

POWER BREAKFASTS



ROOTS

LAMARCA

TOSTADAS

THE CLASSIC 4.80€

Tomate Rallado / Semillas de Cáñamo / Tomates Cherry

SMASHED AVO TOAST 5.80€

Guacamole / Semillas de Sésamo Negro / Semillas de Calabaza

TOSTADAS PREMIUM

SUPER TOAST 7.80€

Champiñones Salteados / Aguacate / Hummus de Garbanzos

SALMON TOAST 11.00€

Crema de Yogurt Griego / Salmón Ahumado / Piña Asada con Canela / Eneldo

MEDITERRANEAN TOAST 7.80€

Hummus de Garbanzos / Aguacate / Semillas de Cáñamo / Tajín

TOSTADA ADICIONAL 3.80€

The Classic, Smashed Avo Toast y Nutty Monkey

PANINIS Y BOCATAS

PANINI DE POLLO CHICKEN NIRVANA 12.60€

Focaccia / Pollo / Kale / Tomate Pera / Queso de Cabra / Pesto Rosso

PANINI VEGETARIANO CLASSIC CAPRESE 12.60€

Focaccia / Queso Mozzarella / Tomates Secos / Pesto Kale / Rúgula

BOCADILLO IBÉRICO 11.00€

Pan de Zanahoria / Espinaca / Tomate / Jamón Ibérico

BOCADILLO BACON CHEESE 10.45€

Pan de Espelta / Bacon / Queso de Cabra / Ensalada Verde

SUPERFOOD BOWLS

EAT YOUR ROOTS AÇAÍ 13.20€

Açaí / Plátano / Arándanos / Leche de Almendras

Topping:s Plátano / Fresas / Nutty Granola / Arándanos

Extra topping +2.50€

BAGELS

BAGEL DE SALMÓN 14.20€

Salmón Ahumado / Aguacate Laminado / Rúgula / Salsa de Yogurt / Pan Artesano

BACON CHEESY SUNRISE 13.80€

Bacon / Huevo Revuelto / Rúgula / Salsa de Queso Feta / Pan Artesano

PANCAKES

SALTY PANCAKES 10.90€

Harina de Trigo Sarraceno / Banana / Canela

Topping: Salsa de Queso Feta / Huevo a la Plancha / Bacon / Micromezclum

Pídelo con Huevo Revuelto 12.80€

Pídelo con Extra de Aguacate Laminado 14.20€

ROOTS PANCAKES 10.90€

Harina de Trigo Sarraceno / Banana / Canela

Topping: Fresas / Banana / Arándanos / Almendra Granillo Tostada / Maple, Roots Mantequilla de Almendras o Cacahuete

CASABE BOWL

CASABE BOWL 12.80€

Casabe (Yuca sin Gluten) / Aguacate / Huevo Pochado / Semillas de Sésamo
A Elegir:

- Hummus de Remolacha
- Pesto Kale
- Tomate Rallado

Pídelo con Huevo Revuelto 14.80€

EXTRAS

MAPLE Y MANTEQUILLAS	+2.50€	AGUACATE	+3.50€
HUEVO POCHADO	+2.20€	HUEVO REVUELTO	+3.20€
GUACAMOLE	+3.00€	SALMÓN AHUMADO	+4.80€
QUESO FETA	+2.50€	TERNERA MECHADA	+4.80€
BACON	+2.00€	SALSA SRIRACHA	+1.20€



BOWL DE YOGURT 11.50€

Yogurt Griego

Toppings: Fresas / Arándanos / Plátano / Nutty Granola

Extra topping +2.50€





TOASTS

THE CLASSIC 4.80€

Crushed Tomatoes / Hemp Seeds / Cherry Tomatoes

SMASHED AVO TOAST 5.80€

Guacamole / Black Sesame Seeds / Pumpkin Seeds

PREMIUM TOASTS

SUPER TOAST 7.80€

Avocado / Sauteéd Mushrooms / Chickpeas Hummus

SALMON TOAST 11.00€

Greek Yogurt Cream / Smoked Salmon / Roasted Pineapple / Dill

MEDITERRANEAN TOAST 7.80€

Chickpeas Hummus / Avocado / Hemp Seeds / Tajin

EXTRA TOAST 3.80€

The Classic, Smashed Avo Toast and Nutty Monkey

PANINIS AND BAGUETTES

CHICKEN NIRVANA PANINI 12.60€

Focaccia / Chicken / Kale / Tomato / Goat Cheese / Red Pesto

CLASSIC CAPRESE PANINI VEGETARIAN 12.60€

Focaccia / Mozzarella Cheese / Sun-Dried Tomatoes / Pesto Kale / Arugula

IBERIAN HAM BAGUETTE 11.00€

Carrot Bread / Spinach / Tomato / Iberian Ham

BACON CHEESE BAGUETTE 10.45€

Spelt Bread / Bacon / Goat Cheese / Green Salad

SUPERFOOD BOWLS

EAT YOUR ROOTS AÇAI 13.20€

Açai / Banana / Blueberries / Almond Milk

Included Toppings: Banana / Strawberries / Nutty Granola / Blueberries

Extra topping +2.50€

BAGELS

BAGEL DE SALMÓN 14.20€

Smoked Salmon / Avocado / Arugula / Yogurt Sauce / Artisan Bread

BACON CHEESY SUNRISE 13.80€

Bacon / Scrambled Eggs / Arugula Feta Sauce / Artisan Bread

PANCAKES

SALTY PANCAKES 10.90€

Buckwheat Flour / Banana / Cinnamon

Topping: Cheese Sauce / Grilled Egg / Bacon / Micromezclum

Order with Scrambled Eggs 12.80€

Order with Extra Avocado 14.20€

ROOTS PANCAKES 10.90€

Buckwheat Flour / Banana / Cinnamon

Topping: Strawberries / Blueberries / Granulated Almond / Banana / Roots Almond Butter, Roots Peanut Butter or Maple Syrup

CASABE BOWL

CASABE BOWL 12.80€

Casabe (Yuca Gluten Free) / Avocado / Poached egg

To choose:

- Beetroot Hummus
- Pesto Kale
- Crushed Tomatoes

Order with Scrambled Eggs 14.80€

EXTRAS

BUTTER AND MAPLE	+2.50€	AVOCADO	+3.50€
POACHED EGGS	+2.20€	SCRAMBLED EDGGS	+3.20€
GUACAMOLE	+3.00€	SMOKED SALMON	+4.80€
FETA CHEESE	+2.50€	SHREDDED VEAL	+4.80€
BACON	+2.00€	SRIRACHA SAUCE	+1.20€



YOGURT BOWL 11.50€

Greek Yogurt

Included Toppings: Strawberries / Blueberries / Banana / Nutty Granola

Extra topping +2.50€



SUPERFOOD SMOOTHIES

475 ML 8.50€

POWER PROTEIN

BOOSTS METABOLISM - RICH IN NUTRIENTS
Plátano / Avena / Leche de Almendras /
Proteína Vegana

MANGO PARADISE

RICH IN VITAMINS - ANTI-INFLAMMATORY
Mango / Piña / Leche de Coco

BLUE LÚCUMA

RICH IN ANTIOXIDANTS - POST WORKOUT
Arándanos / Plátano / Leche de Almendras /
Lúcuma / Semillas de Chía

STRAWBERRY FIELDS

MENTAL FOCUS - INCREASED ENERGY
Fresas / Plátano / Leche de Almendras / Dátil /
Semillas de Chía

COFFEE BREAK

MOOD BOOSTER - NATURAL FUEL
Plátano / Leche de Avena / Café Espresso Roots

MATCHA MASTER

NUTRIENT DENSE - CLARITY BOOST
Matcha / Espinaca / Plátano / Leche de Almendras /
Dátil

ACTIVE SOUL

POWERFUL DETOXIFIER
Espinaca / Apio / Pepino / Piña / Limón /
Moringa / Jengibre

EXTRAS

AÑADE UN BENEFICIO EXTRA A TU SMOOTHIE

PROTEÍNA VEGANA	2.80€	CREAMERS BY 	
MACA	2.50€		
ASHWAGANDHA	2.50€		
		MICROBIOTIC CREAMER	2.20€
		BEAUTY CREAMER	2.20€
		ENERGY CREAMER	2.20€

HYDRATION STATION

LIMONADA ROOTS	250ml	3.20€
Agua / Limón / Extracto de Stevia		
AGUA DETOX	250ml	3.20€
Agua / Limón / Naranja / Pepino / Menta		
ZANA POWER	250ml	3.20€
Zanahoria / Pepino / Jengibre / Agua / Zumo de Naranja		
ZUMO DE NARANJA	250ml	4.80€ / 500ml 6.80€
KOMBUCHA		4.70€
CERVEZA		3.80€
FOCCUS		3.00€
AGUA MINERAL		2.80€
AGUA CON GAS		3.20€

SUPERFOOD SMOOTHIES

475 ML 8.50€



POWER PROTEIN

BOOSTS METABOLISM - RICH IN NUTRIENTS

Banana / Oat / Almond Milk /
Vegan Protein

MANGO PARADISE

RICH IN VITAMINS - ANTI-INFLAMMATORY

Mango / Pineapple / Coconut Milk

BLUE LÚCUMA

RICH IN ANTIOXIDANTS - POST WORKOUT

Blueberries / Banana / Almond Milk /
Lucuma / Chia Seeds

STRAWBERRY FIELDS

MENTAL FOCUS - INCREASED ENERGY

Strawberries / Banana / Almond Milk / Date
Chia Seeds

COFFEE BREAK

MOOD BOOSTER - NATURAL FUEL

Banana / Oat Milk / Roots Espresso

MATCHA MASTER

NUTRIENT DENSE - CLARITY BOOST

Matcha / Spinach / Banana / Almond Milk
Date

ACTIVE SOUL

POWERFUL DETOXIFIER

Spinach / Celery / Cucumber / Pineapple /
Lemon / Moringa / Ginger

EXTRAS

ADD YOUR FUNCTIONAL BOOST

VEGAN PROTEIN	2.80€	CREAMERS BY	baia
MACA	2.50€		
ASHWAGANDHA	2.50€		
		MICROBIOTIC CREAMER	2.20€
		BEAUTY CREAMER	2.20€
		ENERGY CREAMER	2.20€

HYDRATION STATION

ROOTS LEMONADE	250ml	3.20€
Water / Lemon / Stevia Extract		
DETOX WATER	250ml	3.20€
Water / Lemon / Orange / Cucumber / Mint		
ZANA POWER	250ml	3.20€
Carrot / Cucumber / Ginger / Water / Orange Juice		
ORANGE JUICE	250ml	4.80€ / 500ml 6.80€
KOMBUCHA		4.70€
BEER		3.80€
FOCCUS		3.00€
MINERAL WATER		2.80€
SPARKLING WATER		3.20€

CREMA DEL DÍA

(Pregunta a nuestro staff)

4.50 / 7.40€



SIGNATURE BOWLS & SIGNATURE WRAPS

Todos nuestros bowls y wraps vienen con espinaca

17.00€

BOWL MADRILEÑO

Ternera Mechada / Arroz Roots
Ensalada de Tomate / Patata
Champiñones / Garbanzos Crispy

Salsa: Salsa Sriracha

BOWL MEDITERRÁNEO

Falafel / Ensalada Verde / Hummus
Calabacín / Brocolí / Mix de Semillas

Salsa: Salsa Tahini

BOWL GRANJERO

Pollo con Hierbas / Coliflor Rice
Ensalada de Garbanzos / Boniato
Calabacín / Semillas de Calabaza

Salsa: Pesto Kale

BOWL ASIÁTICO

Pollo al Curry / Arroz Roots
Ensalada de Lombarda / Patatas
Hummus / Nachos Roots

Salsa: Salsa de Yogurt

BOWL KO BY ROOTS

Tofu Salteado / Tallarines de Arroz
Champiñones / Ensalada de Garbanzos
Brocolí / Pepino Encurtido

Salsa: Coconut

18.90€

BOWL PACÍFICO

Salmón / Quinoa / Boniato
Ensalada de Tomate
Ensalada de Pepino / Cebolla Encurtida

Salsa: Mostaza Dulce

EXTRAS

VEGGIES +2.20€

PROTEÍNA +4.80€
P. PREMIUM +6.80€

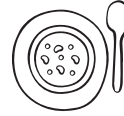
SALSA +1.20€

TOPPING +1.20€

CREAM OF THE DAY

(Ask Our Staff)

4.50 / 7.40€



SIGNATURE BOWLS & SIGNATURE WRAPS

ORDER IT IN A BOWL OR IN A WRAP

17.00€

MADRILEÑO



Shredded Veal / Roots Rice
Tomato Salad / Potato
Mushrooms / Crispy Chickpeas

Sauce: Peanut Sriracha

MEDITERRÁNEO



Falafel / Green Salad / Hummus
Zucchini / Broccoli / Seed Mix

Sauce: Tahini Sauce

GRANJERO



Herbs Chicken / Cauliflower Rice
Chickpea Salad / Sweet Potato
Zucchini / Pumpkin Seeds

Sauce: Pesto Kale

ASIÁTICO



Curry Chicken / Roots Rice
Hummus / Cabbage Salad / Potato
Nachos

Bowl Sauce: Yogurt Sauce

KO BY ROOTS



Salted Tofu / Rice Noodles /
Chickpea Salad / Mushrooms /
Broccoli / Pickled Cucumber

Sauce: Coconut Sauce

18.90€

PACÍFICO



Salmon / Quinoa / Tomato Salad /
Sweet Potato / Cucumber Salad
Pickled Onion

Sauce: Sweet Mustard

EXTRAS

BASE +2.20€

VEGGIES +2.20€

PROTEIN +4.80€
PREMIUM P +6.80€

SAUCE +1.20€


TOPPING +1.20€

BUILD YOUR OWN BOWL

ALL THE BOWLS INCLUDE SPINACH

Choose 1 Base + 2 Veggies + 1 Protein + 1 Sauce + 1 Topping

17.50 +1.90€ WITH PRÉMIUM PROTEIN

BASE	VEGGIES	PROTEINS	SAUCE	TOPPINGS
ROOTS RICE Integral Rice, Black Rice, Red Rice, Chinese Onion and Soy	CHICKPEAS SALAD Parsley, Salt and Olive Oil	SHREDDED VEAL Pepper, Celeri, Garlic, Onion and Bay Leaf	PESTO KALE	CRISPY CHICKPEAS
QUINOA White Quinoa, Black Quinoa and Parsley	CABBAGE SALAD Grated Carrot, Mustard and Yogurt	CURRY CHICKEN Curry, Onion, Garlic, Bell Pepper, Coconut Milk, Turmeric, Oregano and Parsley	TAHINI SAUCE	TOASTED PUMPKIN SEEDS
CAULIFLOWER RICE Turmeric and Dill	TOMATO SALAD Pear Tomato, Cherry Tomato Salt and Olive Oil	HERBS CHICKEN Garlic, Black Pepper, Laurel Sweet Pepper and Lemon Juice	YOGURT SAUCE	MIX SEEDS
GREEN SALAD Green Leaf Mix and Olive Oil	MUSHROOMS With Salt, Pepper, Parsley and Olive Oil	SALTED TOFU With Stir-fried Soy, Maple & Sesame Oil	PEANUT SRIRACHA	PICKLED ONION
RICE NOODLESS Pepper, Chinese Onion, Pak Choi, Sesame, Soy	HUMMUS	FALAFEL Chickpeas, Lemon Juice, Basil, Mint Cilantro, Parsley, Garlic, Pepper and Cummin	SWEET MUSTARD	PICKLED CUCUMBER
	CUCUMBER SALAD Sour Cream, Mustard, Salt	PREMIUM PROTEIN +2.20€	COCONUT SAUCE	NACHOS
	ZUCCHINI Olive Oil and Salt	MARINATED SALMON Soy, Garlic and Sesame		MOZZARELLA CHEESE
	BROCCOLI Olive Oil and Salt			PREMIUM TOPPING 
	SWEET POTATOES Salt and Olive Oil			AVOCADO +3.50€ <small>With Sesame</small>
	POTATOES Rosemary, Thyme, Oregano, Pepper, Salt and Olive Oil			FETA CHEESE +2.50€

DAILY MENU

ONLY FROM MONDAY TO FRIDAY AT LUNCH TIME!

(Ask Our Staff)

15.00€
BOWL OF THE DAY + WATER or ROOTS LEMONADE 250 ml

EXTRAS

BASE +2.20€ VEGGIES +2.20€ PROTEIN +4.80€ SAUCE +1.20€ TOPPING +1.20€
 PREMIUM P +6.80€

BUILD YOUR OWN BOWL

TODOS LOS BOWLS LLEVAN ESPINACA

Escoge 1 Base + 2 Veggies + 1 Proteína + 1 Salsa + 1 Topping

17.50 + 1.90€ CON PROTEINA PRÉMIUM

BASE	VEGGIES	PROTEÍNA	SALSA	TOPPING
ARROZ ROOTS Arroz Integral, Arroz Rojo, Arroz Negro, Cebolla China y Soja	ENSALADA DE GARBANZOS Perejil, Sal y Aceite de Oliva	TERNERA MECHADA Pimiento, Celery, Ajo, Cebolla y Laurel	PESTO KALE	GARBANZOS CRISPY
QUINOA Quinoa Negra, Quinoa Blanca y Perejil	ENSALADA DE LOMBARDA Zanahoria, Yogurt y Mostaza	POLLO AL CURRY Curry, Cebolla, Ajo, Pimienta, Cúrcuma, Leche de Coco, Pimentón, Orégano y Perejil	SALSA TAHINI	SEMILLAS DE CALABAZA
ENSALADA VERDE Mix de Hojas Verdes, Aceite de Oliva Virgen Extra	ENSALADA DE TOMATE Tomate Pera, Tomate Cherry, Eneldo, Sal	POLLO CON HIERBAS Romero, Laurel, Ajo, Tomillo, Orégano, Pimienta y Zumo de Limón	PEANUT SRIRACHA	CASABE
TALLARINES DE ARROZ Pimientos, Cebolleta China, Pak Choi, Sésamo, Soja	ENSALADA DE PEPINO Pepino, Crema Agría, Mostaza Sal y Eneldo	TOFU SALTEADO Salteado con Soja, Maple y Aceite de Sésamo	MOSTAZA DULCE	NACHOS ROOTS
COLIFLOR RICE Coliflor, Cúrcuma y Eneldo	CALABACÍN Calabacín, Sal y Aceite de Oliva	FALAFEL Garbanzos, Zumo de Limón, Albahaca, Menta, Cilantro, Perejil, Ajo, Pimienta y Comino	SALSA DE YOGURT	MIX DE SEMILLAS
	CHAMPIÑONES Sal, Pimienta, Perejil y Aceite de Oliva	PROTEÍNA PREMIUM +2.20€	SALSA COCONUT	CEBOLLA ENCURTIDA
	BROCOLÍ Brocolí, Sal y Aceite de Oliva	SALMÓN MARINADO Ajo, Soja y Sésamo		PEPINO ENCURTIDO
	BONIATO ROSTIZADO Aceite de Oliva y Sal			QUESO MOZZARELLA
	HUMMUS			TOPPING PREMIUM 
	PATATAS Romero, Tomillo, Sal, Pimienta Orégano y Aceite de Oliva			AGUACATE +3.50€ Sésamo
				QUESO FETA +2.50€

DAILY MENU

¡SOLO DE LUNES A VIERNES A LA HORA DE LA COMIDA!

(Pregunta al staff)

15.00€
BOWL DEL DÍA + AGUA o LIMONADA ROOTS

EXTRAS

BASE +2.20€

VEGGIES +2.20€

PROTEÍNA +4.80€
 P. PREMIUM +6.80€

SALSA +1.20€

TOPPING +1.20€

SÁNDWICHES & WRAPS

Pídelos a partir de las 12:30 horas

SPICY VEAL

14.80€

Ternera Mechada / Cebolla Encurtida / Alfalfa / Pan Artesano

Salsa: Peanut Sriracha

KALE CHICK SANDWICH

15.20€

Pollo Marinado / Rúgula / Aguacate / Pan Artesano

Salsa: Pesto Kale y Peanut Sriracha

KALE CHICK WRAP

16.50€

Pollo Marinado / Rúgula / Aguacate / Tortilla

Salsa: Pesto Kale y Peanut Sriracha

VEGAN DREAM

14.80€

Tofu / Cebolla Encurtida / Zanahoria / Rúgula / Pan Artesano

Salsa: Peanut Sriracha

Todos nuestros Sandwiches y Wraps vienen acompañados de Patatas Roots

SANDWICHES & WRAPS

Order them from 12:30h

SPICY VEAL

14.80€

Shredded Veal / Pickled Onion / Alfalfa / Artisan Bread

Sauce: Peanut Sriracha

KALE CHICK SANDWICH

15.20€

Marinated Chicken / Arugula / Avocado / Artisan Bread

Sauce: Pesto Kale & Peanut Sriracha

KALE CHICK WRAP

16.50€

Marinated Chicken / Arugula / Avocado / Tortilla

Sauce: Pesto Kale & Peanut Sriracha

VEGAN DREAM

14.80€

Tofu / Pickled Onion / Carrot / Arugula / Artisan Bread

Sauce: Peanut Sriracha

All of our sandwiches and wraps come with Roots Potatoes