

VITAL ROOT

FAST (SLO) FOOD

HOURS

TUE - THU 11AM - 8PM

SAT 10AM - 9PM

FRI 11AM - 9PM

SUN 10AM - 4PM



SOUP & SALADS

1/2 SALAD & CUP OF SOUP	13
CANTALOUPE TOMATO GAZPACHO cucumber, pecans, smoked chili oil	7
ROASTED BEET ARUGULA SALAD goat cheese, hazelnuts, beet pesto, balsamic, caper vinaigrette	7/13
VITAL COBB egg, rice paper "bacon," dates, feta, tomato, radish, lentils, mung beans, smoked almonds, toga-ranch-i	16

SMALLS & SIDES

SWEET POTATO FRIES <i>elevation</i> ketchup	6
YUCA FRIES chimichurri, grilled banana ketchup	6
PRESERVED LEMON GREEN BEANS frisée, fried shallots, golden raisins, pickled mustard seeds	7
KOREAN BBQ VEGGIE "WINGS" smoked broccoli and cauliflower, sesame seeds, toga-ranch-i	10
CASHEW "QUESO" DIP walnut "chorizo," <i>raquelitas</i> tortilla chips, cilantro	9

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BOWLS

SHOYU YAM NOODLE BOWL egg, bok choy, edamame, beets, pickled mushrooms, wakame slaw, nori cashews	13
MISSION BOWL brown rice, black beans, corn, avocado, quinoa, cumin-lime crema	11
SAIGON BOWL lemongrass tofu, chili glazed vegetables, edamame "pâté," sriracha aioli	12
MED BOWL turmeric cauliflower rice, zoodles, harissa chickpeas, feta, tzatziki	12
FAVES	
KOREAN STIR FRY mung beans, brown rice, rainbow chard, shiitake, red pepper, cashews, tamari ginger sauce	14
PAD THAI scrambled egg, green papaya, pickled vegetables, thai chili paste, peanuts, cilantro	15.5
SPROUT HEAD SANDWICH smoked almond chermoula, cheddar, tomato, cucumber, sprout mix, pickled vegetables	9
BANH MI TACOS edamame "pâté," lemongrass tofu, jalapeño, pickled vegetables, sriracha aioli, fresh herbs	10
SUNFLOWER RISOTTO almond butter, mushrooms, carrots, 5 seed mix, pecorino, carrot citrus soubise	13.5
FALAFEL WRAP fava bean falafel, cucumber, tomato, feta, tzatziki, tehina	12

BRUNCH

UBE SWEET POTATO PANCAKES blue cornmeal, pepitas, popcorn, burnt maple whip	10
BANH MI BREAKFAST TACOS edamame "pâté," scrambled egg, jalapeño, pickled vegetables, sriracha aioli, fresh herbs	10
BREAKFAST FALAFEL scrambled egg, fava bean falafel, cucumber, tomato, feta, tzatziki, tehina	14
ROTATING BRUNCH SPECIAL* (AVAILABLE SAT & SUN 10AM-2PM) <i>Ask a team member for details</i>	12

ADD TO ANY DISH

1/2 AVOCADO	2	LEMONGRASS TOFU	4
EGG/S*	2/4	VEGETABLES	3
LEMONGRASS IMPOSSIBLE	5	PANEER	4
NAAN	4	DARING FOODS PLANT BASED "CHICKEN"	5

KIDS MENU

UBE SWEET POTATO PANCAKE W/ MAPLE SYRUP	7
COUNTRY FRIED TOFU W/ MAPLE MUSTARD	
ALMOND BUTTER & JELLY SANDWICH	
CHEESE QUESADILLA W/ AVOCADO	
GRILLED CHEESE	
CHOICE OF: SWEET POTATO FRIES, VEGGIES, OR FRUIT	
CHOICE OF: MILK OR APPLE JUICE	

Please notify us of any allergies, not all ingredients are listed. Due to the nature of restaurants and cross contamination, we are unable to guarantee a 100% allergy free zone.

* These items may be served raw or undercooked based on your specification, or contain raw or undercooked ingredients. Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of foodborne illness.

SMOOTHIES

BLUEBERRY & AÇAÍ

almond butter, banana, hemp seeds, spinach, basil

GREEN GINGER

avocado, kale, spinach, parsley, spirulina, cashews, pineapple

BARISTA ADD OAT MILK +1

CODA COFFEE

DRIP	3	LATTE	4
CAPPUCCINO	4	ESPRESSO	2

SATI COLD BREW ROTATING FLAVORS

CHAGACCINO

MATCHA LATTE

MATCHA LEMONADE ADD VODKA, GIN, TEQUILA +4

BHAKTI CHAI

TEAS & THINGS

TEATULIA ICED TEA

SPORTEA

MOR KOMBUCHA ROTATING FLAVORS

LA CROIX SPARKLING WATER

grapefruit, tangerine, or cran-raspberry

CBD JUICES & SODA

WATERMELON LIME

PEACH GINGER

DRAM ROTATING FLAVORS

HAPPY HOUR T-F 3PM-5PM

\$3 BANH MI TACO

\$3 KOREAN BBQ VEGGIE "WINGS"

\$3 HOUSE-MADE HUMMUS

\$1 OFF SELECT BEER

\$5 COCONUT MARGARITAS

*HAPPY HOUR NOT AVAILABLE TO-GO

COCKTAILS

NEW SAIGON TFJ GIN, JALAPEÑO, CUCUMBER, BASIL 9

COCONUT MARGARITA TEQUILA, COCONUT MILK, LIME 7

BEET DOWN TFJ GIN, APERITIVO, GINGER LIQUEUR, LEMON 9

PINEAPPLE COLLINS TFJ VODKA, SEKANJABIN, MINT 9

LEE LAVENDER LEMONADE 9

BLOOD ORANGE MIMOSA 7/22

FRESH SQUEEZED ORANGE MIMOSA 6/18

BLOODY MARY 7

BEER & WINE

ROTATING SELECTIONS MKT

COOKIES & THINGS

PEANUT BUTTER COOKIE 3
oats, tahini, vanilla

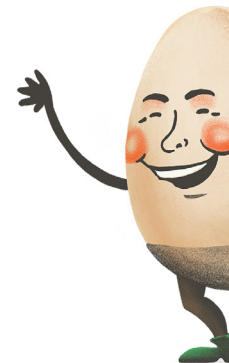
HEMP CACAO COOKIE 3
maca, *valrhona* chocolate, coconut

STRAWBERRY CHEESECAKE 6
ricotta, maple tahini crunch, black sesame seed crust
(VEGETARIAN)

TIRAMISU 6
lady fingers, raw cocoa, espresso syrup, rum, coconut cream

BEET BROWNIE 5
cocoa, cinnamon, beet cashew frosting

**WE ♥ YOU
DENVER**



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A 5 % restaurant recovery charge will be added to your check

3 WAYS TO ORDER FOOD & ALCOHOL

ORDER ON TOAST & PICK-UP

(ALCOHOL AVAILABLE)

Help support us. This option saves us 20% + on delivery fees.

OR

PICK UP

Call 303-474-4131 or order with one of us out front.

(ALCOHOL AVAILABLE)

OR

DELIVERY VIA UBEREATS

(ALCOHOL NOT AVAILABLE)

Find us on the app and let the food come to you.

RULES OF ENGAGEMENT

FACE MASKS PLEASE

We ask our guests to be compliant with city, state, and CDC guidance. Please be mindful and wear your masks when interacting with our staff.