

SOUP & SALAD

Carrot & Thai Red Curry Soup GF | 9
Apple Pear Chutney & Cilantro

Kale & Zucchini Salad V/GF | 13
Beluga Lentils, Black Quinoa, Brined Red Cabbage, Berries, Ricotta Salata, Apricot Tahini & Creamy Sesame Vin

Roasted Baby Beet Salad V/GF | 14
Arugula, Radish, Colorado Goat Cheese, Toasted Hazelnuts, Beet-Sunflower Seed Pesto & Basil Vin

Green Chickpea Hummus Salad V/GF | 13
Piquillo Pepper, Local Greens, Snap Peas, Pea Shoots, Crispy Favas, Mint & Coconut Sesame Vin

DEAR GUEST:

ALL the gratitude for your continued support.

♥ you, mean it
xoxo, Edible Beats

CHEF/OWNER, JUSTIN CUCCI
CULINARY DIRECTOR, JEREMY KITTELSON
EXECUTIVE CHEF, BRENDAN BAILEY

SMALL PLATES

Sweet Potato Fries V/GF | 8
Curry Lime Yogurt

Vadouvan Cauliflower V/GF | 13
Dill, Roasted Tomato, Marcona Almonds, Coconut Yogurt, Dijon & Pomegranate Molasses

Colombian Arepas GF | 15
Corn Cakes, Mozzarella, Smoked Gouda, Poblano Pistachio Pesto, Achiote Crema & Pico de Gallo

Devils on Horseback GF | 13
Tender Belly Bacon, Smoked Almonds, Gournay Cheese Fondue, Peppadew Peppers & Sherry Gastrique

Red Rice Risotto V/GF | 21
Black Pepper Bacon, Carnaroli & Red Rice, Black Quinoa, Currants, Green Chickpeas & Lemon Avocado Oil
ADD 3 SEARED DIVER SCALLOPS* 12

Carrot Gnocchi | 18
Smoked Almond Cracker, Mushrooms, Pecorino Toscano, Kale-Jalapeno Pesto & Tomato Salsa

Dungeness Crab & Avocado Tacos GF | 19
Jicama "Tortillas," Sweet Corn Yogurt, Tomato Salsa, Kohlrabi Radish Slaw, Pepitas & Yuzu Apple Vin

Diver Scallops* GF | 22
Fried Plantain, Black Beans, Poblano Chimichurri, Watercress, Pickled Red Onion & Lemon Habanero Aioli

SUMMER

APPROXIMATELY 75% OF OUR MENU IS ORGANICALLY SOURCED.

SLIDERS

SUB HOUSEMADE GLUTEN-FREE BUNS .50 EACH

Veggie Burger Sliders V | 17
Jalapeno Jam, Slaw, Pickled Red Onion, Sweet Potato Fries & Curry Lime Yogurt

Colorado Lamb Sliders* GF | 18
Spiced Ground Lamb & Bacon, Aged White Cheddar, Harissa Aioli, Slaw, Sweet Potato Fries & Mint Garlic Yogurt

ENTRÉES

Tofu "Paneer" V/GF | 25
Cauliflower, Mushrooms, Grilled Green Beans, Red Chile & Tomato Fennel Chutney

Rockfish Tom Kha* GF | 29
Bamboo Rice, Carrot, Snap Peas, Cilantro, Radish & Chili Oil

Three Chile Chicken GF | 27
Sweet Corn Spaetzle, Charred Broccoli, Roasted Cherry Tomato, Poblano Adobo & Lime Crème Fraîche

Callicrate Flat Iron Steak* GF | 29
Smashed Red Potatoes, Fried Brussels, Scallion Yogurt & Pink Peppercorn Au Poivre

Longs Peak Lamb Porterhouse* GF | 34
Gigante Bean Succotash, Pickled Rhubarb, Crispy Shallots, Mint Pea Purée & Cherry Coffee Demi

BY REQUEST ONLY:
V/VEGAN | GF/GLUTEN-FREE

DRINKS

Coconut Ginger Fizz | 6
Ginger, Lime, Coconut Milk & Sparkling Water

Ginger Lemonella | 6
Ginger Lemonade & Chia Seeds
(ONE FREE REFILL)

SPORTea | 4
Brazilian Mate, Siberian Ginseng & Ginger (FREE REFILLS)

Rocky Mountain Soda Co. | 4
Cola, Diet, Root Beer, Lemon-Lime & Ginger Ale (FREE REFILLS)

Root Down Chai | 5
Bhakti Regular & Decaf

Please notify your server of any allergies before ordering, as not all ingredients are listed. Due to the nature of restaurants and cross-contamination concerns, we are unable to guarantee a 100 percent allergy free zone. However, we will do our best to accommodate your specific dietary needs.

*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.



LO-HI NEIGHBORHOOD
Linger’s vibrant menu reflects a broad farm-to-street sensibility with a spin on traditional ethnic eats. lingerdenver.com



DENVER INTERNATIONAL AIRPORT CONOURSE C
Root Down expanded its roots to include the vibrant and rapidly changing landscape of DIA. Open 7 days a week from 7AM - 9PM.



BALLPARK NEIGHBORHOOD
8,000 sq. ft. gastrobrotel features vegetable-forward, globally-inspired dishes and a live music venue, the Electric Soapbox. opheliadenver.com



TENNYSON STREET
Vital Root serves nutritious, delicious food that promotes wellness without compromising flavor or craveability; meals are fast, healthful, and satisfying. vitalrootdenver.com



LO-HI NEIGHBORHOOD
Serving Mediterranean tapas and Middle Eastern mezze, nestled on the fifth floor of 2930 Umatilla, we boast spectacular, unobstructed city skyline and sunset mountain views. elfivedenver.com

H A P P E N I N G S

FRIDAY BRUNCH!

JOIN US FOR BOTTOMLESS MIMOSAS AND BRUNCH
11:00AM-2:00PM

3 COURSE SUNDAY DINNER | \$35/PERSON

EVERY SUNDAY NIGHT AT ROOT DOWN
MENU CHANGES WEEKLY | RESERVATIONS STRONGLY RECOMMENDED

RAW VEGAN POP-UP DINNER

FIRST MONDAY OF EVERY MONTH AT VITAL ROOT
\$30/PERSON (All organically-sourced & completely gluten-free)

LOCAL SUPPLIERS

S H O U T - O U T

Without these partners our concept would not be possible!

- | | | |
|---------------------|-----------------------|----------------------------|
| > BIG B’S | > EDIBLE BEATS GARDEN | > RAQUELITAS TORTILLAS |
| > GROWERS ORGANIC | > SMITH & TRUSLOW | > LONGS PEAK LAMB |
| > ABBONDANZA FARM | > TENDER BELLY | > LAZ EWE 2 BAR GOAT DAIRY |
| > CALLIGRATE MEAT | > REBEL FARM | > ALTAMIRA |
| > ELEVATION KETCHUP | > TEATULIA TEAS | > SPIN FARMS |
| > KINGDOM COME FARM | > CODA COFFEE | > BHAKTI CHAI |
| > GOLDEN ORGANICS | > MORNING FRESH DAIRY | |

S U S T A I N A B I L I T Y

- We consume clean energy and are powered **100% by wind energy**.
- We have **4,000 square feet of garden** in the middle of the city where we grow 20% of our own seasonal vegetables.
- Over 50% of our ingredients are sourced locally (within Colorado) and our network of responsible food sourcing supports over **55 local ranchers, farmers, growers & food artisans**.
- All animal proteins are **certified humane**, pasture-raised and utilize non-GMO vegetarian feed.
- All seafood is certified by the **Marine Stewardship Council** and is a “Best Choice Green” by the **Monterey Bay Seafood Watch**.
- All of our cleaning products and sanitizers are **biodegradable** and our paper products from the bathroom to the kitchen are made from **100% post-consumer, unbleached** recycled paper.
- We **compost** and **recycle**, diverting an average of **80%** of our waste.
- 75% of Root Down was built and finished with **reclaimed, reused and recycled materials**.