

Roots Natural Kitchen

1329 W Main Street 22903 · +14345296229 · Updated: Jan 14, 2026

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GRAIN BOWLS 5

El Jefe \$9.50

Primary Base: Brown Rice Secondary Base: Kale Ingredients: Black Beans, Charred Corn, Red Onions, Avocado, Pita Chips, Feta Dressing: Cilantro Lime From the Grill: Chicken Ask for the Works! (Fresh Lime & Dash of Tabasco)

Roots Bowl \$8.00

Primary Base: Roots Rice Secondary Base: Spinach Ingredients: Roasted Sweet Potatoes x2, Red Onions, Pita Chips, Goat Cheese, Dried Cranberries Dressing: Lemon Tahini Ask for it with a splash of Red Wine Vinegar!

The Apollo \$9.00

Primary Base: Brown Rice Secondary Base: Spinach Ingredients: Chickpeas, Cucumbers, Grape Tomatoes, Red Onions, Pita Chips, Feta Dressing: Lemon Za'atar From the Grill: Chicken

The Southern \$8.50

Primary Base: Roots Rice Secondary Base: Kale Ingredients: Chickpeas, Roasted Broccoli, Charred Corn, Lime-Pickled Onions, Cheddar Dressing: Lemon Tahini From the Grill: BBQ Tofu

Mad Bowl \$8.50

Primary Base: Brown Rice Secondary Base: Spinach Ingredients: Cannellini Beans, Roasted Broccoli, Red Onions, Grape Tomatoes, Cucumbers, Shaved Parmesan Dressing: Basil Balsamic & Pesto Vinaigrette From the Grill: Mushroom

SALADS 4

Mayweather \$9.00

Primary Base: Kale Secondary Base: Bulgur Ingredients: Roasted Sweet Potatoes, Roasted Beets, Red Onions, Goat Cheese, Avocado Dressing: Lemon Tahini & Pesto Vinaigrette From the Grill: Chicken

Pesto Caesar \$8.50

Primary Base: Kale Secondary Base: Bulgur Ingredients: Grape Tomatoes, Pita Chips, Lime-Pickled Onions, Shaved Parmesan Dressings: Pesto Vinaigrette & Caesar From the Grill: Chicken Ask for it with Sriracha!

Corner Cobb \$9.25

Primary Base: Arcadian Mix Secondary Base: Kale & Roots Rice Ingredients: Roasted Sweet Potatoes, Charred Corn, Red Onions, Cucumbers, Avocado, Hard Boiled Egg Dressing: Greek Feta From the Grill: Chicken

Tamari \$9.25

Primary Base: Arcadian Mix Ingredients: Roasted Broccoli, Cucumbers, Lime-Pickled Onions, Avocado, Carrots, Mandarin Orange, Toasted Almonds Dressing: Carrot Ginger From the Grill: Miso Tofu

CREATE YOUR OWN 6

Build Your Own: Grain Bowl or Salad

What base or combination of bases would you like? Select from Grains (Brown Rice, Roots Rice, Bulgur) and Lettuces (Kale, Arcadian Mix, or Spinach). Add as many as you'd like! Let us know if you want mostly grains, mostly lettuce, or half and half.

Add Your Ingredients

5 ingredients are included. Premium ingredients (included in the section below) count as 2. Additional ingredients beyond 5 are \$.35 each.

Premium Ingredients

Premium ingredients count as 2.

Select Your Dressing

Extras

No extra charge -- add some kick or swagger to your bowl. We'll add the standard amount, let us know if you want to adjust!

Choose Your Item From the Grill

Can't decide? You can do half and half of 2 items. You can also add a full serving of a second item from the grill with an additional charge.

AVAILABLE OPTIONS

Chicken: \$8.85

Mushroom: \$8.50

BBQ or Miso Tofu: \$8.50

Veggie (no grill item):

\$7.65