

# Roots

THE RESTAURANT

## appetizers

**Sweet Potato & Apple** 5/10  
Sweet potato, apple, onion, garlic & coconut milk.

**Cheese Fondue** 15  
A blend of Vermont cream & cheeses, a blue cheese gratin & local honey with sliced apples & grilled flat bread.

**Meatballs** 14  
House beef & pork meatballs with red sauce, basil, Parmesan cheese & grilled bread.

**Brussel Sprouts** 13  
Fried & tossed with a sweet chili sauce, served with maple-ancho sauce.

**Calamari** 13  
Tossed with pickled peppers, parsley & banana pepper vinaigrette, served with ancho pepper & Maple sauce with lemon.

**Eggplant Fries** 12  
Hand cut, breaded & fried, served with mango-curry ketchup.

**Parker House Rolls** 2-4-6  
Hand rolled, served warm with extra virgin olive oil.

**New England Cheese Board** 20  
A pair of local artisan cheeses served with accompaniments

**PEI Mussels** 14  
PEI mussels cooked with spiced tomato sauce, andouille sausage, white wine & spinach.

## salads

**Roots Salad** 11  
Local greens, cucumbers, carrots, onion, tomato & maple-balsamic dressing.

**Grilled Caesar** 12  
Grilled Romaine hearts topped with Caesar dressing, Parmesan cheese & grilled bread.

**Beets** 12  
Lemon dressed arugula & red pepper relish, garnished with EVOO & Vermont chèvre.

**Quinoa** 13  
Toasted quinoa tossed with an apple vinaigrette, spinach & dried fruit.

**Scallop Salad** 19  
Pan seared scallops served over warm spinach, bacon, mushrooms, grape tomatoes, onion & bleu cheese.

## add protein

Grilled Chicken 9

Grilled Salmon 12

Pan Seared Shrimp 11

Spiced Tofu 5

Scallops 13

## sides

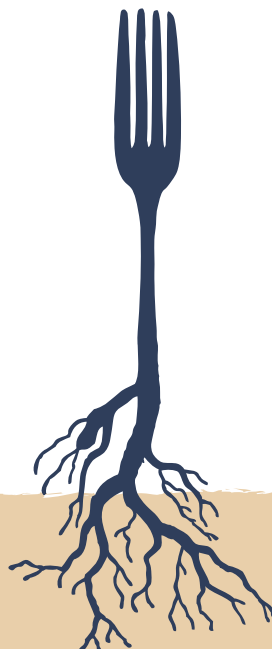
Cheddar Polenta 5

French Fries 7

Cole Slaw 5

Scallion Rice 5

Sweet Potato Hash 5



## *lighter fare*

### **Vermont Beef Burger** 17

Locally sourced ground beef on a toasted round roll with greens, tomato, onion & pickle with a choice of side.

### **Pork Sandwich** 14

Slow roasted local pork, blueberry barbecue sauce, coleslaw & Cabot cheddar cheese on a toasted round roll with a choice of side.

### **Turkey** 14

GMS turkey, shaved thin, served in a grilled flatbread with cranberry aioli, apples & onions with choice of side.

### **Mushroom Sandwich** 12

Grilled portobello mushroom & caramelized onions served warm in grilled flat bread with spinach, chèvre & basil aioli.

## *entree*

### **Salmon** 26

Grilled salmon fillet served over scallion rice with a sweet basil pesto & a tomato & Maplebrook Farms feta relish.

### **Pork** 23

Slow cooked with apples, vegetables, cider & spices, served with pickled cabbage, scallion cream & “Johnny cakes”.

### **Cod** 24

Cod fillet encrusted with wasabi pea, pan seared & served over sweet potato hash with curry aioli & pickled red onion.

### **Chicken** 24

Pan seared chicken breast layered with prosciutto ham & VT cheddar cheese, served with scallion rice and a chicken white wine - sage jus.

### **Tofu** 21

Pan seared tofu served over Jasmine rice with a yellow curry broth, cabbage, carrots, onions & a Korean barbecue glaze.

### **Risotto** 23

Italian style rice cooked with an apple purée, garlic, onion & Parmesan cheese, served over spinach with a cranberry-sage purée.

### **VT Raised Ribeye** 39

Ancho pepper seasoned & grilled, served over crispy potato with a Breen Family Maple butter, fried onions & vegetable.

### **Bistro Steak** 29

Grilled & sliced Coulotte steak rubbed with garlic, Olive oil & herbs. Served with baby spinach & russet potato hash & a port wine demi-glace.

*Please make us aware of any allergies so we may better serve you.*

*Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness*

*We reserve the right to add a 20% gratuity to any check when both credit card receipts are removed from the restaurant.*

*A gratuity of 20% may be added to parties of 6 or more.*

