

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 / Lúcumas / 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

AÇAÍ BOWL

EAT YOUR ROOTS AÇAÍ

13.20€

Açaí / Plátano / Arándanos / Leche de Almendras

Topping: Plátano / Fresas / Arándanos / Nutty Granola

| EXTRAS | | CREAMERS BY baia | |
|--|-------|-------------------------|-------|
| AÑADE UN BENEFICIO EXTRA A TU SMOOTHIE | | | |
| PROTEÍNA VEGANA | 2.80€ | MICROBIOTIC CREAMER | 2.20€ |
| MACA | 2.50€ | BEAUTY CREAMER | 2.20€ |
| ASHWAGANDHA | 2.50€ | ENERGY CREAMER | 2.20€ |

POWER TOASTS

THE CLASSIC

4.80€

Tomate Rallado / Semillas de Cáñamo / Tomates Cherry

SMASHED AVO TOAST

5.80€

Guacamole / Semillas de Sésamo Negro / Semillas de Calabaza

MEDITERRANEAN TOAST



7.80€

Hummus de Garbanzos / Aguacate / Semillas de Cáñamo / Tajín

TOSTADA ADICIONAL

3.80€

PIDE MÁS DE UNA TOSTADA

| EXTRAS | | | |
|---|--------|--|--------|
| HUEVO POCHADO | +2.20€ | AGUACATE  | +3.50€ |
| GUACAMOLE  | +3.00€ | HUEVO REVUELTO | +3.20€ |
| QUESO FETA | +2.50€ | SALMÓN AHUMADO | +4.80€ |
| BACON | +2.00€ | SALSA SRIRACHA | +1.20€ |

EXTRAS

| | |
|--------------------------|--------|
| JARABE DE ARCE | +2.50€ |
| MANTEQUILLA DE ALMENDRA | +2.50€ |
| MANTEQUILLA DE CACAHUETE | +2.50€ |
| FRUTA DE TEMPORADA | +1.20€ |
| GRANOLA ROOTS | +2.50€ |

PANINIS & 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 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 | baía |
| MACA | 2.50€ | MICROBIOTIC CREAMER | 2.20€ |
| ASHWAGANDHA | 2.50€ | BEAUTY CREAMER | 2.20€ |
| | | ENERGY CREAMER | 2.20€ |

POWER TOASTS



THE CLASSIC

Crushed Tomatoes / Hemp Seeds /
Cherry Tomatoes

4.80€

SMASHED AVO TOAST

Guacamole / Black Sesame Seeds /
Pumpkin Seeds

5.80€

MEDITERRANEAN TOAST

Chickpeas Hummus / Avocado /
Hemp Seeds / Tajin

7.80€

EXTRA TOAST

ASK FOR EXTRA TOAST

3.80€

EXTRAS

| | | | |
|---------------------|--------|-----------------------|--------|
| POACHED EGGS | +2.20€ | AVOCADO | +3.50€ |
| GUACAMOLE | +3.00€ | SCRAMBLED EGGS | +3.20€ |
| FETA CHEESE | +2.50€ | SMOKED SALMON | +4.80€ |
| BACON | +2.00€ | SRIRACHA SAUCE | +1.20€ |

AÇAI BOWL

EAT YOUR ROOTS AÇAI

13.20€

Açai / Banana / Blueberries / Almond Milk

Included Toppings: Banana / Strawberries / Blueberries
Nutty Granola

Extra topping +2.50€

EXTRAS

| | |
|-----------------------|--------|
| MAPLE SYRUP | +2.50€ |
| ALMOND BUTTER | +2.50€ |
| PEANUT BUTTER | +2.50€ |
| SEASONAL FRUIT | +1.20€ |
| ROOTS GRANOLA | +2.50€ |

PANINIS & 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

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

BASE +2.20€

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€

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 PROTEÍNA 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€ SALSA +1.20€ TOPPING +1.20€
 P. PREMIUM +6.80€

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