

Roots

STARTERS

Soup of The Day / 1,v Served with organic ciabatta (Please ask your server)	€4.90
Garlic Bread with Cheese / 1,7,v Pizza dough garlic bread topped with mozzarella cheese	€5.90
Caprese Salad / 7,v Tomato, buffalo mozzarella, basil, rocket & balsamic vinegar	€5.90
Bruschettone Dello Chef / 1,7 Chicken, buffalo mozzarella, sun-dried tomato, basil pesto, served on our homemade pizza dough	€7.50
Marinated Chicken Wings / 7,gf Bbq sauce, blue cheese dip	€6.50
Bruschetta Classica / 1,v Chopped fresh tomatoes with garlic, basil, olive oil & balsamic vinegar served on our organic sour dough	€6.00

SALADS

Chicken Salad / 8,10,gf Grilled chicken breast, mixed leaves, red onion, cherry tomatoes, olives, walnuts with house dressing & organic ciabatta bread	€9.90
Seafood Salad / 2,3,5,10,11,gf Smoked salmon, prawns, mixed leaves, cherry tomato, cucumber & pistachio with house dressing & organic ciabatta bread	€11.90
Caesar Salad / 1, 8 Romaine lettuce, crispy bacon, parmesan, croutons, creamy caesar dressing <i>*Add: Chicken €2</i>	€7.90

GOURMET SANDWICHES

Classic B.L.T. / 1,4 Colleran's streaky bacon, mixed leaves & tomato with mayo	€7.50
Chicken & Bacon / 1,4,7 Colleran's streaky bacon, sun-dried tomato, mixed leaves & mozzarella with pesto mayo	€8.90
Chilli Chicken / 1,4,7 Grilled chicken, mixed leaves, peppers & parmesan with chilli mayo	€8.50
Veggie Sandwich / 1,4,v Mix of grilled vegetables - courgette, mixed peppers, rocket & pesto mayo	€8.00
Smoked Salmon & Prawn / 1,2,3,7 Cream cheese cucumber & rocket	€9.90
Steak Sandwich / 1,9 Sliced fillet steak, caramelised onions & sautéed mushrooms garlic mayo, served with home chips	€14.50
Ham and cheese / 1,4 Ham, cheese, tomato & red onion with butter	€7.50

SIDES

Side salad	€4.00
Taco chips	€5.90
Regular chips	€2.90
Sweet potato chips	€3.50
Roots slaw	€2.00

GOURMET BURGERS

8oz Beef Burger / 1,9 Colleran's beef, smoked applewood cheese, sautéed onions, tomato, leaves, garlic mayo - served with side salad & home chips	€15.00
Chicken Fillet Burger / 1,7 Full chicken breast, mozzarella cheese, tomato, leaves, pesto mayo <i>*Add Bacon €1</i>	€13.50
Roots Pork & Dunja Burger / 1,7 Colleran's pork mixed with dunja, buffalo mozzarella, roasted mixed peppers, rocket, garlic mayo - served with side salad & home chips	€15.50
Roots Vegan Burger / 1 Plant & pea protein burger with cheese, tomato, leaves, vegan mayo - served with side salad & home chips	€14.00

All our burgers are cooked fresh to order Please allow an extra few minutes

Allergens

(1) Gluten (2) Crustaceans (3) Eggs (4) Fish (5) Peanuts (6) Soybeans (7) Milk (8) Nuts (9) Celery (10) Mustard (11) Sesame Seeds (12) Sulfur Dioxide (13) Lupin (14) Molluscs (V) Vegetarian (VG) Vegan (GF) Gluten Free

Pasta

Carbonara / 1,4 Spaghetti with pancetta, parmesan & egg yolk sauce	€12.00	Tortelloni Mare e Monti / 1,7,9 Pasta stuffed with truffle mushrooms, served with prawns, tarragon, garlic in a homemade bisque	€15.50
Lasagne / 1,4,7,9 Layers of lasagne with a rich beef ragu, bechamel sauce & cheese, served with chips	€12.00	Penne al Pollo e Funghi / 1,7 Penne with chicken, pancetta, mushrooms & parmesan cream sauce	€12.00
Tagliatelle Calabrese / 4 Italian sausage with spicy 'nduja, cherry tomato, parmesan cheese & rocket	€14.50	Penne Arrabbiata / 1,v Penne with pan fried fresh chillies, garlic & house tomato sauce	€10.50
Penne Vegetarian / 1,v Seasonal vegetables, basil pesto homemade tomato sauce <i>*Add chicken €2</i>	€12.50	Seafood Spaghetti / 1,2,3 Spaghetti with prawns, squid, asparagus & house tomato sauce	€13.00
Spaghetti Bolognese / 1,7,9 Spaghetti with traditional homemade beef bolognese	€12.00		
Tortelloni / 1,7,9 Tortelloni pasta stuffed with ricotta & spinach in a homemade tomato cream sauce	€15.00		



Pizza

Margherita Pizza / 1,7,V Tomato sauce, mozzarella & fresh basil	€11.00
Pepperoni Pizza / 1,7 Tomato sauce, mozzarella, fresh basil & pepperoni	€12.50
4 Seasons Pizza / 1,7 Tomato sauce, mozzarella, fresh basil, ¼ ham, ¼ artichoke, ¼ olives & salami & ¼ blue cheese	€13.00
Ham & Mushroom Pizza / 1,7 Tomato sauce, mozzarella, fresh basil, ham & mushrooms	€12.00
Diavola / 1,7 Tomato sauce, mozzarella, fresh basil, salami & fresh chilli	€13.50
Carnivora Pizza / 1,7,12 Tomato sauce, mozzarella, fresh basil, salami, ham, chicken & Italian sausage	€13.50
Hawaii Pizza / 1,4,5,11 Tomato sauce, mozzarella, fresh basil, ham, pineapple & sweetcorn	€12.50
Contadina / 1,7 Tomato sauce, mozzarella, fresh basil, chicken, mushrooms & ham	€13.50
Veggie Pizza / 1,7,11,v Tomato sauce, mozzarella, fresh basil, courgette, mixed peppers, mushrooms & sun-dried tomato	€12.50

Roots

Gelateria
CARTE D'OR

DESSERTS

Deep Filled Apple Pie / 1,4	€5.50
Chocolate Mousse Cake / 1,4,6,7,8	€5.90
Nutella Cheesecake / 1,4,6,7,8	€5.50
Baileys Cheesecake / 1,4,6,7,8	€5.50
Coconut Macaroon / 4,6,7,8,gf	€5.90
Carrot Cake / 4,6,7,8,gf	€5.90
Chocolate Brownie / 4,6,7,8,gf	€4.50
Rocky Road / 4,6,7,8	€4.00
Chocolate Fudge cake / 4,6,7,8,gf	€5.50
Caramel Square	€4.00
White and Chocolate Cookie	€1.90
Gingerbread Man	€1.90



GELATO

Vanilla / 7	
Caramel / 1,7 (May contain eggs & nuts)	
Rum & Raisin / 7	
Vanilla Chocolate Cookie / 1,7	
Triple Chocolate / 1,5,7,8	
Strawberry Cheesecake / 1,7	
Mint Chocolate / 7	
White Chocolate / 1,7	
White Chocolate Raspberry Ripple / 7	
Candyfloss / 7	
Honeycomb / 6,7,8	

1 Scoop €1.90
2 Scoops €2.90
3 Scoops €3.90

HOT DRINKS

Americano	€2.80
Espresso	€2.50
Double Espresso	€2.80
Flat White	€3.20
Latte	€3.20
Chai Latte (Vanilla/Spiced)	€3.40
Cappuccino	€3.20
Mocha	€3.40
Macchiato	€2.70
Double Macchiato	€3.00
Hot Chocolate	€3.50
Kids hot chocolate	€2.50
Iced Coffee	€4.00
Iced Latte / Cappuccino	€3.70
Barry's Tea	€2.50
Solaris Herbal Teas	€2.80

SOFT DRINKS

Coca Cola	€2.60
Diet/Zero	€2.60
Fanta Orange	€2.60
Fanta Lemon	€2.60
Sprite	€2.60
Glass Orange Juice	€2.00
Glass Apple Juice	€2.00
Fruit Juice	€2.50
S. Pellegrino 25cl	€2.60
S. Pellegrino 75cl	€5.20
Acqua Panna 25cl	€2.60
Acqua Panna 75cl	€5.20

ON DRAUGHT

Guinness	€5.00
Peroni	€6.00
Estrella	€5.00
Falling Apple's	€6.00
330ML BOTTLES	
Heineken	€5.00
Peroni	€5.00
Peroni (Gluten Free)	€5.00
Moretti Bottle (Zero)	€5.00
Bulmers	€5.00

EXTRAS

Espresso Shot	€0.70
Syrups	€0.50
Dairy Free Milk	€0.50
Glass of Milk	€0.50



SMOOTHIES

Strawberry Fantasy	
Strawberry & Banana	€4.00
Ginger Beets	
Red Beets, pineapple, wild blueberry & ginger	€4.00
Raspberry Heaven	
Apple, raspberry, mango & wild blueberry	€4.00
Berry Burst	
Blackcurrant, blueberry & banana	€4.00
Green reviver/Super Green	
Apple, spinach, lime juice, basil & spirulina	€4.00
Acai Kick	
Strawberry, mango, blueberry & Acai	€4.00

Our Roots

"A tree's beauty lies in its branches, but its strength lies in its roots."

Matshona Dhliwayo

Roots Café & Bistro, established with a desire to continue a long family tradition of Italian pizza dough making and an aspiration to blend cuisines with fresh locally sourced produce, is a fusion of the finest strengths of both regions culinary delights. Building it's foundations on stalwart origins with a 65 year old recipe from the Neapolitan Chefs family history at the core of the kitchen, together with and a long established career in the local cafe and restaurant business, Roots offers you a wholesome food experience in a relaxed atmosphere. Combined with the smooth artisan Italian Miscela D'oro bean of barista coffee we have created a new combination of taste, with quality homegrown nutrition at the root. We hope you enjoy exploring the experience as much as

we enjoyed creating it.

Bon appetito!

Ban taitneamh as!

Our Suppliers

Colleran's Meat
Mary's Fish
Italiatessen
Miscelad'oro coffee

Coolfin Organics Bread
Arrabawn
Flaherty's Wholesale
Corrib Eggs