

THE LIVING ROOT CELLAR

12 N. SIXTH STREET, REDLANDS, CA 92373 • 909.894.4057 • WWW.THELIVINGROOTCELLAR.COM

SUMMER 2020 HOURS — Mon to Fri: 8 a.m. to 5 p.m. • Thu (State Street Dinner Court): 6 to 9 p.m. • Sat: CLOSED • Sun: 9 a.m. to 4 p.m.

STATE ST. DINNER COURT MENU

THURSDAYS • 6 TO 9 P.M.

Our food is VEGAN and prepared in our cellar kitchen from scratch, using the freshest, healthiest ingredients available.
We make our delicious nut milks in-house, FRESH, from raw almonds and raw coconuts.

• RICE BOWLS •

FAJITA RICE BOWL GF•NF \$8.50
Short-grain brown rice served with fresh grilled onion, tomato, bell peppers, and garlic—seasoned with our special mix of Mexican spices!

TERIYAKI RICE BOWL GF•NF \$8.50
Short-grain brown rice served with fresh grilled cabbage, onion, snap peas, broccoli, ginger, and basil—seasoned with our special mix of Asian spices!

PULLED “PORK” RICE BOWL GF•NF \$8.50
Short-grain brown rice served with BBQ jackfruit, red cabbage, carrot, avocado, and cilantro.

• BURGERS, ETC. •

BEET BURGER \$9.50
Our claim to fame, this patty is made from beet and carrot pulp, beans, nuts, and spices, with lettuce, tomato, onion, and mayo and BBQ sauce on a bun. Served with choice of broccoli or cabbage salad.*

VEGGIE BURGER \$9.50
We make this patty with beans, cooked grains, carrot pulp, seeds, and almond pulp. Served on a bun with lettuce, tomato, red onion, Vegenaïse, and BBQ sauce. Served with choice of broccoli or cabbage salad.*

SLOPPY JACK SANDWICH \$9.50
BBQ jackfruit and cole slaw served on a whole wheat or multigrain bun. Served with choice of broccoli or cabbage salad.*

SPICY RAW TACOS RV•GF•SF \$9.50
Carrot and kale pulp mixed with nuts, seeds, and spices and topped with pico de gallo, avocado, and Chedd-Raw sauce in two cabbage leaves.

WELCOME TO LRC!

The Living Root Cellar (we affectionately call it LRC), is a vegan café and craft juicery like no other. We specialize in organic, cold-pressed juices, superfood smoothies, and delicious, made-from-scratch plant-based food.

Our mission is threefold: 1) Offer healthier, more nutrient dense plant-based options for people seeking to heal their bodies via plant nutrition; 2) Support the local economy by buying from local farms; and 3) Endorse the worldwide effort to reduce the impact of animal agricultural practices on our planet.

Once you try our juices and vegan eats—and feel the power of phytonutrients in your system—we believe you will find a higher purpose in eating than simply satisfying your hunger, and you'll want to come back again and again!

—SAM & ASHLEIGH BENAVIDES

• STREET TACOS •

Two (2) or three (3) tacos per order •
Choice of soft organic corn (GF) or flour tortillas •
Sorry, no “mixed” orders

APPLE JACK TACOS (GF)•SF•NF \$8.50/\$10.50
BBQ jackfruit, apple, homemade pickled onions, spinach, and mustard vinaigrette.

SOUTHWESTERN TACOS (GF)•NF \$8.50/\$10.50
Black beans, BBQ jackfruit, bell peppers, pico de gallo, and avocado, drizzled with fresh Mexican crema (Vegenaise, cumin, lime juice, and onion powder).

ADOBO CHILI POTATO TACOS (GF)•SF \$8.50/\$10.50
Country potatoes, adobo chilis, BBQ jackfruit, pickled onions, Chedd-Raw sauce, and cilantro.

• THE LIGHTER SIDE •

QUINOA PASTA WITH HOUSEMADE MARINARA GF•SF•NF \$9.50
Served with a choice of 4 oz. side of broccoli or cabbage salad.*

MICROGREENS SALAD RV•GF•SF•NF \$7.50
Sprouts, leafy greens, red bell pepper, cherry tomatoes, sunflower seeds, and avocado served with a lemon-garlic dressing.

SEASONAL SOUP GF•SF•NF
Cup \$5.00
Bowl \$8.50
Fresh, organic, healthy, and delicious. Served with a slice of our locally sourced bread. Substitute gluten-free bread for \$1.00 (when available).

Tomato Herb (July)

Pasta-less Minestrone (August & September)

Vegan Chili (October)

QUINOA PASTA & SALAD GF•SF•NF \$13.50
Our quinoa pasta with housemade marinara, served with a half-size microgreens salad.

QUINOA PASTA & SOUP GF•SF•NF \$13.50
Our quinoa pasta with housemade marinara, served with a cup of our seasonal soup.

SOUP & SIDE SALAD GF•SF•NF \$12.50
A bowl of our seasonal soup, served with your choice of 9 oz. broccoli or cabbage salad,* or a half-size microgreens salad.

RV: Raw Vegan • GF: Gluten Free • SF: Soy Free • NF: Nut Free (seeds are not nuts).

Vegenaise and tamari both contain soy. Tahini is made from sesame seeds.

*The broccoli and cabbage salads (GF•NF) contain soy.

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BEVERAGES

• COLD-PRESSED JUICES •

We make our juices twice a week from fresh, raw, organic produce.

ALL JUICES = GF•SF•NF / 16 OZ. BOTTLES (PLUS 5¢ CRV)

GREEN AWAKENING	\$8.50
Celery, cucumber, kale, parsley, and lemon.	
BEET BOX	\$8.00
Carrot, apple, beet, kale, ginger, and lemon.	
ELECTRIC LIME	\$8.00
Celery, kale, apple, cilantro, and lime.	
ORANGE ENVY	\$8.50
Locally grown oranges, spinach, and basil.	
SWEET & SASSY	\$8.00
Carrots, seasonal locally grown oranges, and ginger.	
SCREAMING METALS	\$8.50
Apples, celery, kale, cilantro, turmeric, ginger, and lime.	
EVER-GREEN	\$8.50
Kale, cucumber, celery, spinach, lemon, parsley, cilantro, chlorella, and moringa.	

• HAND-CRAFTED BEVERAGES •

ALL HAND-CRAFTED BEVERAGES = GF•SF•NF (except as noted)

16 OZ. BOTTLES (PLUS 5¢ CRV)

PROTEIN ALMOND MILK GF•SF.....	\$7.55
Filling blend of house-made almond milk, brown rice protein, cinnamon, vanilla, and brown sugar.	
BLUEBERRY-ADE	\$5.50
Light and refreshing, this alkaline water base has a faint taste of blueberries and a dose of D-Ribose (for muscle recovery + energy boost), L-Carnitine (boosts fat burning within cells), and lime.	
MUCUS BUSTER	\$5.50
Kick that mucus to the curb with this blend of alkaline water, lemon, cayenne pepper, agave, and ginger.	
RECOVERY ELIXIR	\$7.50
Working out? Replace those electrolytes with our blend of Redlands orange juice, coconut water, sea salt, and liquid calcium+magnesium.	
SUMMER GO-TART	\$7.50
Redlands orange juice meets raspberries + pomegranate in this refreshing, tangy, thirst-quenching drink.	
TROPICAL Cs WITH B-12	\$7.50
A nutritional powerhouse! We crack fresh coconuts to make this light and refreshing drink of coconut water, local oranges, pineapple, and B-12.	
CAFE AZTECA (made to order in regular or decaf).....	\$8.00
Locally sourced Wildgoose coffee, roasted cacao, almond creamer, brown sugar, and spices.	

• COFFEE, TEA & MORE •

BRAZILIAN COFFEE (16 OZ.) GF•SF•NF (W/OUT CREAMER)..... \$3.00
Locally sourced Wildgoose brew, in regular or decaf. Infuse your coffee with the added nutrition and flavor of:

Matcha Powder 50¢ • Mushroom Blend Powder \$1.00
Roasted Cacao \$1.50 • Turmeric Powder 50¢

BREWED CACAO NIBS (16 OZ.) GF•SF•NF (W/OUT CREAMER)..... \$3.50
Roasted cacao nibs, ground and brewed like coffee. The right amount of chocolatey and packed with antioxidants. Delicious as is, or with a splash of our house-made almond creamer.

GERMAN ROASTED GRAIN (12 OZ.) SF•NF (W/OUT CREAMER)..... \$2.50
Depth of flavor without the caffeine found in this cup of hearty roasted grains—chicory, barley, malted barley, and rye.

LOOSE-LEAF GREEN TEA (16 OZ.) GF•SF•NF..... \$3.00
Minimally processed, this imported loose-leaf green tea is the real deal.

HOT COCOA (16 OZ.) GF•SF..... \$3.50
Never from a package, our hot cocoa is made from scratch with pure cocoa powder (not a syrup), spices, and lightly sweetened!

ICED TEA (16 OZ.) GF•SF..... \$3.50
Loose-leaf black tea infused with choice of three flavors:

Tropical • Ginger-Turmeric • Blueberry

Latte-Style Iced Tea (with almond milk)..... \$4.00

SPICED TURMERIC TEA (12 OZ.) GF•SF•NF..... \$3.00

TURMERIC LATTE BLENDS (16 OZ.) GF•SF
Golden Spice or **Golden Orange**..... \$5.00
Filled with nourishing, organic superfoods and adaptogenic ingredients. Made with our fresh almond milk, these delightful lattes have no caffeine.

ALKALINE WATER (16 OZ. BOTTLE, PLUS 5¢ CRV)..... \$2.00

ORANGE JUICE (9 OZ. or 16 OZ.) GF•SF•NF..... \$3.50/\$6.00
Freshly squeezed oranges harvested from Redlands' own Old Grove Orange Farm.

• GT'S ORGANIC KOMBUCHA •

Ask about today's selection of fresh kombucha flavors — on tap!

ALL FLAVORS = GF • NF • SF

\$5.50 to \$6.00 (16 OZ.)

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KIDS' DINNER MENU

• SAVORY OPTIONS •

- KIDS' RICE BOWL** GF•NF\$5.50
A kid-sized version of our Fajita, Teriyaki, or BBQ "Pork" (jackfruit) rice bowl.
- KIDS' SOUP AND SANDWICH** NF\$6.50
A cup of seasonal soup (ask your server for the current selection), served with one-half of our tofu "egg" salad sandwich.
- KIDS' B.L.A.T. SANDWICH (HALF SANDWICH)** NF\$4.50
Vegan bacon, lettuce, avocado, and tomato sandwich, on multigrain or whole wheat bread. Served with choice of broccoli or cabbage salad. (side salads NOT SF).
- KIDS' AVOCADO TOAST (ONE SLICE OF BREAD)** SF•NF\$4.50
Locally baked multigrain bread, lightly toasted and topped with freshly mashed avocado mixed a choice of Basil & Garlic, Cucumber & Dill, or Spicy Jalapeno. Topped with cherry tomatoes and a choice of microgreens or house-made Chedd-raw sauce. Make it raw vegan and GF in a lettuce or cabbage leaf!
- KIDS' HUMMUS AND VEGGIE SANDWICH (HALF SANDWICH)** SF•NF\$4.00
Lettuce, tomato, cucumber, red onion, and bell pepper, with our house-made hummus spread on multigrain bread. Served with choice of broccoli or cabbage salad. (side salads NOT SF).
- KIDS' STREET TACO**\$6.00
Choice of one taco: Apple Jack, Southwestern, or Potato and BBQ Jackfruit, served in choice of flour or corn tortilla (GF).

• SNACKS •

- PB&J SANDWICH** SF\$4.00
Healthy peanut butter (peanuts and salt) with house-made fruit spread on whole wheat or multigrain bread.
- ANTS ON A LOG** GF•SF\$4.00
Three celery sticks with peanut butter and raisins.
- FRUIT BOWL** GF•SF•NF\$5.00
A bowl of sliced fresh strawberries and bananas.
- KIDS' AÇAÍ BOWL** GF•NF\$5.50
Frozen açai blend served with house-made granola, fresh organic strawberries, fresh bananas, and topped with shredded coconut.

ADDITIONAL AÇAÍ BOWL TOPPINGS (50¢ EACH):

Hemp Seeds • Chia Seeds • Sunflower Seeds • Walnuts, Pecans, or Cashews • Cacao Nibs • Almond or Peanut Butter

• BEVERAGES •

- FLAVORED ALMOND MILK (9 OZ.)** GF•SF\$3.50
Choice of fresh strawberry, fresh banana, or cacao powder blended into our fresh, house-made almond milk. Lightly sweetened with agave.
- HOT OR ICED COCOA (9 OZ.)** GF•SF\$3.50
Our fresh, house-made almond milk blended with cacao powder and lightly sweetened with brown sugar.
- ORANGE JUICE (9 OZ.)** GF•SF•NF\$3.50
Freshly squeezed oranges harvested from Redlands' own Old Grove Orange Grove.

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• STATE STREET SWEETS •

BROWNIE CAKE & COCONUT ICE CREAM

Our black bean brownie cake accompanied by a scoop of house-made vegan coconut ice cream.

\$8.50

KOMBUCHA AÇAÍ FLOAT

Fresh organic kombucha (ask server for today's flavors), topped with frozen açai blend.

\$7.50

AÇAÍ FRUIT SUNDAE

Frozen açai blend, topped with fresh strawberries and bananas, and house-made cacao nib syrup.

\$9.50

COCONUT ICE CREAM SUNDAE

Our house-made vegan coconut ice cream topped with house-made cacao nib syrup.

1 scoop \$5.00 • 2 scoops \$10.00

EXTRAS (\$1.00 EACH):

Cacao Nib Syrup • Fresh Strawberries • Fresh Bananas • Cacao Nibs •
Hemp Seeds • Chia Seeds • Nuts (Walnuts, Pecans, or Cashews)

RV: Raw Vegan • **GF:** Gluten Free • **SF:** Soy Free • **NF:** Nut Free (seeds are not nuts).