

## Salads

All natural cheeses and premium quality meats

### Greek Salad

Hummus, Feta Cheese, Black Olives, Onion, Tomato, Cucumber, Spinach, Balsamic Vinaigrette

### Santa Fe Salad

Mesquite Chicken, Monterey Jack Cheese, Black Beans, Corn, Onion, Tomato, Spring Mix, Ranch Dressing

### Albacore Tuna

Albacore Tuna, Spring Mix, Cucumber, Egg, Tomato, Onion, Sprouts, Balsamic Vinaigrette

### Chicken Caesar Salad

Chicken, Parmesan Cheese, Tomato, Croutons, Romaine Lettuce, Caesar Dressing

### Bacon Some Chicken

Chicken, Bacon, Cheddar Cheese, Spring Mix, Onion, Tomato, Cucumber, Croutons, Ranch Dressing

### Cobb Salad

Chicken, Bacon, Blue Cheese, Romaine Lettuce, Egg, Black Olives, Ranch Dressing

### Chinese Chicken

Chicken, Spring Mix, Pineapples, Oriental Noodles, Sesame Seeds, Onion, Sprouts, Teriyaki & Oriental Sesame Dressing



## Great Grillers

Ciabatta Bread: all natural, no preservatives

### BBQ Flyer

Mesquite Chicken, Bacon, Cheddar Cheese, Romaine Lettuce, Onion, BBQ Sauce and Ranch Dressing

### Beefy Jack

Roast Beef Marinated in Au Jus, Monterey Jack Cheese and Chipotle Mayonnaise

### Chic Feelin' Blue

Chicken, Ham, Bacon, Swiss Cheese, Romaine Lettuce and Ranch Dressing

### FROOTS Private Club

Ham, Turkey Breast, Bacon, Cheddar Cheese, Tomato, Onion, Romaine Lettuce and Ranch Dressing

### Sparta

Hummus, Feta Cheese, Spinach, Tomato, Onion, Black Olives, Cucumber and Balsamic Vinaigrette

### The Triple

Roast Beef, Ham, Turkey Breast, Cheddar Cheese, Romaine Lettuce, Tomato, Onion, Black Olives and Ranch Dressing

## Wraps

Freshly grilled, made warm and toasty

(Choice of white or whole wheat tortilla)

### Mediterranean

Hummus, Feta Cheese, Onion, Tomato, Black Olives, Cucumber, Spinach, Balsamic Vinaigrette

### Southern Girl

Chicken, Cucumber, Onion, Romaine Lettuce, BBQ Sauce, Fat-Free Ranch Dressing

### Hickory Chicken

Mesquite Chicken, Bacon, Cheddar Cheese, Romaine Lettuce, Onion, BBQ Sauce

### Wasabi Chicken

Chicken, Oriental Noodles, Sesame Seeds, Wasabi Sauce, Romaine Lettuce, Wasabi Dijon Vinaigrette

### Teriyaki Chicken

Chicken, Pineapples, Oriental Noodles, Spring Mix, Teriyaki & Oriental Sesame Dressing

### Turn-a Tun-a

Albacore Tuna, Sprouts, Onion, Tomato, Avocado, Spring Mix, Balsamic Vinaigrette

### Caesar Fever

Chicken, Parmesan Cheese, Tomato, Croutons, Romaine Lettuce, Caesar Dressing

### Kingston Jerk Chicken

Chicken, Cream Cheese, Onion, Romaine Lettuce, Jamaican Jerk Sauce

### Go-Go Veggie

Tofu, Blue Cheese, Tomato, Onion, Sprouts, Black Olives, Cucumber, Spinach, Balsamic Vinaigrette



## Gourmet Soups

### Soup of the Day

A Different Soup Served Daily

### Cup

### Bowl

### Chili

Always a Favorite

### Cup

### Bowl

## Specialty Wraps

Capture the taste of the region

(Choice of white or whole wheat tortilla)

### California Turkey

Turkey Breast, Bacon, Monterey Jack Cheese, Tomato, Onion, Sprouts, Avocado, Spring Mix, Ranch Dressing

### Kansas City Beef

Roast Beef, Monterey Jack Cheese, Romaine Lettuce, Tomato, Jalapeno, BBQ Sauce

### Southwest

Mesquite Chicken, Monterey Jack Cheese, Black Beans, Corn, Jalapeno, Onion, Tomato, Romaine Lettuce, Chipotle Mayonnaise



## Value Wraps

(Choice of white or whole wheat tortilla)

### Club

Ham, Turkey Breast, Bacon, Cheddar Cheese, Tomato, Romaine Lettuce, Mayonnaise

### Ham & Swiss

Ham, Swiss Cheese, Tomato, Onion, Romaine Lettuce, Honey Lime Dressing

### Low Fat Turkey Breast

Turkey Breast, Tomato, Onion, Cucumber, Spring Mix, Fat-Free Ranch Dressing



## Breakfast Wraps

Breakfast served all day

(Choice of white or whole wheat tortilla)

### Bacon Blitz

Egg, Bacon, Cheddar Cheese

### The Farmer

Egg, Ham, Cheddar Cheese

### Greek God

Egg, Spinach, Feta Cheese

### Tofu Garden

Egg, Tofu, Tomato, Onion, Spinach

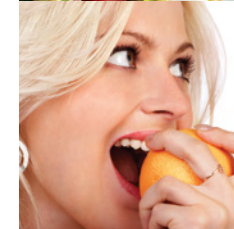
### Mexico Jack

Egg, Jack Cheese, Jalapenos, Black Beans, Corn

NOT AVAILABLE AT ALL STORES



## To-Go Menu



delicious | fresh | wholesome

For Franchise Information Call:  
Toll Free: (877)-FROOTS-1  
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4380 Oakes Road, Suite 800  
Davie, Florida 33314  
roots.com

We Cater!

Let Froots cater your next event or party. Ask a Manager for all the delicious details!

Eat Delicious and Smile.

## Smoothies

8 smoothies under 230 calories

### Strawberry Craze

Strawberries, Bananas, Strawberry-Kiwi Juice, Orange Sherbet

### Strawberry Cream

Strawberries, Bananas, Strawberry-Kiwi Juice, Fat-Free Vanilla Yogurt

### Strawberry Zinger

Strawberries, Pineapples, Strawberry-Kiwi Juice, Orange Sherbet

### Strawberry Twist

Strawberries, Bananas, Pineapple Juice, Orange Sherbet

### Berry Bopper

Blueberries, Raspberries, Strawberry-Kiwi Juice, Fat-Free Vanilla Yogurt

### Luv'n Life

Peaches, Bananas, Orange Juice, Pineapple Sherbet

### Smooth Toucan

Strawberries, Bananas, Orange Juice, Fat-Free Vanilla Yogurt

### Razz Attack

Raspberries, Strawberries, Strawberry-Kiwi Juice, Fat-Free Vanilla Yogurt

### Raspberry Split

Raspberries, Bananas, Strawberry-Kiwi Juice, Fat-Free Vanilla Yogurt

**100% juice  
in every  
smoothie**

8 smoothies under 230 calories

## Tropical Smoothies

1 free nutritional blend with each smoothie

### Island Nectar

Mango, Bananas, Papaya Juice, Pineapple Sherbet

### Tropical Toucan

Mango, Peaches, Strawberry-Kiwi Juice, Orange Sherbet

### Caribbean Breeze

Bananas, Strawberries, Papaya Juice, Fat-Free Vanilla Yogurt

### Tidal Wave

Peaches, Strawberries, Strawberry-Kiwi Juice, Orange Sherbet

### Pacific Way

Peaches, Strawberries, Orange & Papaya Juices, Pineapple Sherbet

### Pina Coolada

Pineapples, Bananas, Cream of Coconut, Pineapple Juice, Fat-Free Vanilla Yogurt

### Malibu Island

Pineapples, Strawberries, Papaya Juice, Pineapple Sherbet

### Aloha Sunrise

Mango, Peaches, Pineapple Juice, Orange Sherbet

### Mango Tropics

Mango, Bananas, Pineapple Juice, Fat-Free Vanilla Yogurt

### Tangy Mango

Mango, Pineapples, Orange Juice, Orange Sherbet

## Shakes

Choice of soy, fat free or 2% milk

### Orange Dream

Orange Juice, Milk, Orange Sherbet, Fat-Free Vanilla Yogurt

### Oreo Madness

Oreo Cookies, Milk, Fat-Free Vanilla Yogurt

### Choc-O-Nuts

Peanut Butter, Chocolate, Bananas, Milk, Fat-Free Vanilla Yogurt

### Truly Latte

Colombian Coffee, Vanilla Cream, Milk, Fat-Free Vanilla Yogurt

### Coco-Loco

Chocolate, Cream of Coconut, Milk, Fat-Free Vanilla Yogurt

### Banana Man

Bananas, Milk, Fat-Free Vanilla Yogurt

### Strawberry Delight

Strawberries, Bananas, Milk, Fat-Free Vanilla Yogurt

### Chocolate Twist

Chocolate, Bananas, Milk, Fat-Free Vanilla Yogurt

### Peanut Butter Sensation

Peanut Butter, Bananas, Milk, Fat-Free Vanilla Yogurt

### Matcha Green Tea

Soy Milk, Matcha Green Tea, Fat-Free Vanilla Yogurt

## Fresh Squeezed Juices

16oz. Smoothie = 4 servings of fruit

Orange

Apple

Carrot

Grapefruit

Carrot/Apple

Carrot/Orange

Orange/Banana



## Performance Smoothies

Only 2oz. of ice in our smoothies and shakes

### The Hauss

Peanut Butter, Chocolate, Bananas, Milk, Fat-Free Vanilla Yogurt, Protein Blend

### Energy Mania

Red Bull®, Strawberries, Pineapples, Strawberry-Kiwi Juice, Orange Sherbet, Energy & Protein Blends

### Fat Blaster

Strawberries, Bananas, Strawberry-Kiwi Juice, Fat-Free Vanilla Yogurt, Protein & Fat Burner Blends

### Lean Body® or Myoplex® Shake

Choice of 2 Fruits, Juice or Milk, Fat-Free Vanilla Yogurt, Lean Body® or Myoplex Powder®

## Red Bull® Smoothies

Regular or Sugar Free

1 full can of Red Bull® in every serving

### Mango Bull

Red Bull®, Mango, Pineapple Juice, Orange Sherbet

### Berry Bull

Red Bull®, Blueberries, Raspberries, Strawberry-Kiwi Juice, Fat-Free Vanilla Yogurt

### Screaming Bull

Red Bull®, Strawberries, Pineapples, Strawberry-Kiwi Juice, Orange Sherbet

### Red Bull® Energy

Red Bull®, Strawberries, Strawberry-Kiwi Juice, Fat-Free Vanilla Yogurt

### Island Bull

Red Bull®, Strawberries, Mango, Pineapple Juice, Orange Sherbet

## Froots for Kids

Wholesome goodness in every bite!

### Melt In Your Mouth Ham

Ham, Cheddar Cheese, White Tortilla

### The Big Cheeze

Cheddar Cheese, White Tortilla

### Cheeze Turkey

Turkey Breast, Cheddar Cheese, White Tortilla

### PB&J

Peanut Butter, Jelly, White Tortilla

Strawberry  
Smile

Chocolate  
Time

Orange  
Fun

Banana  
Boat

## Power Shots

1oz. of wheatgrass = 2 1/2 lbs. of veggies

### Matcha Green Tea

4 oz.  
(Single Shot)

4 oz.  
(Double Shot)

### Wheatgrass

1oz.

2oz.



**Make it a Combo!** Add chips and a drink to your entrée for \$1.99.