

# ROOTS

CAFÉ • BISTRO

**\*BREAKFAST IS SERVED UNTIL 12PM\***

## **Berry Acai Bowl / €8.50**

Acai, mixed berries, almond milk puree, topped with banana, mixed berries, granola & chai seeds (1, 5, 8, 11, VG)

## **Organic Porridge / €4.90**

Topped with cinnamon & honey (7, 12, CF, V)

## **Organic House Granola / €5.50**

Topped with natural yoghurt (5, 7, 8, CF, V)

## **Pancakes (Sweet or Savory) / €6.90**

Streaky bacon, maple syrup or fresh fruit, natural yoghurt & honey (1, 3, 7)

## **Breakfast Ciabatta / €8.50**

Colleran's bacon, sausage, fried egg with tomato relish on organic ciabatta bread (1, 3, 10, 12)

## **Three Egg Omelette / €8.90**

Ham, mushroom & cheese served with organic ciabatta bread & leaves (1, 3, 7, 10)

## **Vegetarian Three Egg Omelette / €8.90**

Mushroom, mixed peppers & baby spinach (3, 10, V)

## **Eggs Benedict / €9.90**

Served on organic ciabatta bread with colleran's streaky bacon & hollandaise sauce (1, 3, 7, 10)

## **Poached Eggs / €6.90**

Served with smashed avocado, leaves & organic ciabatta bread

**\*Add Colleran's Streaky Bacon: €2.00 (1, 3, 10, V)**

## **Roots Hash / €8.90**

Black pudding potato cake with colleran's streaky bacon & poached eggs (3, 7, 10)

## **Roots Irish Breakfast / €10.90**

2 portions of colleran's bacon, sausages, black & white pudding, fried egg, beans & tomato served with organic ciabatta bread & a choice of tea or coffee (1, 3, 8, 12)

## **Mini Breakfast / €8.90**

1 portion of colleran's bacon, sausage, black & white pudding, fried egg, beans & tomato served with organic ciabatta bread & a choice of tea or coffee (1, 3, 8, 12)

## **Scrambled Eggs / €6.00**

Served on organic ciabatta bread with leaves

**\*Add Colleran's Streaky Bacon: €2.00 (1, 3, 7, 10, V)**

## **KIDS BREAKFAST**

### **Scrambled Eggs on Toast / €3.50**

(1, 3, 7)

### **Beans on Toast / €3.00 (1)**

### **Pancakes / €4.50**

Nutella & marshmallows

Fresh fruit & natural yoghurt (1, 3, 6, 7, 8)

### **Kids Fry / €5.50**

2 sausages, 1 slice of bacon, scrambled eggs (1, 3, 7, 12)

## **ALLERGENS**

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

**PLEASE NOTE:** We take every precaution to prevent cross-contamination, however we cannot guarantee zero traces of allergens as our entire menu is produced in the same kitchen

## PASTRIES

Ask your server for our available flavours

**Scones / €2.50**

(1, 3, 7)

**Croissants - Butter €2.20 / Almond €2.40**

(1, 3, 6, 7, 8, 11)

**Custard & Raisin Danish / €2.40**

(1, 3, 6, 7, 8)

## HOT DRINKS

**Americano / €2.90**

**White Americano / €3.00**

**Espresso / €2.60**

**Double Espresso / €2.90**

**Macchiato / €2.80**

**Double Macchiato / €3.30**

**Flat White / € 3.30**

**Latte / €3.30**

**Cappuccino / €3.30**

**Mocha / €3.60**

**Chai Latte (Vanilla / Spiced) / €3.50**

**Iced Americano / €3.80**

**Iced Latte / Cappuccino / €4.10**

**Hot Chocolate / €3.60**

**Barry's Tea / €2.70**

**Solaris Herbal Teas / €3.00**

## EXTRAS

**Espresso Shot / €0.70**

**Syrups / €0.50**

**Dairy Free Milk / €0.50**

**Muffins / €2.50**

(1, 3)

**Pain Au Chocolat / €2.40**

(1, 3, 6, 7)

**Power Balls Coconut/Seeded / €2.00**

(5, 8, 11, GF)

## DRINKS

**Coca Cola / €2.60**

**Diet / Zero / €2.60**

**Fanta Orange / €2.00**

**Fanta Lemon / €2.60**

**Sprite / €2.60**

**Orange Juice 250ml / €2.50**

**Apple Juice 250ml / €2.50**

**San Pellegrino 250ml / €2.60**

**San Pellegrino 750ml / €5.60**

**Acqua Panna 250ml / €2.60**

**Acqua Panna 750ml / €5.60**

## SMOOTHIES

**Strawberry Fantasy / €4.00**

Strawberry & banana

**Raspberry Heaven / €4.00**

Apple, raspberry, mango & wild blueberry

**Passion Storm / €4.00**

Peach, pineapple, papaya, passion fruit, guava & aloe vera

**Super Green / €4.00**

Apple, spinach, lime juice, basil & spirulina

**Acai Kick / €4.00**

Strawberry, mango, blueberry & acai



# ROOTS

CAFÉ • BISTRO

## LITE BITES

### Soup of The Day / €5.50

Served with organic ciabatta bread

(Please ask your server for our soup of the day and allergens)

### Seafood Chowder / €6.90

Served with organic ciabatta bread (1, 2, 4, 7, 9, 14)

### Garlic Bread with Cheese / €5.90

Pizza dough garlic bread topped with mozzarella (1, 7, V)

### Bruschetta Classica / €6.50

Chopped fresh tomato with garlic, basil, olive oil & balsamic vinegar served on our homemade pizza dough (1, V)

### Bruschettone Dello Chef / €7.50

Chicken, buffalo mozzarella, sun-dried tomato & basil pesto, served on our homemade pizza dough (1, 7)

### Caprese Salad / €6.50

Tomato, buffalo mozzarella, basil, rocket & balsamic vinegar (7, V, GF)

### Galway Bay Mussels / €7.90

Served in a cream & white wine sauce

OR a tomato sauce with toasted ciabatta (1, 7, 9, 14)

### Parma Ham & Rocket Salad / €6.90

Parma ham, rocket, pesto, cherry tomato & parmesan (3, 6, 7, GF)

## GOURMET SANDWICHES

### Classic B.L.T / €8.50

Colleran's streaky bacon, mixed leaves, tomato & mayonnaise (1, 3, 6, 7, 10)

\*Add Avocado: €1

### Chicken & Bacon / €9.90

Colleran's streaky bacon, sun-dried tomato, mixed leaves & mozzarella with pesto mayonnaise (1, 3, 6, 7, 10)

### Chilli Chicken / €9.50

Grilled chicken, mixed leaves, peppers & parmesan with chilli chicken (1, 3, 6, 7, 10)

### Steak / €16.90

Sliced fillet steak, caramelised onions & sautéed mushrooms, with garlic mayonnaise or peppered sauce served with homemade chips (1, 3, 6, 7)

### Veggie / €8.50

Mix of grilled vegetables - courgette, mixed peppers, rocket & pesto mayonnaise (1, 3, 6, 7, 8, 10, V)

### Smoked Salmon & Prawn / €10.90

Cream cheese, cucumber & rocket (1, 2, 4, 6, 7)

### Ham and Cheese / €7.50

Ham, cheese, tomato & red onion with butter (1, 3)

#### CHOOSE YOUR BREAD:

White Ciabatta (1, 6), Brown Ciabatta (1, 6),

Sourdough, Wrap (1), Gluten Free

## GOURMET BURGERS

### Gilligan's Angus Beef / €15.50

Angus beef burger, smoked applewood cheese, sautéed onions, tomato, leaves, garlic mayonnaise served with side salad & homemade chips (1, 3, 7, 10)

\*Add Bacon: €2

### Chicken Caesar / €14.50

Full chicken breast with cos lettuce, parmesan, streaky smoked bacon & house caesar dressing served with side salad & homemade chips (1, 3, 4, 7, 10)

### Roots Vegan / €14.00

Plant & pea protein burger with vegan cheese, tomato, leaves & vegan mayonnaise, served with side salad & homemade chips (1, 6, VG)

**\*ALL OF OUR BURGERS ARE MADE FRESH TO ORDER, PLEASE ALLOW AN EXTRA FEW MINUTES\***

## 12" PIZZA

### Margherita / €12.00

Tomato sauce, mozzarella & fresh basil (1, 7, V)

### Pepperoni / €13.00

Tomato sauce, mozzarella, fresh basil & pepperoni (1, 7)

### Ham & Mushroom / €12.50

Tomato sauce, mozzarella, fresh basil, ham & mushrooms (1, 7)

Calzone option available

### Diavola / €14.00

Tomato sauce, mozzarella, fresh basil, salami & fresh chilli (1, 7)

### Carnivora / €14.00

Tomato sauce, mozzarella, fresh basil, salami, ham, chicken & italian sausage (1, 7)

### Hawaiian / €13.00

Tomato sauce, mozzarella, fresh basil, ham, pineapple & sweetcorn (1, 7)

### Veggie / €13.00

Tomato sauce, mozzarella, fresh basil, courgette, mixed peppers, mushrooms & sun-dried tomato (1, 7, V)

### Fiorentina / €13.50

Tomato sauce, spinach, mozzarella, parmesan black olives & egg (1, 3, 6, 7, 9)

### Pizza Bolognese / €13.00

Tomato sauce, bolognese, mozzarella & red onion (1, 7, 9)

### Prosciutto di Parma / €13.50

Parma ham, rocket, parmesan, red onion & olives OR pesto, ham, rocket & buffalo mozzarella

PLEASE NOTE: No tomato sauce on this pizza

(1, 3, 6, 7)

**\*GLUTEN FREE PIZZA BASES AVAILABLE\***

## PASTA

### Carbonara / €12.50

Pasta of your choice with pancetta, parmesan & egg yolk sauce (1, 3, 7)

### Lasagne / €13.00

Layers of lasagne with a rich beef ragu, bechamel sauce & cheese, served with chips (1, 3, 7, 9)

### Primavera / €13.00

Fresh peppers, zucchini, aubergine & red onion in our house tomato sauce with pasta of your choice and fresh rocket (1, 9, V)

\*Add Chicken: €2

### Bolognese / €13.00

Pasta of your choice with traditional homemade beef bolognese (1, 3, 7, 8, 9)

### Pollo e Funghi / €13.00

Pasta of your choice with chicken, pancetta mushrooms & parmesan cream sauce (1, 3, 7)

### Arrabbiata / €11.50

Pasta with pan fried fresh chillies, garlic & house tomato sauce (1, 3, 8, V)

\*Add Pancetta: €2

\*Add Chicken: €2

### Cozze / €13.50

Galway Bay mussels served with pasta of your choice, served in a cream & white wine sauce OR tomato sauce with toasted ciabatta (1, 7, 9, 14)

#### CHOOSE YOUR PASTA:

Penne, Fusilli, Spaghetti, Tagliatelle, CF Fusilli

## SALADS

### Grilled Chicken / €10.50

Grilled chicken breast, mixed leaves, red onion, cherry tomato, olives, walnuts with house dressing & organic ciabatta bread (1, 8, 10)

### Classic Caesar / €6.90 / €9.50

Romaine lettuce, crispy bacon, parmesan, croutons, creamy house caesar dressing (1, 3, 4, 7, 10)

\*Add Chicken: €2

### Seafood / €13.50

Smoked salmon, prawns, mixed leaves, cherry tomato, cucumber & pistachio with house dressing & organic ciabatta bread (1, 2, 4, 7, 8, 10)

## SIDES

### Side Salad / €4.00 (1, 10)

### Chips / €2.90

### Sweet Potato Chips / €3.50

### Roots Slaw / €2.00 (3, 7, 10)



# ROOTS

C A F É • B I S T R O

## DESSERTS

Apple Crumble / €5.50 (1,3,7)

Cheesecake of the Day / €5.50

(Please ask your server)

Coconut Macaroon / €3.00 (3,6,7,CF)

Carrot Cake / €5.50 (1,3,5,6,7,8)

Power Balls Coconut/Seeded / €5.50

(5,6,7,8,11)

Chocolate Brownie / €4.50 (3,6,7,CF)

Rocky Road / €4.00 (1,6,7)

Chocolate Cake / €5.50 (1,3,6,7)

Caramel Square / €4.00 (1,6,7,8,12)

Coffee Cake / €5.50 (1,3,6,7)

Choc Cookie White/Dark / €1.90 (1,3,6,7)

## SMOOTHIES

Strawberry Fantasy / €4.00

Strawberry & banana

Raspberry Heaven / €4.00

Apple, raspberry, mango & wild blueberry

Pineapple Passion / €4.00

Peach, pineapple, papaya, passion fruit, guava & aloe vera

Super Green / €4.00

Apple, spinach, lime juice, basil & spirulina

Açaí Kick / €4.00

Strawberry, mango, blueberry & açaí

## HOT DRINKS

Americano / €2.90

White Americano / €3.00 (7)

Espresso / €2.60

Double Espresso / €2.90

Macchiato / €2.80 (7)

Double Macchiato / €3.30 (7)

Flat White / €3.30 (7)

Latte / €3.30 (7)

Cappuccino / €3.30 (7)

Mocha (White / Dark) / €3.60 (6,7)

Chai Latte (Vanilla / Spiced) / €3.50 (7)

Iced Americano / €3.80

Iced Latte / Cappuccino / €4.10 (7)

Hot Chocolate / €3.60 (6,7)

Kids Hot Chocolate / €2.60 (6,7)

Barry's Tea / €2.70

Solaris Herbal Teas / €3.00

(Please ask your server)

## EXTRAS

Espresso Shot / €0.70

Syrups / €0.50

Dairy Free Milk / €0.50

(Please ask your server for allergen information)

## COLD DRINKS

Coca Cola / €2.60

Diet/ Zero / €2.60

Fanta Orange / €2.60

Fanta Lemon / €2.00

Sprite / €2.60

330ml Orange Juice / €2.50

330ml Apple Juice / €2.50

Small San Pellegrino / €2.60

Large San Pellegrino / €5.20

Small Acqua Panna / €2.60

Large Acqua Panna / €5.20

## OUR SUPPLIERS

Colleran's Butchers

Coolfin Organic Bakery

Corrib Eggs

Gilligan's Farm

Glanbia

Italicatessen

Mary's Fish

Miscela d'Oro Coffee

## ALLERGENS

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

**PLEASE NOTE:** We take every precaution to prevent cross-contamination, however we cannot guarantee any food item is entirely free from any allergen.

## OUR ROOTS

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

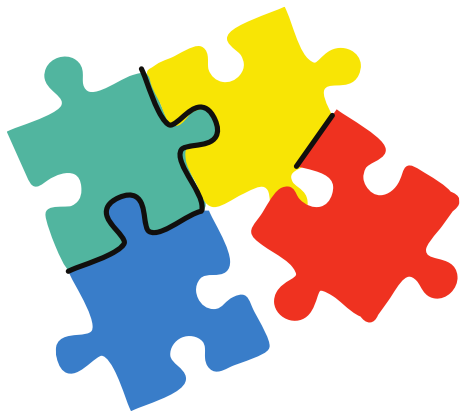
Roots Café & Bistro, established with a desire to continue a long tradition of Italian pizza dough making and an aspiration to blend cuisines with fresh locally sourced produce, is a fusion of the finest strengths of both regions culinary delights. Building our foundations on traditional Italian recipes and a long established career in the local café and restaurant business, Roots offers 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.

Buon appetito!

Bain Taitneamh As!





# KIDS MENU



## PIZZA

6" MARGHERITA PIZZA 1,7, V	6.90
TOMATO SAUCE WITH MOZZARELLA	
6" PEPPERONI PIZZA 1,7	6.90
TOMATO SAUCE, MOZZARELLA & PEPPERONI	
6" HAWAII PIZZA 1,7	6.90
TOMATO SAUCE, MOZZARELLA, FRESH BASIL, HAM, PINEAPPLE & SWEETCORN	

## GRILL

40Z BURGER & CHIPS 1,3	6.50
COLLERANS 40Z BEEF BURGER & HOME FRIES	
CHICKEN GOUJONS & CHIPS	5.90
CHICKEN FILLET STRIPS IN CRISPY BREAD CRUMBS & HOME FRIES	

### ALLERGENS:

1 CEREALS - 2 CRUSTACEANS - 3 EGGS -  
4 FISH - 5 PEANUTS - 6 SOYBEANS - 7 MILK  
- 8 NUTS - 9 CELERY - 10 MUSTARD -  
11 SESAME SEEDS - 12 SULPHUR DIOXIDE &  
SULPHITES - V VEGETARIAN - GF GLUTEN  
FREE - WF WHEAT FREE

## PASTA

PENNE PASTA TOMATO SAUCE 1,V	5.50
PENNE WITH HOMEMADE TOMATO SAUCE ON THE SIDE	
PENNE AL POLLO 1,7,9	6.30
PENNE WITH CHICKEN & PARMESAN CREAM SAUCE	
SPAGHETTI BOLOGNESE 1,7,9	6.30
SPAGHETTI WITH TRADITIONAL HOMEMADE BEEF BOLOGNESE	
SPAGHETTI CARBONARA 1,3	5.90
SPAGHETTI WITH PANCETTA, PARMESAN & EGG YOLK SAUCE	

## DESSERTS

MALTESER SUNDAE /1,3,7	3.50
CHOCOLATE BROWNIE /3,6,7,8,WF	3.50
2 SCOOPS OF ICE CREAM /3,5,7,8	2.90
BABYCHINO /7,GF	0.50
KIDS HOT CHOCOLATE /7,GF	2.50