarantee a 100 percent allergy free zone. However, we will do our best to accommodate your specific dietary needs.
*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.

BY REQUEST ONLY:
V/VEGAN | GF/GLUTEN-FREE



LO-HI NEIGHBORHOOD
Linger’s vibrant menu reflects a broad farm-to-street sensibility with a spin on traditional ethnic eats. lingerdenver.com



DENVER INTERNATIONAL AIRPORT CONOURSE C
Root Down expanded its roots to include the vibrant and rapidly changing landscape of DIA. Open 7 days a week from 7AM - 9PM.



BALLPARK NEIGHBORHOOD
8,000 sq. ft. gastrobrothel features vegetable-forward, globally-inspired dishes and a live music venue, the Electric Soapbox. opheliasdenver.com



TENNYSON STREET
Vital Root serves nutritious, delicious food that promotes wellness without compromising flavor or craveability; meals are fast, healthful, and satisfying. vitalrootdenver.com



LO-HI NEIGHBORHOOD
Serving Mediterranean tapas and Middle Eastern mezze, nestled on the fifth floor of 2930 Umatilla, we boast spectacular, unobstructed city skyline and sunset mountain views. elfivedenver.com

H A P P E N I N G S

FRIDAY BRUNCH!

JOIN US FOR BOTTOMLESS MIMOSAS AND BRUNCH
11:00AM-2:00PM

3 COURSE SUNDAY DINNER | \$35/PERSON

EVERY SUNDAY NIGHT AT ROOT DOWN
MENU CHANGES WEEKLY | RESERVATIONS STRONGLY RECOMMENDED

WE HAVE A LIVE MUSIC VENUE

DISCOVER LOCAL AND NATIONAL ACTS
opheliasdenver.com

LOCAL SUPPLIERS

S H O U T - O U T

Without these partners our concept would not be possible!

- | | | |
|---------------------|-----------------------|----------------------------|
| > BIG B'S | > EDIBLE BEATS GARDEN | > RAQUELITAS TORTILLAS |
| > GROWERS ORGANIC | > SMITH & TRUSLOW | > LONGS PEAK LAMB |
| > ABBONDANZA FARM | > TENDER BELLY | > LAZ EWE 2 BAR GOAT DAIRY |
| > CALLICRATE MEAT | > REBEL FARM | > ALTAMIRA |
| > ELEVATION KETCHUP | > TEATULIA TEAS | > SPIN FARMS |
| > MILE HIGH FUNGI | > CODA COFFEE | > BHAKTI CHAI |
| > GOLDEN ORGANICS | > MORNING FRESH DAIRY | > GROWHAUS |

S U S T A I N A B I L I T Y

- We consume clean energy and are powered **100% by wind energy**.
- Over 50% of our ingredients are sourced locally (within Colorado) and our network of responsible food sourcing supports over **55 local ranchers, farmers, growers & food artisans**.
- All animal proteins are **certified humane**, pasture-raised and utilize non-GMO vegetarian feed.
- All seafood is certified by the **Marine Stewardship Council** and is a “Best Choice Green” by the **Monterey Bay Seafood Watch**.
- All of our cleaning products and sanitizers are **biodegradable** and our paper products from the bathroom to the kitchen are made from **100% post-consumer, unbleached** recycled paper.
- We **compost** and **recycle**, diverting an average of **80%** of our waste.
- 75% of Root Down was built and finished with **reclaimed, reused and recycled materials**.



**THE EDIBLE BEAT
VOL 1 IS A COOKBOOK
CENTRIC ZINE.**

RECIPES INSIDE.

NOW AVAILABLE AT THE RESTAURANT
OR ONLINE EDIBLEBEATS.COM/ZINE
OR TALK TO ONE OF OUR HUMANS.

\$18.95