

BREAKFAST

AVAILABLE DAILY UNTIL 2PM

THE ROOTS BREAKFAST

2 Butchers sausage, 2 free range egg, 2 bacon, hash brown, beans, mushrooms, tomato, toast. - 8.95

SMALL BREAKFAST

Butchers sausage, free range egg, bacon, hash brown, beans, tomato, toast. - 6.95

VEGETARIAN ROOTS

2 free range eggs, 2 veggie sausages, grilled tomato, beans, hash brown, mushrooms, seared halloumi, fresh spinach, toast. - 8.95

VEGAN BREAKFAST

Our scrambled lightly spiced tofu, veggie sausages, grilled mushrooms, sliced hass avocado, grilled tomato, toasted sourdough, dukkah - 7.95

SMASHED AVO

Smashed hass avocado, Persian feta, cherry toms, toasted mixed seeds, toasted sourdough. - 6.95
Add poached eggs + 2.00

EGGS BENNY

Toasted bagel, poached eggs, hollandaise sauce, seasonal greens, choice of: - 7.50
Crispy bacon | Smoked salmon | Home roast ham

EGGS ON TOAST

2 free range eggs, toasted sourdough. - 5.50

BREAKFAST BRIOCHE

Crispy bacon, free range fried egg, Monterrey jack cheese, served on a soft brioche. - 5.95

PANCAKE STACK

Fluffy pancake stack, crispy bacon, butchers sausage, maple syrup, berry compote. - 7.95

ACAI BOWL

Açaí berry, blueberry, raspberry, blackberry, banana, gluten free granola, shredded coconut, fresh seasonal fruits. - 6.50

EXTRAS

EGG | TOAST | GRILLED TOMATO | 1.00
MUSHROOMS | BACON |
AVOCADO | HALLOUMI | 1.50
OAK SMOKED SALMON | 2.00

LIGHT BITES

APPETISERS

SOUP OF THE DAY

Our soup of the day, served with warm salted bread - 5.95

VEGETABLE GYOZA

Crispy Japanese vegetable dumplings, served with teriyaki dipping sauce and nori sprinkle. - 5.95

HALLOUMI FRIES

Our seasoned crispy coated Halloumi, served with Harissa relish mayo, side salad - 5.95

SALT 'N' PEPPER SQUID

Crispy coated seasoned squid, served with our Chipotle dip - 6.95

BAGELS

BACON & EGG

Bacon, fluffy free range scrambled egg, fresh chives - 5.95

AVOCADO & HUMMUS

Zesty lime & coriander hummus, sliced organic Hass avocado, dukkah. - 5.95

SALMON & CREAM CHEESE

Our oak smoked salmon, cream cheese, fresh dill. - 6.95

GARLIC MUSHROOMS

Garlic & thyme roasted mushrooms, cream, pepper, fresh parsley. - 6.95

SANDWICHES

HAM SALAD

Home roasted ham, crisp lettuce, juicy tomato, cucumber, mayo - 5.95

ITALIAN B.L.C

Italian herb bread, crispy bacon, melted cheese, crispy lettuce, Italian seasoned mayo. - 6.95

PLOUGHMANS

Cheddar cheese, pickle, crispy lettuce, juicy tomato, cucumber. - 5.95

ADD FRIES - 2.00

**TO ANY WRAP
OR SANDWICH**

MAINS

WRAPS

LEMON PEPPER CHICKEN

Our unique blend of crisp citrus and black pepper flavour seasoned chicken breast, crisp lettuce, ranch sauce. - 6.95

CAJUN CHICKEN

Blackened Cajun seasoned chicken breast, crisp lettuce, Cajun spiced mayo. - 6.95

CHICKEN 'N' AVOCADO

Grilled seasoned chicken breast, hass avocado, house mayo, served inside a tortilla wrap. - 6.95

INDIAN FALAFEL

Lightly spiced chickpea falafels, masala sauce, coconut yogurt, crisp lettuce. - 6.95

All served with organic side salad -
ADD HOUSE FRIES - 2.00

SALADS

LEMON PEPPER CHICKEN

Zesty & peppery grilled chicken breast, crispy croutons, avocado, organic salad, ranch dressing. - 10.95

FALAFEL SALAD

Chickpea falafels, coriander & lime hummus, olives, organic salad. tahini dressing - 9.95

BURGERS

THE ROOTS BURGER

8oz Welsh beef patty, Monterrey jack, house burger sauce, crisp lettuce, toasted brioche, chipotle dip. - 10.95

THE VEGAN BURGER

Crispy coated Thai style vegan burger, pickled veg, peanut satay sauce. - 9.95

HALLOUMI BURGER

Seared halloumi, grilled mushrooms, harissa relish mayo, crisp lettuce. - 10.50

CAJUN CHICKEN BURGER

Blackened Cajun seasoned chicken breast, crisp lettuce, chipotle mayo - 10.95

All served with organic side salad -
add house fries 2.00

SEAFOOD

FISH & CHIPS

Fresh Haddock fillet in our homemade beer batter, homemade chips, mushy peas, tartar sauce. - 9.95

WHOLE-TAIL SCAMPI

Breaded whole-tail scampi served with house fries, tartar sauce, side salad. - 9.95

HOUSE SPECIALTIES

CHICKEN SATAY SKEWERS

Our grilled, 24hr marinated chicken breast, house satay sauce, coconut rice, organic salad - 10.95

ROASTED CAULI CURRY

Our roasted cauliflower & red pepper curry, served with basmati & wild rice, fresh coriander - 9.95

MEXICAN FIESTA BOWL

Three bean chili, crispy potato slices, cashew sour cream, guacamole, tortilla chips, vegan mozzarella - 9.95

HALLOUMI MEDLEY

Sweet potato, courgette & beetroot, roasted with garlic & onion, topped with seared halloumi, balsamic glaze, dukkah - 9.95

BEEF STROGANOFF

Homemade with Welsh beef & seasonal mushrooms in our creamy stroganoff sauce, served with wild rice, garlic bread & fresh parsley. - 10.95

SIDES

HOMEMADE FRIES - 3.95

SIDE SALAD - 3.75

DRINKS

SOFT DRINKS

COKE | DIET COKE | SPRITE | FANTA - 2.50

RASPBERRY LEMONADE - 2.95

POMMEGRANITE + ELDEFLOWER PRESSE - 2.75

ORANGE | APPLE | MANGO | PINEAPPLE JUICE - 2.50

FRUIT SQUASH - 2.00

KOMBUCHA - 3.75

SMOOTHIES

We only use organic fruit and veggies for our smoothies. no dairy. no sugar.

HOLY CACAO

Raw cacao, almonds, banana, dates, coconut, oats, almond milk - 4.25

GO GREEN

Spinach, wheatgrass, spirulina, hemp, banana, almond milk. - 3.95

THE TROPICS

Mango, pineapple, orange, coconut water - 3.95

SUPER ACAI

Acai berry, blueberry, cranberry, raspberry, blackberry, coconut water, agave. - 3.95

FUNKY MONKEY

Banana, raw cacao, espresso shot, coconut milk, agave. - 3.95

COCO LOCO

Coconut flesh, coconut milk, coconut water, coconut nectar. - 3.95



BARISTA

COFFEE

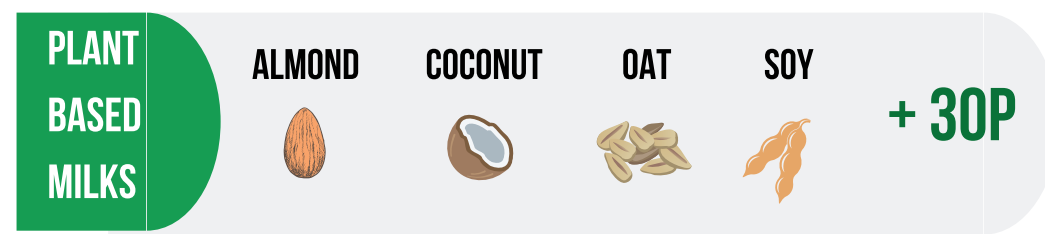
AMERICANO	2.40
LATTE	2.60
CAPPUCINO	2.50
FLAT WHITE	2.50
MOCHA	2.60
MACCHIATO	2.40
ESPRESSO	2.10

TEA

BREAKFAST BLEND	2.30
PEPPERMINT	2.50
FRESH LEMON & GINGER	2.50
TURKISH APPLE	2.50
STRAWBERRY & KIWI	2.50
POMMEGRANITE	2.50
DECAF ASSAM	2.30

SPECIALITY

MATCHA LATTE	2.95
MATCHA TEA	2.80
BEETROOT LATTE	2.80
CHARCOAL LATTE	2.95
TURMERIC LATTE	2.95
HOT CHOCOLATE	2.75
VEGAN HOT CHOCOLATE	2.75



LITTLE PEOPLE

EGGS ON TOAST

Eggs your way, with toast. - 4.50

MINI ROOTS BREAKFAST

Butchers sausage, free range egg, bacon, beans, toast. - 4.95

YOGURT BOWL

Coconut yogurt, granola, fresh fruit - 4.95

CHICKEN SALAD WRAP

Lightly seasoned chicken breast, fresh organic salad, tortilla wrap served with salad or fries. - 5.95

FISH FINGERS 'N' CHIPS

Battered cod fingers, house fries, mushy peas or beans. - 5.95

MINI ROOTS BURGER

Beef patty, toasted brioche, lettuce, sliced tomato, served with house fries - 5.95

PASTA BOLOGNESE

Welsh beef mince, wheat pasta, Bolognese sauce. - 5.95

DESSERT

STICKY TOFFEE PUDDING

Our luxury sticky toffee pudding served with vanilla ice cream - 5.50

NO BAKE CHEESECAKE

Homemade no bake cashew, vanilla & maple cheesecake of the day - ask for details - 5.50

BELGIAN SUGAR WAFFLE

Sugar crusted Belgian waffle, served with salted caramel ice cream, butterscotch sauce, toasted almonds - 5.95

ICE CREAM - TWO SCOOP

Two scoops of our creamy vanilla or raspberry ice cream - 4.50

DESSERT OF THE DAY

Please ask a member of staff for details - 5.95

