



# SPRING

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## 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)

## FURIKAKE TOPPED FRIES

crispy fries topped with house-made Tso sauce, kewpie mayo, house-made furikake seasoning made with seaweed and sesame seeds, and green onions. sweet and savory! 12

## GREEN CHILI CHEESE BLENDED BURGER

great burger taste with less meat! hand-made patty with half angus beef and half mushroom with hatch green chili, melty Havarti cheese, lettuce, tomato and mayo and choice of side 15 add bacon 1.25

## HOT HONEY FRIED CHICKEN SAMMY

whole fried all natural chicken breast tossed in house-made hot honey and topped with bacon maple slaw and crumbled bacon on a kaiser roll with choice of side. 17 add bacon 1.25

## HOT HONEY CHICKEN TOPPED MAC

creamy house-made mac n cheese topped with hot honey fried chicken, green onions, and bacon crumbles. 11

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## DESSERTS

SEASONAL CAKES

CREME BRULEE (GF)

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## SEASONAL COCKTAILS!

LEMON HIBISCUS SPRITZER 8

STRAWBERRY MINT BUBBLY 8

WATERMELON SANGRIA 8

Ask your server about making any of these into a mocktail! 5



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 10 🍷

**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 12 🍷

**CAESAR:** romaine, garlic herb croutons, and fresh parmesan cheese with house-made caesar dressing 11 🍷

**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 5 🍷 / shrimp 8 / salmon\* 8 / steak\* 8 / shrimp & scallop cake 8  
chickpea patty 5 🍷 / tofu 5 🍷 / vegetarian breaded chik'n patty 6 🍷

**HOUSE-MADE 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 14 grilled shrimp 16 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 14 grilled shrimp 16 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

## BEER:

### LARGE BATCH CLASSICS:

Michelob Ultra 5  
Corona 6  
Stella Artois 6  
Zero Proof Beer 6

### CRAFT AND PREMIUM BREWS:

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  
Sierra Nevada IPA 7  
Wicked Weed IPA 8  
Seasonal beer (price varies)

## WINE:

by the glass or bottle

### WHITES:

Bota Box Chardonnay 6  
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

## BEVERAGES:

sweet or unsweet iced tea / coffee  
lemonade / coke / diet coke / dr. pepper  
sprite / coke zero / gingerale / cherry coke  
water bottle 3  
cheerwine bottle 4  
price limited to 3 refills on all fountain drinks

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

just let your server know that you're super awesome

🍷 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 a kaiser roll. angus beef burgers are cooked medium well\* and may be subbed for an island chicken breast 🍌, house-made chickpea patty 🍌, or a vegetarian breaded chik'n patty 🍌 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 add bacon 1.25 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 add bacon 1.25

**THE ISLAND CHICKEN:** marinated island chicken breast with lettuce, tomato, and mayo 13 add cheese 1 add bacon 1.25 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 1.25

**HOT HONEY FRIED CHICKEN:** whole fried chicken breast drizzled with house-made hot honey and topped with bacon maple slaw and crumbled bacon 17

**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 with crispy shredded lettuce and house-made creamy cilantro sauce 14

**CHICKPEA BURGER:** savory house-made chickpea patty with rolled oats, carrot and onion, panko coated and fried crispy. served with lettuce, tomato, and vegan mayo 13 🍌

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

add cheeses: cheddar / havarti / bleu / feta / mozzarella / parmesan 1  
add bacon 1.25 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 14  
add avocado 1.5

**CHICK-UN SALAD:** house-made chickpea salad with apples and pecans served with lettuce and tomato on white 12 🍌 or wheat 🍌  
add avocado 1.5 add cheese 1 add bacon 1.25

**FOODIE GRILLED CHEESE:** signature blend of creamy cheeses (contains egg)  
on wheat or white 11 🍌  
add toppings: tomato / spinach / mushrooms / arugula 1  
add premium toppings: avocado 1.5/ bacon 1.25  
add super premium toppings for 5 each: burger / island chicken breast 🍌

## FORK AND KNIFE:

**SHRIMP AND GRITS BEL ROSA:**  
sauteed shrimp over crispy cheesy grit cakes with tomato basil cream sauce, fresh spinach, parmesan, and green onions, 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 25

**GRILLED SALMON:** fresh grilled salmon served with creamy dill sauce, dinner salad with choice of dressing, sauteed green beans, and sweet potato fries 🍌 27

**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 🍌 27

## 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/  
chicken tenders/grilled cheese 🍌



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

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