

VITAL ROOT

3915 TENNYSON ST, DENVER, CO 80212

MON – SUN (9AM – 8PM)

BREAKFAST ALL DAY

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

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

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/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

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
pépita, 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**

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

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