



# 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](http://eandrose.com/bulk-order).

## ORGANIC COLD-PRESSED JUICES

VOTED NASHVILLE'S BEST JUICE BAR

12 OZ EACH

### FAN FAVORITES

**THE COLD SNAP** 10  
anti-nausea | anti-bacterial | calming + soothing  
*apple, ginger, mint, kale, spinach, parsley, chard*

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

### GREENS

**SEA GREEN** 10  
vitamins C + E | liver cleansing | alkalizing  
*pineapple, apple, celery, kale, jicama, spirulina*

### ROOTS

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

**ALL-GREENS** 10  
lowest sugar | detoxifying | alkalizing  
*cucumber, celery, spinach, kale, cilantro, parsley*

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

**G6** 10  
alkalizing | detoxifying | immune-boosting  
*cucumber, celery, kale, spinach, parsley, ginger, lemon*

### CITRUS

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

**ORGANIC DETOX** 10  
alkalizing | anti-oxidant laden | detoxifying  
*cucumber, celery, pineapple, chard, kale, cilantro, lemon*

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

**OCEAN WATER** 10  
anti-inflammatory | antioxidant  
*cucumber, apple, lemon, blue spirulina*

## WELLNESS SHOTS

2 OZ EACH

**IMMUNITY SHOT** 5.85  
*ginger, turmeric, lemon, cayenne, oil of oregano*

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

**BETTER ELDER SHOT** 5.85  
*elderberries, cinnamon, clove, local honey, orange, ginger*

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

# BOOSTER BITES

## WHOLE FOOD, PLANT-BASED, FUNCTIONAL SNACK BALLS

3 BITES PER PACK

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

<b>COOKIE DOUGH BITES (GF)*</b>	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>	
<b>BROWNIE BITES (GF)*</b>	6.08
Antioxidants + Brain Boost <i>walnuts, vanilla, Himalayan salt, cacao powder, dates, shredded coconut</i>	
<b>LEMON POPPY SEED (GF)*</b>	6.08
Healthy Fats + Fiber <i>almond flour, vanilla, coconut oil, maple syrup, lemon juice, poppy seeds, coconut flakes</i>	

## PLANT-BASED SALADS

<b>WEST BY SOUTHWEST SALAD (GF)*</b>	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.	
<b>NASHVILLE HOT KALE SALAD (GF)*</b>	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.	
<b>CURRIED LENTIL SALAD (GF, NF)</b>	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.	
<b>SUPER CAESAR SALAD (GF, NF)**</b>	12.6
Shredded kale, tricolor quinoa, crumbled baked tofu, grape tomatoes, sunflower parmesan, and our house-made caesar dressing.	
<b>BEET FALAFEL SALAD (GF, NF)</b>	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..	

## WRAPS

<b>THE KATALINA WRAP *</b>	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.	
<b>NASHVILLE HOT KALE WRAP *</b>	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.	
<b>RAINBOW WRAP (NF)</b>	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.	
<b>BEET FALAFEL HUMMUS WRAP (NF)</b>	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.	
<b>SPRING ROLLS (GF)* **</b>	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.	
<b>RAWCOS (GF)* **</b>	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.	

## GRAINS

<b>BUDDHA BOWL (GF, NF)**</b>	12.6
Turmeric brown rice, baked tofu, roasted sweet potato, chopped kale, crunchy red cabbage, lemon tahini dressing, and sesame seeds.	
<b>QUINOA TABOULI (GF, NF)*</b>	9
Quinoa and fresh parsley tossed with chopped cucumbers, cherry tomatoes, green onions, olive oil, a dash of Himalayan salt, mint, lemon and lime.	
<b>BREAKFAST QUINOA (GF)*</b>	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.	

## 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