

LUNCH

FOR THE TABLE

Uproot yourself from the ordinary. Designed for sharing & will come out as they are ready.

GUACAMOLE // Made to order, jalapeño, onion, cumin, lime, cilantro, served with corn chips & veggies 11.00 GF V

EDAMAME // Steamed with choice of: sea salt or jalapeño sauce 8.00 GF V

SPINACH & ARTICHOKE DIP // Spinach, artichokes, blend of three cheeses, baked until golden brown, served with corn chips 11.00 GF V

WINGS // Maker's Mark vanilla bean buffalo sauce or sweet & tangy BBQ sauce. 6pc. 9.50 12pc. 17.50 18pc. 24.50 GF

BUFFALO CAULIFLOWER // Lightly fried cauliflower tossed w/ our almost famous Maker's Mark vanilla bean buffalo sauce, celery carrot blue cheese slaw 11.00 GF V

UMAMI BOWL // Fried goat cheese shiitake mushroom wontons, tomato chips, truffle honey, scallions, harissa crema 10.00 V

LUNCH PAIRING \$14.00

CHOOSE ONE FROM EACH AREA

Sorry no substitutions - available for take out

CHOOSE ONE: All half size portions

CAESAR // Romaine hearts, house-made herbed crouton, traditional garlic anchovy dressing, parmesan, fresh black pepper

GREEK // Romaine, kalamata olives, cucumbers, pickled red onions, tomatoes, bell peppers, feta, oregano lemon vinaigrette GF V

HOUSE SALAD // Cucumbers, tomatoes, pickled red onion, croutons, agave balsamic vinaigrette V

CHOPPED COBB SALAD // Romaine, egg, bacon, avocado, tomatoes, cucumbers, blue cheese crumble, ranch dressing GF

SOUP // Chef's Seasonal Selection

CHOOSE ONE FROM EACH AREA

Sorry no substitutions - available for take out

CHOOSE ONE: All half size portions

CHICKEN PANINI // Sliced grilled chicken breast, melted mozzarella, prosciutto, house-made basil pesto, arugula, roasted peppers, French baguette

GRILLED CHEESE // Choice of: swiss, cheddar, american, mozzarella, provolone, toasted white bread

PORTOBELLO PANINI // Marinated mushrooms, roasted red peppers, mozzarella, basil, arugula, balsamic, 7 grain bread V

CUBAN PORK PANINI // House marinated roasted pork loin, smoked ham, aged swiss cheese, house made spicy pickle, mojo aioli, Cuban bread

LUNCH SALADS

SALAD ADD PROTEIN 18.00
SALAD ONLY 9.00

HOUSE SALAD // Cucumbers, tomatoes, pickled red onion, croutons, agave, balsamic vinaigrette V

CAESAR // Romaine hearts, house-made herbed crouton, traditional garlic anchovy dressing, parmesan, fresh black pepper

CHOPPED COBB SALAD // Romaine, egg, bacon, avocado, tomatoes, cucumbers, blue cheese crumble, ranch dressing GF

GREEK // Romaine, kalamata olives, cucumbers, pickled red onions, tomatoes, bell peppers, feta, oregano lemon vinaigrette GF V

PROTEIN ADDITIONS

- Grilled hanger steak • Grilled organic chicken breast
- General Tso's cauliflower GF V • Grilled organic shrimp • Grilled organic salmon

HAND HELDS

CHICKEN PANINI // Sliced grilled chicken breast, melted mozzarella, prosciutto, house-made basil pesto, arugula, roasted peppers, French baguette 14.00

CUBAN PORK PANINI // House marinated roasted pork loin, smoked ham, aged swiss cheese, house made spicy pickle, mojo aioli, Cuban bread 14.00

BBQ SHORT RIB MELT // Braised pulled short ribs, house made bbq sauce, banana peppers, olive oil fried onions, aged cheddar cheese, arugula, garlic aioli, French baguette 14.00

PORTOBELLO PANINI // Marinated mushrooms, roasted red peppers, mozzarella, basil, arugula, balsamic, 7 grain bread 13.50 V

LUNCH BOWLS

STIR FRIED RICE // Brown fried rice, broccoli, snow peas, carrots, sesame, peanuts, egg, Thai chili sauce. Choice of 1 only: shrimp • steak • chicken • General Tso's cauliflower GF V 13.50

EGGPLANT RIGATONI // Lightly fried eggplant, san marzano tomato sauce, house made melted mozzarella, fresh basil, parmesan, black pepper, panko herbed bread crumbs 13.50 V

STEAMED MUSSELS // One pound steamed mussels, yellow Thai curry, coconut milk, english peas, potato, pickled red chilies, grilled bread 13.00

TUNA POKE // Sashimi grade tuna, aged soy, charred scallions, fresno peppers, cilantro, seaweed, cucumbers, crushed almonds, sesame, warm jasmine rice 15.00 GF

BURGER BAR

Exclusive burger blend from John's Meat Market Scotch Plains NJ.
All Burgers come w/ choice of local mixed greens or house cut fries.

WOOD FIRE GRILLED 8OZ. BURGER // served on sesame seed bun 14.00

- American, cheddar, swiss, blue, mozzarella, provolone 1.00
- Applewood smoked bacon 2.00
- Fried hen's egg 1.50
- Avocado 1.50
- Caramelized onions 1.00
- Mushrooms 1.50

Uproot only uses hormone free & naturally raised meats, poultry & game in addition to sustainable seafood. All burgers & steaks are grilled on our wood burning grill.

Checks may only be split up to 4 ways only. We apologize for any inconvenience.

GF Denotes a Gluten Free menu item. We use Gluten Free soy sauce.

V Denotes a Vegetarian item.