

LUNCH

FOR THE TABLE

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

DAILY SOUP // House-made, ask your server for details 4.00

GUACAMOLE // Made to order, jalapeño, onion, cumin, lime, cilantro, served with corn chips & veggies 12.00 GF V

ARTICHOKE CROSTINI // House-made olive oil crostini, whipped ricotta, basil pesto, lemon infused raisins, crushed pistachios 3pc. 8.00 V

PORK CARNITAS TOSTADA // "Black" bean spread, caramelized pork, crispy corn cakes, queso fresco, charred corn pico de gallo 10.00 GF

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/ Maker's Mark buffalo sauce, celery carrot blue cheese slaw 10.00 GF V

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

HUMMUS & OLIVE DIP // Chickpea tahini spread, house-made tapenade, olive oil, corn chips 6.00 GF V

LOCAL RICOTTA // Fresh artisanal ricotta, organic extra virgin olive oil, fresh cracked black pepper, maldon salt, warm bread 6.00 V

LUNCH PAIRING \$13.00

Includes choice of fountain soda, lemonade, or iced tea - sorry no substitutions - available for take out

CHOOSE ONE: *Salad or Soup*

SOUP // Chef's daily preparation

HOUSE SALAD // Local mixed greens, pickled red onions, tomatoes, cucumbers, house made croutons, balsamic vinaigrette V

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

KALE CAESAR // Local kale, miso-parmesan dressing, crispy potatoes, breakfast radish, local pears, frosted walnuts GF V

CHOOSE ONE: *All paninis are half size portions*

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

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

HAM & BRIE PANINI // North Country smoked ham, imported French brie, fig honey dijon spread, fresh baby arugula, French baguette

CHICKEN & PROSCIUTTO PANINI // Chicken breast, prosciutto, melted mozzarella, basil pesto, arugula, roasted peppers, French baguette

LIGHT & LOCAL

Highlighting local farms and sustainable meat, fish, & poultry

TOMATO & AVOCADO // Local tomatoes, avocado spread, lemon mint infused local strawberries, burrata, arugula, red onions, basil, aged balsamic, organic extra virgin olive oil, sea salt, local NJ bread 15.00 V

FALAFEL & HUMMUS // House-made falafel, tahini hummus, local tomatoes, local citrus cabbage, mint, olive tapenade, tzatziki sauce 13.00 V

SPICY CHICKEN TINGA // Mexican stewed Amish PA organic chicken, warm basmati rice, avocado, pickled fresno peppers, fresh local cilantro, lime, mojo aioli, crumbled NJ queso fresco 13.00 GF

KOREAN BROCCOLI // Gochujang marinated Allen Brothers hanger steak, roasted local broccoli crowns, garlic chips, local carrot purée, grilled potatoes, fresh orange, house-made kentucky bourbon soy sauce 14.00 GF

LOCAL KALE SHRIMP CAESAR // Organic shrimp, miso-parmesan dressing, crispy potato, frosted walnuts, local breakfast radish, pears 16.00 GF

TANDOORI CHICKEN & QUINOA // Harissa organic quinoa, roasted Amish PA chicken breast, local cucumbers, fresh grapes, cilantro mint yogurt, red onions 14.00 GF

HAND HELDS

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

TAVERN DIP MELT // Roasted & sliced prime rib, melted aged provolone cheese, truffle butter toasted ciabatta, natural au jus 15.00

HAM & BRIE PANINI // North Country smoked ham, imported French brie, fig honey dijon spread, fresh baby arugula, French baguette 14.00

LARGE PLATES

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 15.00

EGGPLANT RIGATONI // Lightly fried eggplant, imported 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 Hollander Maine mussels, Daniele pancetta, roasted fennel & sweet onions, MDH chardonnay, dill, chives, grilled bread 14.00

SMOKED SHORT RIB TACO // House smoked pulled short rib, Korean bbq glaze, sweet onion, pickled asian pears, fresh cilantro, lime, citrus cabbage slaw, house-made flour tortilla 3pc.13.50/4pc.18.00
(corn tortilla also available upon request)

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
- Pork belly 2.00

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.

PLEASE MAKE YOUR SERVER AWARE OF ANY ALLERGIES OR DIETARY RESTRICTIONS

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