

LUNCH

FOR THE TABLE

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

DAILY SOUP // Chef's daily preparation 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

GLAZED CHICKEN POT STICKERS // Marinated Local Amish chicken dumplings, ginger lemongrass glaze, fresh chives 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 CEVICHE // Kaffir lime coconut broth, cilantro, mangos, red onions, celery, pickled fresno chili, smoked coconut, rice crisps 11.00 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 V

PANZANELLA // Sliced local zucchini & yellow squash, heirloom tomatoes, red onions, grilled croutons, herb crema, parmesan, balsamic 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

CHOOSE ONE: *All paninis are half size portions*

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

GRILLED VEGETABLE // Marinated eggplant, roasted red peppers, grilled zucchini, arugula, pepperjack cheese, local baguette V

PROSCIUTTO BAGUETTE // Prosciutto ham, melted mozzarella cheese, basil pesto, fresh arugula, local baguette

CHICKEN SANDWICH // Grilled local chicken, melted mozzarella, tomatoes, basil pesto, balsamic reduction, arugula, local artisanal baguette

SEASONAL & LOCAL

Showcasing 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

BITTER GREEN SALAD // Bacon lardons, baby arugula, frisée, radicchio, maitake mushrooms, fresh nectarines, asparagus, cheddar, sherry mustard vinaigrette 13.00 GF

TUNA POKE // Marinated line caught tuna, rose scented basmati rice, wasabi lime aioli, edamame, charred pineapple, watermelon radishes, cilantro, furikake, toasted almonds, black seaweed salad 16.00 GF

NJ COBB SALAD // Romaine heart, pickled blueberries, charred corn, blue cheese crumble, egg, tomatoes, blackened roasted Amish chicken, blueberry vinaigrette 19.00 GF

HAND HELDS

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

CHICKEN SANDWICH // Grilled local chicken, melted mozzarella, tomatoes, basil pesto, balsamic reduction, arugula, local artisanal baguette 15.00

STEAK SANDWICH // Rosemary & black peppercorn marinated skirt steak, melted provolone, broccoli rabe, peppadew peppers, roasted garlic, rosemary aioli, local artisanal baguette 16.00

AVOCADO & BACON CLUB // Sliced avocado, applewood smoked bacon, balsamic red onion marmalade, tomato, melted mozzarella & pepperjack cheese, mixed greens, griddled white bread 15.00

LARGE PLATES

SHRIMP STIR FRIED RICE // Marinated organic farm raised shrimp, sesame toasted rice, bell peppers, scallions, zucchini, broccoli, egg, crispy shallot, crushed peanuts, sesame furikake seasoning 16.00 GF

ROASTED SOFRITO MUSSELS // Hollander Maine mussels, roasted tomato jalapeño sofrito, cilantro, grilled bread 14.00

SPICY ADOBO TACOS // Marinated & grilled local chicken, pico de gallo, sliced avocado, fresh cilantro, queso fresco, house-made flour tortilla 3pc.15.00 4pc.20.00 (corn tortilla also available)

SHAKSHUKA // Roasted spring vegetables, Local Griggstown NJ poached egg, house-made harissa, scallions, cilantro, radish, pickled grapes, grilled flat bread 13.00 V

CAULIFLOWER PANI PURI // Lightly fried cauliflower, sriracha soy glaze, tomatoes, red onions, cilantro, lime, crispy chickpea, puffed rice 12.00 GF V

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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