



SPRING

SPRING SALAD OR GRAIN BOWL

Salad: crispy romaine, arugula, fresh radish, feta cheese, watermelon, and fried chickpeas with house-made creamy avocado vinaigrette. 12

Grain Bowl: red lentil and quinoa mix atop fresh shredded kale, arugula, fresh radish, feta cheese, watermelon, and fried chickpeas with house-made creamy avocado vinaigrette 13 (gluten free)
• (protein adds available, including vegan & gluten free options)

FRESH EDAMAME DIP

A Root classic! served chilled with warm whole wheat tortilla chips. 10 (made with vegan ingredients)

MANGO JALAPENO BLENDED BURGER

great burger taste with less meat! hand-made patty with half angus beef and half mushroom with house-made mango chutney, roasted jalapeños, crumbly queso fresco and choice of side 13 add bacon 1

TOFU WRAP

fried tofu tossed in our house-made tso sauce, with spicy asian cabbage slaw with fresh red onion, tomato, jalapeno and chili flake wrapped in a whole wheat tortilla. 12
(made with vegan ingredients)

TOFU TOPPED MAC N CHEESE

creamy house-made mac n cheese topped with fried tofu tossed in house-made Tso sauce and green onions. 9 (vegetarian)

DESSERTS

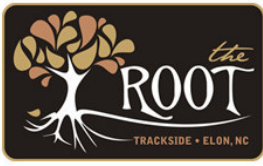
SEASONAL CHEESECAKE AND CAKE

CREME BRULEE (GF)

SEASONAL COCKTAILS!

LEMON HIBISCUS SPRITZER 8

STRAWBERRY MINT SANGRIA 8



Thank you for being here...

SHARABLES:

CRISPY TOPPED FRIES: either regular fries with truffle aioli and parmesan or sweet potato fries with spicy honey mayo and green onions 9 🍷

FRIED GREEN TOMATOES: fried green tomatoes topped with chilled edamame succotash, crumbled queso fresco, goat cheese honey sauce, and crispy fried onions 12 🍷

SPICY FRIED CAULIFLOWER: breaded and lightly fried crispy florets in a sweet and spicy sauce topped with green onions 13 🍷

Soup of the Day: always made in house, ask your server! cup 4 bowl 6

BIG BOWL SALADS:

MAPLE: romaine, spinach, pecans, sweet potatoes, bleu cheese crumbles, and crispy fried brussels sprouts with house-made maple vinaigrette 12 🍷🍷

GINGER SOY: romaine, shredded cabbage, carrot, green onions, edamame, almonds, and wonton crisps with house-made ginger soy dressing 11 🍷

CAESAR: romaine, garlic herb croutons, and fresh parmesan cheese with house-made caesar dressing 10 🍷

GRILLED CHICKEN COBB SALAD: romaine, grilled island chicken breast, bleu cheese crumbles, hard boiled egg, tomato, bacon, and avocado with house-made honey mustard dressing 18 🍷

ADD A SALAD PROTIEEN:

island chicken breast 6 🍷 / shrimp 7 / salmon* 8 / steak* 8 / shrimp & scallop cake 7
black bean quinoa patty 5 🍷 / tofu 5 🍷🍷 / vegetarian breaded chik'n patty 6 🍷

DRESSINGS 🍷 ranch / bleu cheese / maple vin / ginger soy vin / honey mustard
caesar / balsamic vin / seasonal dressing

each includes a 3 oz cup of our house-made dressing on the side, 2 oz extra for a charge.

WRAPPED:

whole wheat tortilla served with choice of side or cup of soup

CAESAR WRAP: romaine lettuce and fresh parmesan with house-made caesar dressing and your choice of grilled island chicken breast 13 grilled shrimp 15 flat iron steak* 17

GINGER SOY WRAP: romaine lettuce, edamame, carrot, cabbage, and almonds with house-made ginger soy dressing and your choice of grilled island chicken breast 13 grilled shrimp 15 flat iron steak* 17

FLAT IRON WRAP*: grilled and sliced flat iron steak, romaine and arugula, tossed with house made basil aioli, crispy seasoned crouton crumbles, and tangy steak sauce 17

FORK AND KNIFE:

GRILLED SALMON: fresh grilled salmon served with creamy dill sauce, dinner salad with choice of dressing, sauteed green beans, and sweet potato fries 🍷 25

FLAT IRON STEAK*: grilled and sliced, served with house-made steak sauce, dinner salad with choice of dressing, sauteed green beans, and sweet potato fries 🍷 25

SHRIMP AND GRITS BEL ROSA: sauteed shrimp over crispy cheesy grit cakes with tomato basil cream sauce, fresh spinach, parmesan, green onions, and garlic bread 22

BLACKENED MAHI MAHI: sweet and savory with a little kick. grilled mahi mahi with blackened seasoning served with house-made creamed corn and sauteed green beans 24

SIDES:

mixed green salad 🍷🍷 / mac n cheese 🍷
crispy brussels sprouts 🍷 / creamed corn 🍷
cheese grit cakes 🍷🍷 / mixed fruit / fries
sweet potato fries 🍷 / cup of soup
sauteed green beans 🍷🍷
4 each, or choose three sides for 10

2 oz dressing, aioli, or sauce for a charge

KIDS MEALS:

served on a classic lunch tray with edamame pods, fresh fruit, and a kid's portion choice of side 9

choose from: hand-breaded fish sticks or chicken tenders/grilled cheese 🍷

BEVERAGES:

sweet or unsweet iced tea / coffee
lemonade / coke / diet coke / dr. pepper
sprite / coke zero / mello yellow / fruit
punch / water bottle 3
cheerwine bottle 4

price limited to 3 refills on all fountain drinks

🍷 Vegetarian / 🍷 Gluten Free* / made with Vega 🍷 ingredients

*Items can be cooked to order or may contain undercooked ingredients, consuming undercooked meats may increase the risk of foodborne illness

* our kitchen is NOT gluten free. People with celiac should exercise caution

BETWEEN TWO BUNS:

all served on brioche. angus beef burgers are cooked medium well* and may be subbed for an island chicken breast ③, house-made black bean quinoa patty ④, or a vegetarian breaded chik'n patty ⑤ ok to say no bun, with extra lettuce, or wrapped in a whole wheat tortilla, just ask! with choice of side or cup of soup.
gluten free bread 2

THE FIGHTIN' CHRISTIAN*: the name may change, but the flavor remains!
classic angus beef burger, served with lettuce, tomato, and mayo 13
add cheese 1.5 add bacon 1.5 add avocado 1.5

MOZZ BURGER*: angus beef burger with fresh mozzarella, house-made honey and thyme oven roasted tomatoes, and basil aioli, served with lettuce 15

ROOT BURGER*: angus beef burger with sauteed mushrooms, truffle aioli, and fresh parmesan served with lettuce and tomato 15 add havarti 1.5 add bacon 1.5

THE ISLAND CHICKEN: marinated island chicken breast with lettuce, tomato, and mayo 13 add cheese 1.5 add bacon 1.5 add avocado 1.5

IVY LEAGUE CHICKEN: island chicken breast, melty havarti cheese, house-made sweet pickles, herb mayo, lettuce, and tomato 15 add bacon 1.5

SHRIMP AND SCALLOP BURGER: house-made patty, lightly fried and topped with fresh arugula, tomato, and spicy honey mayo 17

FISH SAMMICH: lightly fried pacific cod on brioche with crispy shredded lettuce and house-made creamy cilantro sauce 14

BLACK BEAN QUINOA BURGER: crispy and savory house-made fried black bean quinoa patty on a vegan bun served with lettuce, tomato, and vegan mayo 13 ④

FRIED GREEN TOMATO CAPRESE: with chilled fresh mozzarella, chopped basil, and basil aioli 13 ⑤ add island chicken breast 6 add avocado 1.5

*add cheeses: cheddar / havarti / bleu cheese / feta / mozzarella / parmesan 1.5
add bacon 1.5 add avocado 1.5*

SAMMIES:

with your choice of side or cup of soup. Ok to have these wrapped in a whole wheat tortilla, just ask! *Gluten free bread 2*

FRIED GREEN TOMATO BLT: with herb mayo on your choice of wheat or white 13
add avocado 1.5

CHICK-UN SALAD: house-made chickpea salad with apples and pecans served with lettuce and tomato on white 12 ④ on wheat ⑤
add avocado 1.5 add cheese 1.5 add bacon 1.5

FOODIE GRILLED CHEESE: signature blend of creamy cheeses (contains egg)
on wheat or white 10 ⑤

add toppings for 1 each: tomato / spinach / mushrooms / fresh basil / arugula
add premium toppings for 1.5 each: avocado / bacon

add super premium toppings for 6 each: burger / island chicken breast ③

BEER:

LARGE BATCH CLASSICS:

Michelob Ultra 5
Corona 6
Stella Artois 6

CRAFT AND PREMIUM BREWS:

Sercy spiked organic seltzer, sugar free,
various flavors (5%) 7 ③
Catawba White Zombie White Ale (4.7%) 7
Elysian Space Dust IPA (8.2%) 7
Red Oak Hummin' Bird Helles (4.7%) 7
Red Oak Amber Lager (5%) 7
Carolina Brewery Sky Blue Kolsh (4.8%) 7
Hi Wire Bed of Nails Brown Ale (6.1%) 8
Wicked Weed IPA 8
Seasonal beer (price varies)

WINE:

WHITES:

Bota Box Chardonnay 6
Lunetta prosecco 8
Caposaldo Pinot Grigio 8/28
The Crossings Sauvignon Blanc 8/28
Drumheller Chardonnay 9/32

REDS:

Bota Box Cabernet Savignon 6
Rose All Day can 8
Noble Vines Merlot 8/28
Hob Nob Pinot Noir 9/32

SANGRIA:

White or red Sangria served with fresh fruit
Glass 8
Pitcher 28

enjoy your food?
show our kitchen some love
\$5 or \$10

just let your server know that you're super awesome



110 W. Lebanon Ave, Elon, NC 27244
336-792-1081 order online for easy pick-up @
theroottrackside.com

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