



SUMMERTIME

SUMMER SALAD OR GRAIN BOWL

salad: crispy romaine, arugula, red onion, mango, queso fresco, spicy fried hominy, and cilantro-lime vinaigrette (vegetarian and gluten free) 12.6

grain bowl: red lentil and quinoa mix atop fresh shredded kale and arugula, topped with red onion, mango, queso fresco, spicy fried hominy, and cilantro-lime vinaigrette (vegetarian and gluten free) 13.7

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

FRESH EDAMAME DIP

A root classic! served chilled with warm whole wheat tortilla chips. (made with vegan ingredients) 10.5

DIS DAT MEATLESS WINGS

8 crispy breaded meatless 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

GREEN CHILI 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 with choice of side. 14.7 add bacon 1.3

SPICY FRIED CATFISH

(slightly spicy) cayenne breaded, lightly fried and topped with avocado-black bean salsa, and sriracha-honey mayo, served with fried corn cobettes topped with honey-chili butter and crumbled queso fresco, and crispy brussels sprouts. 18.

DESSERTS

SEASONAL CAKE

CREME BRULEE (GF)

SEASONAL COCKTAILS!

MOCKTAIL (ASK YOUR SERVER!) 5

BLUEBERRY LEMONADE SANGRIA 9

BLACKBERRY SPRITZER 9

The Root

TRACKSIDE

house-made from scratch

thank you for being here!



SHARABLES AND SMALL PLATES

SPICY FRIED CAULIFLOWER **V**

breaded and lightly fried crispy florets. sweet and spicy Tso sauce. green onions **13.7**

FRIED GREEN TOMATOES **V**

chilled edamame succotash. crumbled queso fresco. goat cheese honey sauce. crispy fried onions **13.7**

EDAMAME DIP **vg**

lime. garlic. cilantro. served chilled with warm whole wheat tortilla chips **11.5**

HOT HONEY CHICKEN TOPPED MAC

creamy mac n cheese. fried chicken. hot honey. green onions. bacon crumbles **10.5**

CRISPY TOPPED FRIES **V**

either regular fries with truffle aioli and parmesan or sweet potato fries with spicy honey mayo and green onions **10.5**

BIG BOWL SALADS

MAPLE **GF V**

romaine. spinach. pecans. sweet potatoes. bleu cheese. crispy fried brussels sprouts. maple vin **14.7**

GINGER SOY **vg**

romaine. purple cabbage. edamame. green onions. carrot. almonds. wonton crisps. ginger soy vin **13.7**

CAESAR **V**

romaine. garlic herb croutons. fresh parmesan. caesar dressing **11.5**

GRILLED CHICKEN COBB **GF**

romaine. island chicken breast. bleu cheese. egg. tomato. bacon. avocado. honey mustard **18.9**

ADD A SALAD PROTEIN

island chicken breast **5.5 GF** / shrimp **8.4** / 4 oz steak* **10**

4 oz salmon* **8.4** / fried fish **10** / 6 oz grilled mahi **8.4**

tofu **5.5 VG GF** / chickpea patty **6 VG** / chick'n patty **7 V**

HOUSE-MADE DRESSINGS **GF**

ranch / bleu cheese / maple vin / ginger soy vin
honey mustard / caesar / balsamic vin / seasonal dressing
3 oz cup of dressing on the side. 2 oz extra for a charge

cheese **1.1**: cheddar / havarti / bleu / feta / mozzarella / parmesan

bacon **1.3** / avocado **1.8**

burgers cooked medium well* on kaiser roll. sub island chicken breast **GF**
chickpea patty **VG** or breaded chick'n patty **GF** no bun, with extra lettuce, or
wrapped in a whole wheat tortilla.
gluten free bread **2.1**

BETWEEN TWO BUNS

MOZZ BURGER*

angus beef burger. fresh mozzarella, honey and thyme oven roasted tomatoes. basil aioli. lettuce **16.8**

ROOT BURGER*

angus beef burger. sauteed mushrooms. truffle aioli. fresh parmesan. lettuce. tomato. **16.8**
add: havarti **1.1** bacon **1.3**

THE FIGHTIN' CHRISTIAN*

An Elon classic! angus beef burger. lettuce. tomato. mayo **13.7** add: havarti **1.1** bacon **1.3**

CHICKPEA BURGER

savory house-made chickpea patty, panko coated and fried crispy. lettuce. tomato. vegan mayo **14.7**

CHOOSE
YOUR
SIDE!

HOT HONEY FRIED CHICKEN

whole fried chicken breast. hot honey. bacon maple slaw. crumbled bacon **17.9**

IVY LEAGUE CHICKEN

island chicken breast. havarti cheese. sweet pickles. herb mayo. lettuce. tomato **15.8** add: bacon **1.3**

ISLAND CHICKEN

marinated island chicken breast. lettuce. tomato. mayo **13.7** add: cheese **1.1** bacon **1.3** avocado **1.8**

FISH SAMMICH

lightly fried pacific cod. crispy shredded lettuce. creamy cilantro sauce **17.9**

SAMMIES

FRIED GREEN TOMATO BLT

herb mayo on your choice of wheat or white **13.7**
gluten free bread **2.1**

FOODIE GRILLED CHEESE

signature blend of creamy cheeses caramelized on the griddle (contains egg) on wheat or white **11.6**

toppings: tomato / spinach / mushrooms / arugula **1.1**

premium toppings: avocado **1.8** / bacon **1.3**

super premium toppings **5.5**: burger / island chicken breast

CHOOSE
YOUR
SIDE!

WRAPS

CHICKEN CAESAR WRAP

romaine. fresh parmesan. caesar dressing. island chicken breast **15.8** sub steak **18.9** sub shrimp **17.9**

CHICKEN GINGER SOY WRAP

romaine. edamame. carrot. purple cabbage. almonds. ginger soy vin. island chicken breast **15.8**

sub steak **18.9** sub shrimp **17.9**

FLAT IRON WRAP

grilled steak. romaine. arugula. basil aioli. seasoned crouton crumbles. tangy steak sauce **18.9**

CHOOSE
YOUR
SIDE!

SIDES 4

CRISPY BRUSSELS SPROUTS
SAUTEED GREEN BEANS
FRIES
SWEET POTATO FRIES
MIXED FRUIT

5

MAC N CHEESE
CUP OF SOUP
CREAMED CORN
MIXED GREEN SALAD

11.5

CHOOSE THREE SIDES

.65

2 OZ SAUCE/
DRESSING

VEGETARIAN **V** / GLUTEN FREE ≈ **GF**
MADE WITH VEGAN INGREDIENTS **vg**

The Root

TRACKSIDE



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FORK AND KNIFE

GRILLED SALMON

8 oz fresh grilled salmon. side of creamy dill sauce. sauteed green beans. sweet potato fries **22**

add a dinner salad with choice of dressing **5**

FLAT IRON STEAK

8 oz grilled and sliced. side of house-made steak sauce. sauteed green beans. sweet potato fries **31.5**

add a dinner salad with choice of dressing **5**

KIDS 9.5

classic lunch tray with edamame pods, fresh fruit, and fries, 10 and under please

KIDS CHICKEN TENDERS

hand breaded strips of chicken breast fried golden.

KIDS FISH STICKS

hand breaded cod fried golden.

KIDS GRILLED CHEESE

BLACKENED FARMHOUSE PLATE

sweet and savory with a little kick. creamed corn. sauteed green beans. steak sauce drizzle. with your choice of blackened:

9 oz mahi-mahi **21**

shrimp **18.9**

8 oz salmon **22**

chicken breast **15.8**

8 oz flat iron steak **31.5**

add a dinner salad with choice of dressing **5**

BEVERAGES 3

SWEET OR UNSWEET TEA

LEMONADE

COKE

DIET COKE

CHERRY COKE

COKE ZERO

DR PEPPER

GINGER ALE

SPRITE

WATER BOTTLE

COFFEE



CHEERWINE BOTTLE
5

BEER WINE AND MORE

LARGE BATCH CLASSICS 6

Michelob Ultra

Corona

Stella Artois

Zero Proof Beer

CRAFT AND PREMIUM BREWS 8

Elysian Space Dust IPA 8.2%

Red Oak Hummin' Bird Helles 4.7%

Red Oak Amber Lager 5%

Carolina Brewery Sky Blue Kölsch 4.8%

Hi Wire Bed of Nails Brown Ale 6.1%

Sierra Nevada IPA

Wicked Weed IPA

Seasonal beer (price varies)

WHITES GLASS/BOTTLE

Bota Box Chardonnay **6**

Prosecco **8**

Sherbet Bomb Moscato **8.5/30**

Caposaldo Pinot Grigio **8.5/30**

The Crossings Sauvignon Blanc **9/32**

Drumheller Chardonnay **9.5/36**

REDS GLASS/BOTTLE

Bota Box Cabernet Sauvignon **6**

Rosé All Day can **8**

Noble Vines Merlot **8/28**

Hob Nob Pinot Noir **9.5/36**

Bigode Red blend **9/32**

SANGRIA GLASS/PITCHER

White or Red Sangria **8/28**

with fresh fruit

THC BEVERAGES

CANS

Cumulo 5 mg THC. 10 mg CBD
pink lemonade **8**

Cumulo 10 mg THC. 20 mg CBD
mango lime **10**

MIXED DRINKS

THC Sangria 5 mg/10 mg **8/10**

THC Mule 5 mg/10 mg **8/10**

THC Cheerwine 5 mg/10 mg **8/10**

enjoy your food? show our kitchen some love — \$5 or \$10. just let your server know that you're super awesome

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

VEGETARIAN  / GLUTEN FREE 

MADE WITH VEGAN INGREDIENTS 

order online! theroottrackside.com

*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

