



Make any Entrée a Combo for \$2.00 more!

Combos include a bag of chips and a fountain drink

Meal Swipe Options include a bag of chips and a fountain drink

HOT SUBS \$7.59

The Carolina Melt I 610 Cal *Meal Swipe Option*

Grilled chicken, sliced ham, provolone cheese, and tomato on sourdough bread, topped with honey mustard

Buffalo Chicken I 450 Cal

Grilled chicken dressed with buffalo sauce, topped with ranch, blue cheese, lettuce, tomato, and onion

Vegan Veggie Burger Sub I 540 Cal

Vegan burger crumbles, sliced veggies, vegan cheese, and salsa spread

Build Your Own Sub I 370-860 Cal

SIGNATURE SALADS \$7.29

Vertical Roots Chopped Salad I 150 Cal *Meal Swipe Option*

Fresh vertical roots salad blend, tossed vegetables, and shredded cheddar cheese

Vertical Roots Caesar Salad I 210 Cal

Fresh Vertical Roots romaine lettuce, croutons, and shredded parmesan

Kale Chicken Caesar Salad I 340 Cal

Grilled chicken and parmesan over a kale greens mix with seasoned croutons served with Caesar dressing

Kale Buffalo Chicken Caesar Salad I 360 Cal

Fresh kale, croutons, parmesan and grilled chicken tossed in buffalo sauce

Build Your Own Salad I 50-440 Cal

CLASSIC FLATBREAD \$7.29

Veggie Lover's I 600 Cal

Fresh broccoli florets, kale, tomato topping, mozzarella and parmesan on a whole grain flatbread

Double Cheese I 570 Cal *Meal Swipe Option*

Melted mozzarella, cheddar cheese, and marinara

Pepperoni I 650 Cal

Pepperoni, savory pizza sauce, and mozzarella

BBQ I 690 Cal

Sweet bbq sauce, grilled chicken, red onion, mozzarella and cheddar

Buffalo I 610 Cal

Grilled chicken, buffalo sauce and celery with crumbled blue cheese and mozzarella

Chicken and Spinach Artichoke I 730 Cal

Sautéed spinach, ricotta cheese, mozzarella, parmesan, grilled chicken on top of a flatbread

Build Your Own Flatbread I 570-830 Cal

TACO BAR \$7.29

Build Your Taco Plate I 270-640 Cal

Two tacos served with choice of beans and seasoned rice and a fountain drink.

Shell: hard or soft I **Protein:** chicken, beef, or tofu I **Beans:** pinto or black

Select 4 Toppings: lettuce, tomatoes, jalapenos, cheddar jack cheese, sour cream, chipotle sour cream, guacamole, salad verde, pico de gallo

Quesadilla I 540-840 Cal

Choice of chicken or beef, grilled vegetables, cheddar jack cheese, salsa, sour cream, and guacamole

Loaded Nachos I 800 Cal

Tortilla chips topped with queso, black beans, cheddar jack cheese, lettuce, jalapenos, pico de gallo, sour cream, and guacamole

Extra Protein \$1.89 I Extra Queso or Guacamole I \$1.59 Extra Toppings \$1.09

BAKED MAC AND CHEESE BOWLS \$8.49

Four Cheese Blend I 680 Cal *Meal Swipe Option*

Cavatappi pasta with cheddar, monterey jack, mozzarella, and parmesan cheeses

Buffalo Chicken I 730 Cal

Chicken and cavatappi pasta in a creamy blue cheese and cheddar sauce spiced with buffalo sauce

Chicken and Spinach Artichoke I 650 Cal

Chicken and cavatappi pasta, mozzarella and cheddar cheeses, fresh spinach and artichoke hearts

Vegan Mac and Not-So-Cheese I 420 Cal

Cavatappi pasta baked with creamy vegan cheese sauce

Build Your Own Mac and Cheese Bowl I 420-750 Cal

JUMBO CINNAMON ROLL \$8.49 I 1880 CAL

Additional nutritional information is available upon request.

2000 calories a day is used for general nutrition advice, but calorie needs vary.