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## DON'T FORGET TO CHECK OUT OUR SPECIALS BOARD.

If there isn't anything on our regular menu that takes your fancy, you may find something that does on our specials board. This is updated regularly to include meals and light lunches that use produce which is in season.

## TAKE AWAY

We also do takeaway. Please check out our Take Away board to see what delights you can take home, to work, to the park or to the beach... wherever you choose to eat. Also, in the Roots Pantry we have our homemade Roots jams, chutneys and eggs available to purchase.

## PREORDER

Are you always in a rush but know what you want? Why not preorder your breakfast, or lunch. Just give us a ring with 2 hours notice and we will have your order packaged up and ready to go.

TELEPHONE: 01323 723008



FREE WI-FI ACCESS WHEN YOU EAT IN  
Just ask us for the password when you order.

# Roots

U R B A N F A R M S H O P

## MENU

### WELCOME TO ROOTS URBAN FARMSHOP.

Roots is an urban farmshop, deli, greengrocer, coffee shop, and greasy spoon all rolled into one but with a bit of a difference.

We freshly prepare all our sandwiches, breakfasts, lunches, afternoon tea, childrens meals using locally sourced produce. We can even boast about our selection of cakes and pastries that are are homemade daily.

Our fresh salad and vegetables are grown by Fresh Roots in Hankham and are pesticide free and traditionally grown in season.

### ROLLING WITH THE SEASONS.

At Roots we pride ourselves on having a specials board that changes throughout the seasons and make use of the freshest salads and vegetables that are ripe and ready to use from the Fresh Roots polytunnel. We only use local meat and local produce that has been grown at the right time of year and within a 30 mile radius of the shop.

### OPENING HOURS:

MONDAY - SATURDAY 8<sup>AM</sup> - 5<sup>PM</sup>

CLOSED SUNDAY & BANK HOLIDAYS



## BREAKFAST MENU

ROOTS BREAKFAST ..... £5.95

Sausage, bacon, scrambled eggs, tomatoes, mushrooms, beans & toast or bread.

STANDARD ROOTS ..... £3.95

Sausage, bacon, scrambled eggs, beans & toast or bread.

VEGGIE BREAKFAST ..... £3.50

Eggs (anyway you want them), tomatoes, mushrooms, beans & toast or bread.

### EXTRAS

Sausage, bacon, egg, tomatoes, mushrooms or beans..... £0.75

Bubble & Squeak ..... £1.00

EGGS ON TOAST..... £2.75

Have your eggs anyway you wish, poached, scrambled or fried on uncut toast.

BOILED EGGS AND SOLDIERS ..... £2.50

EGGS BENEDICT ..... £5.25

Poached eggs, ham and hollandaise on thick uncut toast.

SAUSAGE OR BACON SANDWICH..... £2.50

On thickcut bread or ciabatta.

PORRIDGE ..... £2.25

Served with seasonal fruits & local honey.



**Roots**  
URBAN FARM SHOP

## LIGHT LUNCHES

### JACKET POTATO

A hot jacket potato served with salad garnish.

Cheese & beans ..... £3.65

Tuna mayonnaise & sweetcorn ..... £3.85

Prawns in seafood sauce..... £4.10

Chilli & cheese..... £4.35

### SANDWICHES & ROLLS

Choose either thickcut bread or a crusty roll, served with salad garnish & crisps.

Cheese & onion ..... £3.10

Egg mayonnaise ..... £3.10

Tuna mayonnaise & sweetcorn ..... £3.25

Ham & salad..... £3.35

Prawns in seafood sauce..... £3.50

Chicken & salad with mayonnaise..... £3.55

Beef with horseradish or mustard..... £3.55

Chorizo & tomato ..... £3.55

WELSH RAREBIT ..... £3.25

Cheesier cheese on toast, made with local cheddar, served with salad garnish.

BUCK RAREBIT ..... £3.95

Cheesier cheese on toast, with a poached egg, served with salad garnish.

FISH FINGER SANDWICH..... £5.95

Homemade local fish fingers, in uncut bread with tartar sauce & rocket. Served with handmade chips.

## MAIN MENU

### OMELETTE

Served with salad garnish and chips.

Plain 3 egg omelette ..... £5.50

**Add a filling:** Ham, Mushrooms, Cheese or Tomatoes..... £0.50 EACH

### PLOUGHMANS

Served with salad, fresh bread, handmade pickles & chutney.

Local Cheddar or Brie..... £5.95 Local Sausage or Ham ..... £6.95

CHILLI CON CARNE ..... £6.25

Homemade chilli served with rice & fresh bread.

MACARONI CHEESE ..... £5.95

Served with salad or Fresh Roots vegetables & chips or new potatoes.

ROOTS BURGER..... £6.95

Homemade burger in a ciabatta bun with salad, homemade chips.

**Choose a topping of:** Cheese, bacon, stilton, mushroom, chilli or brie.

QUAIL EGG SALAD ..... £4.95

Served with seasonal leaf lettuce and Roots vinaigrette.

BLUE CHEESE SPINACH TART..... £5.95

Homemade Roots tart served with seasonal baby leaf salad & new potatoes tossed in garlic butter.

CHICKEN CAESAR SALAD ..... £5.95

Strips of chicken with baby leaf salad, soft boiled egg, shavings of parmesan and cheddar topped with caesar dressing.

### SIDES

Homemade chips ..... £1.75 Cheesy chips..... £1.95

Side salad ..... £1.75

Warm fresh bread with olive oil & balsamic vinegar or garlic butter ..... £2.95