

VITAL ROOT

3915 TENNYSON ST, DENVER, CO 80212

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

BRUNCH

BREAKFAST SANDWICH 13

scrambled egg, cheddar, *beatbox* sprouts, *umaro* seaweed bacon, *sriracha* aioli + TOFU 4, + AVOCADO 2.5

BANH MI BREAKFAST TACOS 14

scrambled egg, edamame "pâté," pickled vegetables, jalapeño, *sriracha* aioli, fresh herbs + EXTRA TACO 7, + AVOCADO 2.5

BREAKFAST FALAFEL 16.5

scrambled egg, fava bean falafel, feta, cucumber, tomato, tzatziki, tehina, house naan + PLANT-BASED "CHIK'N" 5, + AVOCADO 2.5

SMALLS

KOREAN BBQ VEGGIE "WINGS" 13

smoked broccoli & cauliflower, sesame seeds, toga-ranch-i

FRIED OYSTER MUSHROOMS 9

sesame batter, toga-ranch-i, maple mustard

SWEET POTATO FRIES 7.5

elevation ketchup

HOME FRIES 6.5

potato medley, elevation ketchup

CASHEW "QUESO" NACHOS 13

black beans, jalapeño, onion, cabbage, cilantro, raquelitas tortilla chips + *FABLE* MUSHROOM "MEAT" 4.5, + PLANT-BASED "CHIK'N" 5

VITAL SALAD 10

chickpea salad, avocado, smoked almonds, cucumber, BeatBox Farms greens, coriander vinaigrette + TOFU 4, + PLANT-BASED "CHIK'N" 5

MAINS

VEGAN CHIK'N BACON RANCH WRAP 16.5

avocado, *beatbox* greens mix, tomato, house naan + EXTRA "CHIK'N" 5, + EXTRA "BACON" 4

BANH MI TACOS 14

lemongrass tofu, edamame "pâté," pickled vegetables, jalapeño, *sriracha* aioli, fresh herbs + TACO 7, + SUB PLANT-BASED "CHIK'N" 2

MISSION BOWL 16.5

brown rice, black beans, corn, avocado, cumin-lime crema + "QUESO" 3, + PLANT-BASED "CHIK'N" 5

CLASSIC TACOS 16.5

choice of protein, brown rice, black beans, corn, avocado, quinoa, cumlin lime crema + "QUESO" 3, + PLANT-BASED "CHIK'N" 5

MISSION WRAP 16

choice of protein, avocado, red rice & beans, corn salad, cumin lime crema + SCRAMBLED EGGS 4, + *UMARO* "BACON" 4

HUMMUS & FRIED ARTICHOKEs 14

house made hummus, batter fried artichokes, olives, cucumbers, carrots, harissa chickpeas + FALAFEL 4, + ANTIBIOTIC-FREE CHICKEN 5

FAN FAVORITES

VITAL COBB 12/19.5

beatbox greens mix, *umaro* seaweed "bacon", egg, dates, feta, lentils, mung beans, smoked almonds, tomato, radish, toga-ranch-i + PLANT-BASED "CHIK'N" 5, + TOFU 4

KOREAN STIR FRY 18

lemongrass tofu, brown rice, mung beans, mushrooms, kimchi, cashews, sesame gochujang + SCRAMBLED EGGS 4, + PLANT-BASED "CHIK'N" 5

VITAL PAD THAI 18

scrambled egg, green papaya, snap peas, pickled vegetables, thai chili paste, peanuts, cilantro + TOFU 4, + PLANT-BASED "CHIK'N" 5

FALAFEL WRAP 16.5

fava bean falafel, feta, cucumber, tomato, tzatziki, tehina, house naan + PLANT-BASED "CHIK'N" 5, + AVOCADO 2.5

ADD-ONS

ADD TO ANY DISH

ANTIBIOTIC FREE CHICKEN (5OZ) 5

VITAL FARMS SCRAMBLED EGGS 4

BRAISED PORK 6

PLANT-BASED ADD-ONS

ADD TO ANY DISH

DARING PLANT-"CHICKEN" 5

"MEATY" *FABLE* MUSHROOMS 4.50

LEMONGRASS TOFU 4

UMARO SEAWEEED BACON 4

KIDS MENU

FALAFEL & VEGGIES 9

CHEESE QUESADILLA 9

HUMMUS & VEGGIES 9

COMES WITH

YOUR CHOICE OF
A SIDE & *DRINK*

Sweet Potato Fries
or
Fresh Veggies

Whole Milk
or
Apple Juice

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.

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 and unified workplace, all gratuities are shared between all front & back of house staff

COFFEE & TEA



CODA COFFEE

DRIP 3	CHAGACCINO 6.5
ESPRESSO 3	MATCHA LATTE 5.5
AMERICANO 4	VAIL MOUNTAIN CO ICED TEA 5
LATTE 5.5	SPORTEA 5
CAPPUCCINO 5.5	HOUSE LEMONADE 6 beet berry
	SATI COLD BREW 6

SMOOTHIES

BLUEBERRY & AÇAÍ 6/10

almond butter, banana, hemp seeds, strawberry, basil

GREEN GINGER 6/10

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 8 COOKIE DOUGH

maple syrup, almond flour, cashew butter, pecans

NO BAKE CINNAMON ROLLS 6.5

medjool dates, almond flour, cashews, pecans

JOIN US FOR

HAPPY HOUR

MON-FRI 3pm-5pm

KIDS EAT FREE*

\$9 KOREAN BBQ VEGGIE "WINGS"

\$8 BANH MI TACOS

\$8 CASHEW "QUESO" NACHOS

\$7 FRIED OYSTER MUSHROOMS

\$1 OFF SELECT BEER

\$6 COCKTAILS

*Kids Eat Free Dine-In Only. Kids Under 12

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

1

ORDER ONLINE & PICK-UP

Help support us. This option saves us 20% + on delivery fees.

OR

2

PICK-UP

Call 303-474-4131 to order with one of our humans.

OR

3

DELIVERY VIA DOORDASH (alcohol not available)

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