

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

TRUFFLE FRIES // House cut french fries, parmesan, parsley, sea salt, truffle essence, served w/ trio of sauces 13.00 GF V

STEAMED SHRIMP DUMPLINGS // Natural farm raised shrimp, ginger soy glaze, scallions, sesame seeds 10.00

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

SALMON TIRADITO // Sliced raw organic salmon, lime cilantro marinade, pickled red onions, cucumbers, avocado purée, crispy quinoa 10.00 GF

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 8.00 GF

LOCAL RICOTTA // Olive oil, cranberries, dark chocolate, hazelnuts, nutmeg, honey drizzle, crispy sage, warm raisin walnut bread 9.00 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

CAESAR SALAD // Hearts of romaine lettuce, traditional dressing, house-made croutons, parmesan 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 & CHEDDAR PANINI // North Country smoked ham, 2yr. aged cheddar, caramelized onions, mojo aioli, whole wheat bread

CHICKEN & CRANBERRY // Thinly sliced chicken, melted brie, cranberry aioli, walnut arugula pesto, fresh apples, arugula, 7 grain bread

SEASONAL & LOCAL

Highlighting local farms and sustainable meat, fish, & poultry

GREEK SALAD // Romaine, kalamata olives, cucumbers, pickled red onions, tomatoes, bell peppers, feta, oregano lemon vinaigrette 9.00 GF V

CAESAR SALAD // Hearts of romaine lettuce, traditional dressing, house-made croutons, parmesan 9.00 V

BITTER GREEN SALAD // Baby arugula, frisée, radicchio, spiced quinoa, mixed honey roasted nuts, blue cheese crumble, dried cranberries, lemon honey vinaigrette 12.00 GF V

FRIED BRUSSELS SPROUTS // Lightly fried brussels, pork belly lardons, frisée, cranberries, pickled red onions, queso fresco, fresno peppers, cilantro, lime, tamarind vinaigrette 15.00 GF

TUNA POKE // Marinated line caught tuna, basmati rice, sriracha, scallions, cucumbers, sesame, cilantro, seaweed salad, avocado, crispy quinoa 16.00 GF

FALAFEL // House-made falafel, hummus spread, cucumber dill yogurt sauce, shaved jalapeño, watercress, mint, pickled red onions 15.00 V

HAND HELDS

All sandwiches come w/ choice of local mixed greens or house cut fries.

CHICKEN & CRANBERRY // Thinly sliced chicken, melted brie, cranberry aioli, walnut arugula pesto, fresh apples, arugula, 7 grain bread 14.00

STEAK SANDWICH // Thinly sliced, marinated & grilled bistro steak, aged provolone cheese, sautéed peppers & onions, arugula, garlic aioli, hoagie roll 16.00

HAM & CHEDDAR PANINI // North Country smoked ham, 2yr. aged cheddar, caramelized onions, mojo aioli, whole wheat bread 14.00

LARGE PLATES

STIR FRIED RICE // 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

MUSSELS & ROMESCO // One pound steamed Hollander Maine mussels, wood fire roasted peppers & tomatoes, cilantro, garlic, herbed bread crumbs, crushed almonds, grilled bread 14.00

BANH MI TACOS // Local braised Berkshire pork, daikon radish, carrots, cucumbers, fresh mint & cilantro, sriracha aioli, lime 3pc.13.50 4pc.18.00 (corn tortilla also available)

CHICKEN POT PIE // Organic local Amish roasted chicken, english peas, carrots, russet potatoes, herbs, puff pastry 16.00 (please allow 15-18min cook time)

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 1.75
- Caramelized onions 1.50
- 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.

PLEASE MAKE YOUR SERVER AWARE OF ANY ALLERGIES OR DIETARY RESTRICTIONS

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