

# 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 PORK DUMPLINGS // Marinated Berkshire pork & kale dumplings, sesame cilantro soy dipping sauce 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 salmon, mango habanero hot sauce, mandarin orange, citrus chamomile dressing, herbs, potato chips 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, black pepper, fig jam, crushed almonds, rosemary, honey, warm ciabatta bread 10.00 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

SERRANO BAGUETTE // Imported Spanish ham, roasted piquillo peppers, melted manchego cheese, basil pesto, fresh arugula, fig spread, baguette

CHICKEN & CRANBERRY // Thinly sliced chicken, melted brie, cranberry aioli, 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 & QUINOA BOWL // House-made falafel, quinoa, hummus, pomegranate, cucumbers, bell peppers, edamame, red onion, raisins, harissa vinaigrette, dill yogurt sauce, pita 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, pesto, fresh apples, arugula, 7 grain bread 14.00

STEAK SANDWICH // Chimichurri marinated & grilled bistro steak, melted manchego, grilled sweet onions, fresh cilantro & parsley, local artisanal baguette 16.00

SERRANO BAGUETTE // Imported Spanish ham, roasted piquillo peppers, melted manchego cheese, basil pesto, fresh arugula, fig spread, local artisanal baguette 15.00

## 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

CAJUN MUSSELS // Hollander Maine mussels, North Country tasso ham, onions, green bell peppers, celery, creole seasoning, grilled bread 14.00

TACOS AL PASTOR // Roasted local Berkshire pork, ancho & achiote marinade, sweet onions, cilantro, pineapple, lime, house-made flour tortilla 3pc.13.50 4pc.18.00 (corn tortilla also available)

CHICKEN POT PIE // Organic local Amish roasted chicken, english peas, carrots, russet potatoes, herbs, house-made flaky butter crust 18.00 (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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