



WINTER

WINTER SALAD OR GRAIN BOWL

salad: crispy romaine, arugula, feta, jicama, pepitas, and fried carrots with house-made turmeric ginger vinaigrette 12.6 (gluten free)

grain bowl: red lentil and quinoa mix atop fresh shredded kale, arugula, feta, jicama, pepitas, and fried carrots with house-made turmeric ginger vinaigrette 13.7 (gluten free)

. (protein adds available, including vegan & gluten free options)

DIS DAT MEATLESS WINGS!

8 crispy breaded meatless chicken wings tossed in a sweet, tangy, and spicy dis dat sauce. topped with green onions and served with a side of house-made bleu cheese dressing. 14.7

K PORK SAMMY*

slow roasted pork butt on a kaiser roll with tangy sesame slaw, gochujang mayo, and fresh cilantro with choice of side. 13.7 *while supplies last!

BRIE BLENDED BURGER

great burger taste with less meat! hand-made patty with half angus beef and half mushroom on a kaiser bun with gooey brie cheese, chili crunch orange marmalade, and fresh arugula with choice of side 15.6 add bacon 1.3

DESSERTS

SEASONAL CAKES

CREME BRULEE (GF)

SEASONAL COCKTAILS!

HUGO SPRITZ 9.5

MINT, LIME, ELDERFLOWER, PROSECCO, SODA

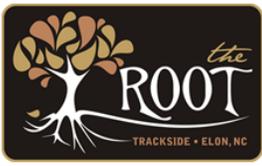
LEMON HIBISCUS SPRITZ 9

HIBISCUS, LEMON, ROSE PROSECCO, SODA

APPLE CIDER SANGRIA 9

GRAPEFRUIT MIMOSA 8

CUMULO 5 MG DELTA 9 CANS 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 10.5 V

FRIED GREEN TOMATOES: fried green tomatoes topped with chilled edamame succotash, crumbled queso fresco, goat cheese honey sauce, and crispy fried onions 12.6 V

SPICY FRIED CAULIFLOWER: breaded and lightly fried crispy florets in a sweet and spicy sauce topped with green onions 13.7 V

Soup of the Day: always made in house, ask your server! Cup 4.2 bowl 6.3

BIG BOWL SALADS:

MAPLE: romaine, spinach, pecans, sweet potatoes, bleu cheese crumbles, and crispy fried brussels sprouts with house-made maple vinaigrette 12.6 G V

GINGER SOY: romaine, shredded cabbage, carrot, green onions, edamame, almonds, and wonton crisps with house-made ginger soy dressing 12.6 N

CAESAR: romaine, house-made garlic herb croutons, and fresh parmesan cheese with house-made caesar dressing 11.6 V

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 19 G

ADD A SALAD PROTIEIN:

island chicken breast 5.5 G / shrimp 8.4 / salmon* 8.4 / shrimp & scallop cake 8.4
steak* 8.4 / chickpea patty 5.5 N / tofu 5.5 N G / vegetarian breaded chik'n patty 6.3 V

DRESSINGS G 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 14.7 grilled shrimp 16.8 flat iron steak* 17.9

GINGER SOY WRAP: romaine lettuce, edamame, carrot, cabbage, and almonds with house-made ginger soy dressing and your choice of grilled island chicken breast 14.7 grilled shrimp 16.8 flat iron steak* 17.9

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 17.9

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 VegaN 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
parties of 6 or more will have an 18% gratuity added automatically

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 G, house-made chickpea patty N, or a vegetarian breaded chik'n patty V 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 2.1

THE FIGHTIN' CHRISTIAN*: the name may change, but the flavor remains! classic angus beef burger, served with lettuce, tomato, and mayo 13.7
add cheese 1.1 add bacon 1.3 add avocado 1.8

MOZZ BURGER*: angus beef burger with fresh mozzarella, house-made honey and thyme oven roasted tomatoes, and basil aioli, served with lettuce 15.8

ROOT BURGER*: angus beef burger with sauteed mushrooms, truffle aioli, and fresh parmesan served with lettuce and tomato 15.8 add havarti 1.1 add bacon 1.3

THE ISLAND CHICKEN: marinated island chicken breast with lettuce, tomato, and mayo 13.7 add cheese 1.1 add bacon 1.3 add avocado 1.8

IVY LEAGUE CHICKEN: island chicken breast, melty havarti cheese, house-made sweet pickles, herb mayo, lettuce, and tomato 15.6 add bacon 1.3

HOT HONEY FRIED CHICKEN: whole fried chicken breast drizzled with house-made hot honey and topped with bacon maple slaw and crumbled bacon 17.9

SHRIMP AND SCALLOP BURGER: house-made patty, lightly fried and topped with fresh arugula, tomato, and spicy honey mayo 17.9

FISH SAMMICH: lightly fried pacific cod with crispy shredded lettuce and house-made creamy cilantro sauce 14.7

CHICKPEA BURGER: savory house-made chickpea patty, panko coated and fried crispy, served with lettuce, tomato, and vegan mayo 13.7 N

FRIED GREEN TOMATO CAPRESE: with chilled fresh mozzarella, and basil aioli 13 V add island chicken breast 5.3 add avocado 1.8

add cheeses: cheddar / havarti / bleu cheese / feta / mozzarella / parmesan 1.1
add bacon 1.3 add avocado 1.8

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 2.1*

FRIED GREEN TOMATO BLT: with herb mayo on your choice of wheat or white 14.7
add avocado 1.8

CHICK-UN SALAD: house-made chickpea salad with apples and pecans served with lettuce and tomato on white 12.6 N on wheat V
add avocado 1.8 add cheese 1.1 add bacon 1.3

FOODIE GRILLED CHEESE: signature blend of creamy cheeses (contains egg)
on wheat or white 11.6 V

add toppings: tomato / spinach / mushrooms / arugula 1.1

add premium toppings: avocado 1.8 / bacon 1.3

add super premium toppings for 5.5 each: burger / island chicken breast G

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
23.10

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 26.3

GRILLED SALMON: fresh grilled salmon served with creamy dill sauce, dinner salad with choice of dressing, sauteed green beans, and sweet potato fries
G 28.4

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
G 28.4

SIDES:

mixed green salad GV / mac n cheese V
crispy brussels sprouts G / creamed corn V
cheese grit cakes GV / mixed fruit / fries
sweet potato fries G / cup of soup
sauteed green beans GV
4 each, or choose three sides for 10.5

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 9.5

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



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

menu prices reflect credit card pricing, paying with cash will provide a discount!

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