

VITAL ROOT

FAST (SLO) FOOD

SOUP & SALADS

1/2 SALAD & CUP OF SOUP 13
vital cobb not available for this option

HEIRLOOM BEAN & KALE SOUP 6
anasazi beans, roasted red pepper relish,
chili lime pepitas

MEDITERRANEAN CHOPPED SALAD 7/13
artichokes, feta, butternut squash, chickpeas, shaved
brussels sprouts, smoked almonds

VITAL COBB 16
egg, rice paper “bacon,” dates, feta, tomato, radish,
lentils, mung beans, smoked almonds, toga-ranch-i

SMALLS & SIDES

SWEET POTATO FRIES 6
elevation ketchup

YUCA FRIES 6
chimichurri, grilled banana ketchup

KOREAN BBQ VEGGIE “WINGS” 10
smoked broccoli and cauliflower,
sesame seeds, toga-ranch-i

CASHEW “QUESO” DIP 9
chili seed crunch, *raquelitas* tortilla chips, cilantro

In the spirit of creating a balanced & unified workplace, we implement a tip pool for our entire service team, including our back of house.

A 5% Restaurant Recovery surcharge will be added to your check

HOURS

TUE - FRI 11AM - 9PM

SAT 10AM - 9PM*

SUN 10AM - 8PM

BOWLS

SHOYU YAM NOODLE BOWL 13
egg, bok choy, edamame, beets, pickled mushrooms,
wakame slaw, nori cashews

MISSION BOWL 11
brown rice, black beans, corn, avocado, quinoa,
cumin-lime crema

SAMBAR BOWL 13
lemongrass tofu, roasted cauliflower,
cilantro mint yogurt, nori cashews, dosa flatbread

FAVES

KOREAN STIR FRY 14
soft-boiled egg, mung beans, brown rice, miso mushrooms,
cucumber, kimchi, cashews, gochujang, sprouts

PAD THAI 15.5
scrambled egg, green papaya, brussels sprouts,
pickled vegetables, thai chili paste, peanuts, cilantro

SPROUT HEAD SANDWICH 9
smoked almond chermoula, cheddar, tomato,
cucumber, sprout mix, pickled vegetables, *sriracha* aioli

BANH MI TACOS 10
edamame “pâté,” lemongrass tofu, jalapeño,
pickled vegetables, *sriracha* aioli, fresh herbs

SUNFLOWER RISOTTO 13.5
roasted mushrooms, squash & rutabaga purée, queso
fresco, cranberry citrus chutney

FALAFEL WRAP 12
fava bean falafel, cucumber, tomato, feta, tzatziki,
tehina



BRUNCH

AUTUMN SPICED WAFFLE 13
dosa batter, cranberry citrus chutney, squash butter,
pistachios

BANH MI BREAKFAST TACOS 10
edamame “pâté,” scrambled egg, jalapeño,
pickled vegetables, sriracha aioli, fresh herbs

BREAKFAST FALAFEL 14
scrambled egg, fava bean falafel, cucumber, tomato,
feta, tzatziki, tehina

ROTATING WEEKEND SPECIAL MKT
(AVAILABLE SAT & SUN)
Ask a team member for details

ADD TO ANY DISH

1/2 AVOCADO	2	LEMONGRASS TOFU	4
EGG/S*	2/4	VEGETABLES	3
LEMONGRASS IMPOSSIBLE	5	BROWN RICE	3
NAAN	4	DARING FOODS PLANT	5
		BASED “CHICKEN”	

KIDS MENU 7

VITAL MAC & CHEESE
COUNTRY FRIED TOFU W/ MAPLE MUSTARD
ALMOND BUTTER & JELLY SANDWICH
CHEESE QUESADILLA
GRILLED CHEESE

CHOICE OF: SWEET POTATO FRIES, VEGGIES, OR FRUIT
CHOICE OF: MILK OR APPLE JUICE

Please notify us of any allergies, not all ingredients are listed. Due to the nature of restaurants and cross contamination, we are unable to guarantee a 100% allergy free zone.

* These items may be served raw or undercooked based on your specification, or contain raw or undercooked ingredients. Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of foodborne illness.

SMOOTHIES

BLUEBERRY & AÇAÍ

almond butter, banana, hemp seeds, spinach, basil

GREEN GINGER

avocado, kale, spinach, parsley, spirulina, cashews, pineapple

BARISTA ADD OAT MILK +1

CODA COFFEE

DRIP	3	LATTE	4
CAPPUCCINO	4	ESPRESSO	2

CHAGACCINO

PINEAPPLE GOLDEN MILK W/ GINGER

MATCHA LATTE

TEAS & THINGS

TEATULIA ICED TEA

SPORTEA

MOR KOMBUCHA ROTATING FLAVORS

LA CROIX SPARKLING WATER ROTATING FLAVORS

CBD JUICES & TONIC

VYBES CBD JUICES ROTATING FLAVORS

DRAM ROTATING FLAVORS

HAPPY HOUR T-F 3PM-5PM

\$3 BANH MI TACO

\$3 KOREAN BBQ VEGGIE "WINGS"

\$3 HOUSE-MADE HUMMUS

\$1 OFF SELECT BEER

\$5 COCONUT MARGARITAS

*HAPPY HOUR NOT AVAILABLE TO-GO

LIBATIONS

24K BOURBON, CARROT, GINGER

COCONUT MARGARITA TEQUILA, COCONUT MILK, LIME

WINTER CHERRY SYRAH BLEND, ASHWAGANDHA, ANGOSTURA

LEE LAVENDER LEMONADE

JIANT HARD KOMBUCHA ORIGINAL & HICAMAYA

BLOOD ORANGE MIMOSA

FRESH SQUEEZED ORANGE MIMOSA

BLOODY MARY

BEER & WINE

ROTATING SELECTIONS

COOKIES & THINGS

PEANUT BUTTER COOKIE

oats, tahini, vanilla

HEMP CACAO COOKIE

maca, valrhona chocolate, coconut

STRAWBERRY CHEESECAKE

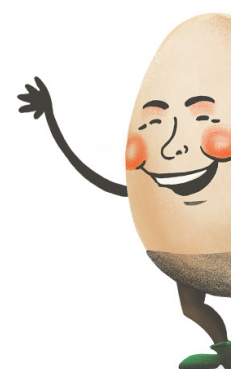
ricotta, maple tahini crunch, black sesame seed crust
(VEGETARIAN)

TIRAMISU

lady fingers, raw cocoa, espresso syrup, rum, coconut cream

BEET BROWNIE

WE ♥ YOU DENVER



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3 WAYS TO ORDER FOOD & ALCOHOL

ORDER ONLINE & PICK-UP

(ALCOHOL AVAILABLE)

Help support us. This option saves us 20% + on delivery fees.

OR

PICK UP

Call 303-474-4131 or order with one of our humans

(ALCOHOL AVAILABLE)

OR

DELIVERY VIA UBEREATS

(ALCOHOL NOT AVAILABLE)

Find us on the app and let the food come to you.

RULES OF ENGAGEMENT

FACE MASKS PLEASE

We ask our guests to be compliant with city, state, and CDC guidance.