



E+ROSE BULK ORDERING

Planning a larger order from our regular café menu? Enjoy **10% OFF** all Grab & Go items when you place a bulk order of 20 or more!

All bulk orders are made to order and require at least 48-hour notice prior to desired pick up. To submit your order, visit us online at eandrose.com/bulk-order.

ORGANIC COLD-PRESSED JUICES

VOTED NASHVILLES BEST JUICE BAR

12 OZ EACH

FAN FAVORITES

THE COLD SNAP
anti-nausea | anti-bacterial | calming + soothing
apple, ginger, mint, kale, spinach, parsley, chard

10 **MUSIC CITY SUNRISE**
anti-inflammatory | vitamin laden
apple, carrot, turmeric, lemon, ginger

GREENS

SEA GREEN
vitamins C + E | liver cleansing | alkalizing
pineapple, apple, celery, kale, jicama, spirulina

10 **BROADWAY REMEDY**
liver cleansing | hydrating
pineapple, red beet, coconut water, lime

ALL-GREENS
lowest sugar | detoxifying | alkalizing
cucumber, celery, spinach, kale, cilantro, parsley

10 **SOUTHERN BEET**
phytonutrients | liver cleansing | oxygenating
orange, red beet, pineapple, carrot, collards, ginger

G6
alkalizing | detoxifying | immune-boosting
cucumber, celery, kale, spinach, parsley, ginger, lemon

CITRUS

ORGANIC DETOX
alkalizing | anti-oxidant laden | detoxifying
cucumber, celery, pineapple, chard, kale, cilantro, lemon

10 **6-SHOOTER**
flu busting | anti-bacterial | metabolism boosting
orange, grapefruit, lemon, turmeric, ginger, cayenne

OCEAN WATER
anti-inflammatory | antioxidant
cucumber, apple, lemon, blue spirulina

10 **PINEAPPLE EXPRESS**
anti-inflammatory | anti-anxiety
pineapple, lime

WELLNESS SHOTS

2 OZ EACH

IMMUNITY SHOT
ginger, turmeric, lemon, cayenne, oil of oregano

5.85 **SUPERHUMAN SHOT**
cold-pressed pineapple, ginger, and blue spirulina

BETTER ELDER SHOT
elderberries, cinnamon, clove, local honey, orange, ginger

5.85 **CINNA-BOMB SHOT**
apple cider vinegar, ginger, lemon, honey, cinnamon

BOOSTER BITES

WHOLE FOOD, PLANT-BASED, FUNCTIONAL SNACK BALLS

3 BITES PER PACK

BANANA BREAD BITES (GF)*	6.08
Fiber + Protein Boost <i>cashews, pecans, bananas, pea protein, cinnamon, vanilla, Himalayan salt, dates, honey</i>	
STRAWBERRY CHIA BITES (GF)*	6.08
Bone Health + Healthy Fats <i>almond flour, strawberry powder, beet powder, vanilla, chia seeds, Himalayan salt, dates, shredded coconut</i>	
SUNFLOWER (GF; NF)	6.08
Heart-Healthy Fats + High in Vitamin E <i>sunflower butter, honey, shredded coconut, flax seeds, sunflower seeds, vanilla</i>	
PEANUT BUTTER (GF)*	6.08
High Protein + Sustained Energy <i>almond flour, peanut butter, peanut powder, flax seeds, honey, pea protein, Himalayan salt, dates</i>	

PLANT-BASED SALADS

WEST BY SOUTHWEST SALAD (GF)*	13.05
Higher protein black (forbidden) rice on top of fresh spinach and arugula with our house pico de gallo, signature spicy cashew + pumpkin seed sauce, corn, and house marinated black beans.	
NASHVILLE HOT KALE SALAD (GF)*	11.25
Marinated kale topped with sliced cucumber, hemp seeds, shredded carrots, cashews, our signature spicy cashew + pumpkin seed dressing. Served with a side of baked crunchy chickpeas.	
CURRIED LENTIL SALAD (GF, NF)	11.7
House-made curried lentil cakes over a bed of arugula and mixed greens, topped with red cabbage, bell peppers, carrots and hemp seeds. Served with our creamy avocado goddess dressing.	
SUPER CAESAR SALAD (GF, NF)**	12.6
Shredded kale, tricolor quinoa, crumbled baked tofu, grape tomatoes, sunflower parmesan, and our house-made caesar dressing.	
BEET FALAFEL SALAD (GF, NF)	11.7
Scratch prepped, baked chickpea and beet falafel with sliced cucumbers, herb-marinated tomatoes, mixed greens, olives, and our fresh from scratch vegan cashew tzatziki sauce..	

GRAINS

BUDDHA BOWL (GF, NF)**	12.6
Turmeric brown rice, baked tofu, roasted sweet potato, chopped kale, crunchy red cabbage, lemon tahini dressing, and sesame seeds.	
QUINOA TABOULI (GF, NF)*	9
Quinoa and fresh parsley tossed with chopped cucumbers, cherry tomatoes, green onions, olive oil, a dash of Himalayan salt, mint, lemon and lime.	
BREAKFAST QUINOA (GF)*	8.55
Fluffy quinoa flavored with cold-pressed apple juice, rolled with dates, cashews, sliced apples, peanut butter and cinnamon for the perfect protein packed breakfast.	

COOKIE DOUGH BITES (GF)*	6.08
Fiber + Protein Boost <i>almond flour, peanut butter, chia seeds, flax seeds, cacao nibs, vanilla, Himalayan salt, pea protein, cinnamon, dates, honey, shredded coconut</i>	
BROWNIE BITES (GF)*	6.08
Antioxidants + Brain Boost <i>walnuts, vanilla, Himalayan salt, cacao powder, dates, shredded coconut</i>	
LEMON POPPY SEED (GF)*	6.08
Healthy Fats + Fiber <i>almond flour, vanilla, coconut oil, maple syrup, lemon juice, poppy seeds, coconut flakes</i>	

WRAPS

THE KATALINA WRAP *	11.7
Fluffy quinoa rolled in a seed-oil free tortilla with house marinated black beans, our signature spicy cashew + pumpkin seed sauce with house pico de gallo. Served with our scratch prepped salsa for dipping.	
NASHVILLE HOT KALE WRAP *	11.25
Massaged kale and freshly chopped cucumber wrapped in a seed-oil free tortilla with our signature spicy cashew + pumpkin seed sauce, and a side of baked crunchy chickpeas.	
RAINBOW WRAP (NF)	10.8
Our house-made curried lentil cakes with arugula, cabbage, crunchy bell peppers, and our house made goddess pesto sauce wrapped in a wholesome seed-oil free tortilla.	
BEET FALAFEL HUMMUS WRAP (NF)	11.25
House-made chickpea, herb, and beet falafel with cucumbers, grape tomatoes, mixed greens and our house-made hummus all wrapped in a wholesome seed-oil free tortilla.	
SPRING ROLLS (GF)* **	10.35
Sliced carrots and cucumbers, shredded cabbage, bell peppers, spinach, basil, and mint rolled into a rice wrap with a side of our scratch prepped spicy peanut sauce.	
RAWCOS (GF)* **	10.8
Sliced jicama shell with our seasoned vegan walnut taco mix, shredded cabbage, carrots, and our house avocado crema. Served with our house potato vegan nacho cheese sauce.	

E+ROSE WELLNESS WATER

Locally sourced alkaline artesian water – naturally filtered and purified through the mountains of Tennessee. Found 5,000 feet below the surface, filtered through 500 million-year-old rock formations, naturally alkaline, and completely free from any surface pollutants. *Our Wellness Water is untouched, ultra-pure, and unrivaled.*

12-PACK OF 1L BOTTLES 30

* Contains Nuts GF - Gluten Free

** Contains Soy NF - Nut Free