

"from the ground up"

Vegan.Raw.Living

Grass Root is a Certified Green Restaurant. We are always looking for new and improved ways to reuse, reduce and recycle. We use biodegradable non-toxic cleaners. Our food is prepared fresh daily. It does not sit overnight and lose it's vitality and nutrition, giving you the benefit of healthy organics. We support local organic farms and always make the organic choice when available. Over the last 5 years serving you, we have learned how to best choose the ingredients that create your experience at Grass Root. The owners Spencer & Sabrina thank you for your support and encourage you to stay in touch with us via our website. www.thegrassrootlife.com We've been feeding you, now you feedback.

100% Plant Based Menu

Grass Root Organic

2702 North Florida Avenue
Tampa Bay, Florida 33602

813.221.ROOT (7668)

1212 South Florida Avenue #2
Lakeland, Florida 33803

863.603.ROOT (7668)

www.thegrassrootlife.com

Gluten Free Options

18% gratuity added to tables of 6 & more

No Microwaves

No Frying

VEGAN RAW.LIVING

No Preservatives

No Hydrogenated Oils

No High Fructose Corn Syrup

Allergies? please let us
know before you order

hydration station

7.50 Peanut Punch Hemp Milk, Irish moss, banana ground peanut, flax seed, plantago fiber

7.50 Bachelorette Raw Nut Mylk, berries, Two Scoops Sun Warrior Protein, banana, flax, plantago fiber, cacao, bee pollen

8.25 Green Light Fresh OJ, whole greens, berries, banana, Sun Warrior Protein, cucumbers, spirulina

8 Harlem Shake A pure cacao smoothie. Raw chocolate from the cacao bean, rich & creamy

5.50 Horchata Raw, smooth & creamy, w/cinnamon

3 Wheatgrass Shot, when available

50¢ Pure Reverse Osmosis Water, free refills. Add Cell Food Liquid Oxygen supplement for **\$1.00**

2 Iced Green Tea with Ginger sweetened with raw cane sugar

2 Iced Hibiscus Tea sweetened with raw cane sugar

2 Iced Red African Rooibos Tea...Unsweetened

2 Hot Teas peppermint, chamomile with lavender, golden green, rooibos African red bush

Iced Tea Refills \$1.00

Hours of Vegetation

Tuesday-Saturday 11am - 9pm

Closed Sunday & Monday

Dine In or Call Ahead & Take Out



intro's & salads

- 5.75 EDAMAME · Non GMO Soy beans, lightly steamed in the pod. Sprinkle them with Hymalayan Red Crystal table sea salt.
5/9 HOUSE SALAD · Romaine, onion, sundried tomato, cucumber, bac-un bits, carrot, & creamy basil dressing
8.25 GUACAMOLE & CHIPS · When avocado are available. Our original recipe with blue and traditional corn tortilla chips
7.50 SALSA ROJO · Our own traditional salsa served with organic blue and traditional corn tortilla chips
7 SPROUT WRAP · Raw veggies and sprouts, wrapped in a delicate rice skin with our famous dipping sauce

raw & living

- 9 ULTIMATE GREEN MASSAGE · Fresh massaged kale, romaine, avocado, tomato in a light citrus dressing
8 MARAKESH · Hummus, veggies, cucumbers, avocado & sprouts in a romaine lettuce boat, w/citrus-hemp dressing
8/14 TACONE · Pumpkin seed pate, tomato, onion, cilantro, rolled into a Nori seaweed cone
6 MISO SOUP CUP · When coconuts available. Unpasteurized Miso, fresh coconut, kelp, served at room temperature
9/16 SABRINA'S FAVORITE SANDWICH · Our famous Onion Bread, hummus, avocado, sprouts, romaine & sheeze
11 PEACE ZAH PI · Raw three sheeze pizza, massaged kale, sundried tomato, avocado, fresh tomato, atop our raw crust
12 PADTHAI · High Mineral Kelp Noodles with a creamy pad thai sauce served w/light veggies

comfort foods

Add: **Organic Brown Rice \$3**

Organic Spelt Pasta \$3

with garlic and extra virgin Olive Oil

10 Ginger Chick-un Juicy bite sized chick-un, smothered in an exotic light ginger sauce with a side salad

8 Parmesan Two breaded patties, smothered in fresh marinara and a side salad

10 Veg-ta-bowl Lightly sautéed kale, Bok Choy & select vegetables served over brown rice in a bowl. Topped with Gomasio seasoning

9.50 Everybody Loves Ramen Japanese noodles, vegetables, shitake mushrooms, bok choy, vegan ham, our own amino miso broth

10 Marrakesh Wrap Hummus, lettuce, cucumbers, avocado, sprouts & assorted veggies wrapped in a sprouted whole wheat flat bread, served with our creamy basil dressing

*Ask your server
about our decadent
Vegan Dessert Specials*

handhelds

8 Sunshine Burger A baked patty made from veggies, sunflower seeds and brown rice dressed with romaine, tomato, onion, ketchup, vegan mayo, on a sprouted bun

7.50 V-B.L.T. Tempeh vegan bacon, romaine, tomato and vegan mayo on sprouted sliced bread

4.50 Nott Dogg A healthier version of an old S.A.D. classic. Dressed with ketchup, mustard, vegan mayo & onion on a sprouted bun

5 Peanut Butter & Jelly Creamy Valencia peanut butter & 100% fruit spread (no added sugar) on flourless, 7 sprouted grain bread slices

9 Big Boy BBQ Sandwich BBQ stayke, onion, peppers, a sprouted bun, how hot do ya want it?

Add Raw Cashew Sheeze Spread **\$1.00**

Add Organic Sweet Relish for **\$.50**

Add Stone ground mustard for **no charge**

Add Bac-un for **\$1.25**

ALL HANDHELDS SERVED WITH A SIDE OF
VEGETABLE OR FRUIT CHIPS

*Organic Biodynamic Wine
at our Lakeland location*

WWW.THEGRASSROOTLIFE.COM

ORGANIC
workshops.events.movie.night