

# VITAL ROOT

3915 TENNYSON ST, DENVER, CO 80212

MON – SUN (8AM – 8PM)

## BREAKFAST

8AM - 11AM

## THE SWEETS

**GF/V UBE MOCHI PANCAKES 13**  
passionfruit coulis, coconut whip, superseed

**GF ZUCCHINI BREAD FRENCH TOAST 13**  
chai yogurt, blueberry maple, superseed

**GF MILK & COOKIES PARFAIT 9**  
greek yogurt, seasonal fruit, oatmeal & granola cookie

## THE SAVORY

**GF EGG SANDWICH 11.5**  
fluffy *vital farms* egg, *impossible* sausage, chive pesto, smoked gouda, sriracha aioli

**GF/V BREAKFAST BURRITO 12**  
scrambled *vital farms* egg, rice, black bean, plant-based chorizo, smoked gouda, cherry tomato pico de gallo, green chili, cumin-lime crema

**GF/V BANH MI BREAKFAST TACOS 11.5**  
scrambled egg, edamame “pâté,” pickled vegetables, jalapeño, *sriracha* aioli, fresh herbs

**GF/V BISCUITS & GRAVY\* 11**  
garlic biscuit, mushroom gravy, fine herbs, *impossible* sausage + **EGG\* 2**

**GF TURKISH EGGS 13**  
soft boiled *vital farms* egg, chile crunch labneh, grain mix, asparagus, pickled veg, naan

## THE SIDES

**UMARO SEAWEED “BACON” 4**  
**VITAL FARMS EGGS\* (2) 5**  
**AVOCADO 4**  
**IMPOSSIBLE SAUSAGE 4**  
**GREEN CHILI 4**  
**HOME FRIES 6**

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.

## BOWLS

**GF MISSION BOWL 16.5**  
brown rice, black beans, corn avocado, cumin-lime crema

**GF VITAL COBB\* 12/19.5**  
*beatbox* greens mix, *umaro* seaweed “bacon,” *vital farms* egg, feta, lentils, mung beans, dates, smoked almonds, tomato, radish, togarashi ranch

**GF VITAL PAD THAI 16.5**  
scrambled *vital farms* egg, green papaya, snap peas, pickled veg, thai chili paste, peanuts, cilantro

**GF TURKISH EGGS 13**  
soft boiled *vital farms* egg, chile crunch labneh, grain mix, asparagus, pickled veg, naan

## ADD ON PROTEINS

### ANIMAL PROTEIN

ANTIBIOTIC FREE CHICKEN 5  
VITAL FARMS EGGS (2) 5  
BRAISED PORK 6

### PLANT-BASED

DARING PLANT-“CHICKEN” 5  
PLANT-BASED CHORIZO 4  
LEMONGRASS TOFU 4  
UMARO SEAWEED BACON 4  
AVOCADO 4

## HANDHELDS

**GF EGG SANDWICH 11.5**  
fluffy *vital farms* egg, *impossible* sausage, chive pesto, smoked gouda, sriracha aioli

**GF/V BREAKFAST BURRITO 12**  
scrambled *vital farms* egg, rice, black bean, plant-based chorizo, smoked gouda, cherry tomato pico de gallo, green chili, cumin-lime crema

**GF/V CHICKEN BACON RANCH WRAP 16.5**  
avocado, *beatbox* greens mix, tomato, togarashi ranch, house naan

**GF/V BAHN MI TACOS 14**  
lemongrass tofu, edamame “pâté,” pickled veg, jalapeño, sriracha aioli, fresh herbs

**GF FALAFEL WRAP 16.5**  
fava bean falafel, feta, cucumber, tomato, tzatziki, tehina, house naan

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

## ALL DAY

11AM - 8PM

## SMALLS

**GF ZUCCHINI BREAD FRENCH TOAST 13**  
chai yogurt, blueberry maple, superseed

**GF/V MEZZE PLATE 14**  
muhammara, marinated artichokes, cucumber, olive, harissa chickpeas, naan

**GF/V KOREAN BBQ VEGGIE “WINGS” 13**  
smoked broccoli & cauliflower, sesame seeds, cashew ranch

**GF/V FRIED OYSTER MUSHROOMS 9**  
sesame batter, cashew ranch, maple mustard

**GF SWEET POTATO WAFFLE FRIES 7**  
hot honey or maple mustard +2

**GF/V WOK CHARRED EDAMAME 8.5**  
chile, garlic, sesame, sea salt

**GF/V CASHEW “QUESO” NACHOS 13**  
black beans, jalapeño, onion, cabbage, cilantro, raquelitas tortilla chips

## SWEETS

**GF/V BEET BROWNIE 7**  
cocoa, beet cashew frosting

**GF/V TIRAMISU 8**  
lady fingers, raw cacao, espresso, rum, coconut cream

**GF/V VEGAN CHOCOLATE CHIP COOKIES (3) 5**  
maple syrup, almond flour, cashew butter, pecans

**GF/V NO BAKE CINNAMON ROLLS 6.5**  
medjool dates, almond flour, cashews, pecans

**GF/V BREAKFAST GRANOLA COOKIES (2) 5**  
pepita, sunflower seed, oats, dark chocolate

## KIDS MENU 9

### CHOICE OF

Sweet Fries or Veggies  
Whole Milk or Apple Juice

**COUNTRY FRIED TOFU OR CHEESE QUESADILLA  
OR FALAFEL & VEGGIES**

## 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

**CHOCOLATE TAHINI 6/11**  
almond milk, sesame, coconut, cocoa

## COOKIES & THINGS

**GF/V BEET BROWNIE 7**  
cocoa, beet cashew frosting

**GF/V TIRAMISU 8**  
lady fingers, raw cacao, espresso, rum, coconut cream

**GF/V VEGAN CHOCOLATE CHIP COOKIES (3) 5**  
maple syrup, almond flour, cashew butter, pecans

**GF/V NO BAKE CINNAMON ROLLS 6.5**  
medjool dates, almond flour, cashews, pecans

**GF/V BREAKFAST GRANOLA COOKIES (2) 5**  
pepita, sunflower seed, oats, dark chocolate

## 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

**HIBISCUS 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

**GIANT 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