VITAL ROOT

BREAKFAST ALL DAY

GF = GLUTEN FREE BY REQUEST
V = VEGAN BY REQUEST

SAVORY

GF/V **BREAKFAST BURRITO 12**
Vital Farms egg, plant-based chorizo, gouda, black bean, rice, pico de gallo, green chili, cumin-lime crema

GF **BANH MI BREAKFAST TACOS 14**
scrambled *Vital Farms* egg, edamame "pâté," pickled vegetables, jalapeño, *Sriracha* aioli, fresh herbs

SIDES

***RICE PAPER* BACON 4**
***VITAL FARMS* EGGS* (2) 5**
AVOCADO 4
***IMPOSSIBLE* SAUSAGE 4**
GREEN CHILI 4
HOME FRIES 6

You will also notice a 4% Denver Employee Benefits Surcharge added to your check. This is not a gratuity. Why? In the spirit of transparency, 100% of this surcharge goes towards the continued support of our teams' benefits (see QR code for full list).

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.

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BOWLS

GF/V **SWEET POTATO & KALE SALAD 13.5**
goat cheese, smoked almond, apple, creamy sesame dressing

GF/V **MISSION BOWL 13.5**
avocado, brown rice, black beans, corn, cumin-lime crema, cilantro

GF/V **VITAL COBB* 12/19.5**
Vital Farms egg, rice paper bacon, feta, lentils, mung beans, *BeatBox* greens, dates, almonds, tomato, togarashi ranch

GF/V **VITAL PAD THAI 18.5**
Vital Farms egg, brussels sprouts, green papaya, pickled veg, thai chili paste, peanuts, cilantro

GF/V **ORANGE TOFU BOWL 16.5**
brown rice, broccoli, shaved brussels sprouts, nori cashews

ADD ON PROTEINS

ANIMAL PROTEIN

ANTIBIOTIC FREE CHICKEN (5oz) **6**
VITAL FARMS **EGGS** (2) **5**
HANGER STEAK (4oz) **9**

PLANT-BASED

DARING **PLANT-"CHICKEN" 5**
PLANT-BASED CHORIZO 4
RICE PAPER "BACON" 3
LEMONGRASS TOFU 4
AVOCADO 4

HANDHELDS

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

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

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

GF/V **GREEN CHILE GRILLED CHEESE 14**
cheddar, pepper jack, roasted green chile, caramelized onion, roasted tomato soup

GF/V **MUSHROOM FRENCH DIP 19**
roasted mushrooms, caramelized onion, provolone, horshradish cream, mushroom jus

GF **SMOKED TURKEY 16.5**
sharp cheddar, honeycrisp apple, cabbage, calabrian orange marmalade, maple dijon

GF/V **SPROUTHEAD 13**
cheddar, tomato, cucumber, alfalfa sprouts, roasted red pepper hummus, sun dried tomato pesto

SMALLS

GF/V **SMOKED "WINGS" WITH RANCH 13.5**
smoked broccoli & cauliflower, sesame seeds, togarashi ranch

GF/V **CASHEW "QUESO" 9**
pico de gallo, cilantro, black bean tortilla chips

GF/V **VEGAN POZOLE 12.5**
fable mushroom "meat," chickpeas, hominy, cabbage, cilantro, lime

GF/V **SWEET POTATO WAFFLE FRIES 7**
elevation ketchup

SWEETS

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

GF/V **BEET BROWNIE 7**
dark chocolate, beets, cashews, cocoa nibs

GF **SALTED CHOCOLATE CHIP COOKIE 5**
dark chocolate, vanilla, sea salt

GF/V **PEANUT BUTTER TAHINI COOKIE 4.5**
peanut butter, tahini, sesame seeds

GF/V **OATMEAL COOKIE 4.5**
walnut, dried cherries, chocolate

KIDS MENU 9

CHOICE OF

Sweet Fries or Veggies
Whole Milk or Apple Juice

COUNTRY FRIED TOFU (GF/V)
OR GRILLED CHEESE (GF/V)
OR FALAFEL & VEGGIES (GF/V)

In the spirit of creating a balanced and unified workplace, all gratuities are shared between all front & back of house staff

COLD BREW LATTES

AVAILABLE STEAMED OR SHAKEN

HONEY LAVENDER 6.5

BLACK SESAME 6.5

DUBAI CHOCOLATE 7

COFFEE & TEA

LONDON FOG 5
earl grey, lavender

***BHAKTI* CHAI 6**
boulder-based

CODA COFFEE DRIP 3

LATTE 5

CAPUCCINO 5

***VAIL MOUNTAIN CO* ICED TEA 5**

***SPORTEA* 5**

HOUSE LEMONADE 6
beet berry

***SATI* COLD BREW 6**

SMOOTHIES

GF/V **BLUEBERRY & AÇAÍ 6/11**
almond butter, banana, hemp seeds, strawberry, basil

GF/V **GREEN GINGER 6/11**
avocado, kale, spinach, parsley, spirulina, cashews, pineapple

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

COOKIES & THINGS

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

GF/V **BEET BROWNIE 7**
dark chocolate, beets, cashews, cocoa nibs

GF **SALTED CHOCOLATE CHIP COOKIE 4**
dark chocolate, vanilla, sea salt

GF/V **PEANUT BUTTER TAHINI COOKIE 4.5**
peanut butter, tahini, sesame seeds

JOIN US FOR

HAPPY HOUR

MON–FRI 3pm–5pm

KIDS EAT FREE*

$9 SMOKED "WINGS" WITH RANCH
$8 BANH MI TACOS
$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

VITAL MARGARITA 9
tequila, simple, lime

GIN LEMONADE 9
beet powder, mixed berry syrup, lemon

JIANT HARD KOMBUCHA 9
passionfruit elderflower

BEERS

***OUTER RANGE* COLORADO COU COU HAZY IPA 8.5**

***OUTER RANGE* PILSNER 8.5**

***OUTER RANGE* BELGIAN WHITE ALE 8.5**

***GRAND TETON* PARKS IPA 6**

***EPIC* LOS LOCOS MEXICAN-STYLE LAGER 7**

***HOLIDAILY* FAVORITE BLONDE 8**
100% GF

***OUTER RANGE* PILSNER 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.



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In the spirit of creating a balanced & unified workplace, we implement a tip pool for our entire service team including our back of house