

ROSEWOOD MARKET

Natural Foods & Deli

Our Promise to You

We only serve real food free from artificial ingredients and prepared with Love by hand. We source Local, Organic, and non-GMO ingredients whenever possible.

LUNCH & DINNER SERVED
Mon - Sat 11:00 am - 7:30 pm

BOWLS

- GF/V **Black Bean & Roasted Sweet Potatoes**
 Organic Quinoa, Organic Black Beans, Corn-Pepper Salsa, Guacamole, & Creamy Cilantro Dressing 11
- GF **Roasted Free-Range Chicken & Broccoli**
 Organic Brown Rice, pulled Roasted Chicken, Baba Ghanoush, Tabouli, Kalamata Olives, Sumac Onions, & Lemon Tahini Dressing 12
- GF/V **Sesame Tofu and Roasted Mushrooms**
 Non-GMO Tofu, Organic Brown Rice, Roasted Broccoli, Tamari Pumpkin Seeds, & Ginger-Miso Dressing 11
- GF **Roasted Salmon & Kale**
 Sustainably raised Salmon, Organic Quinoa, Kale, Roasted Broccoli, Corn-Pepper Salsa, Arugula, & Carrot-Ginger Dressing 13
- GF/V **The Gomez:**
 Tempeh al Pastor, org Black Beans, org Quinoa, Corn/Pepper Salsa, Guacamole, Cherry Tomatoes, Radishes, & Creamy Cilantro Dressing 13
- GF/V **Burger Bowl:**
 Choice of vegan Plant Burger or Shrimp Burger with Avocado, Pickles, Spinach, Tomato, Red Onion, Toasted Pumpkin Seeds, & Thousand Island Dressing 12

We also offer hot soups, baked goods, packaged salads, cold sandwiches, and grab and go items... call for selection.

SALADS

- GF/V **Asian**
 Sesame Tofu, Sweet Potato, Mesclun, Wasabi Peas, Pickled Carrot/Daikon, Red Onion & Ginger/Miso Vinaigrette 11
- GF/V **Garden**
 Mesclun Mix, Tomato, Red Onion, Sprouts, Pumpkin Seeds, & Dill Vinaigrette 9
- GF **Greek**
 Sheep's Feta, Romaine, Pepperoncini, Kalamata Olives, Red Onion, & house made Greek Dressing 9
- GF/V **Zoodle**
 Zucchini, Avocado, Carrots, Sprouts, Red Onion, & Dill Vinaigrette 9
- GF **Roasted Beet & Feta**
 Roasted Beets, Sheep's Feta, Arugula, Red Onion, Pistachio, & Rosemary-Lemon Vinaigrette 10
- GF **Spring Chicken**
 Roasted Chicken, Quinoa, Arugula, Corn, Bell Pepper, Roasted Red Peppers, Cilantro, & Green Goddess Dressing 12
- GF **Cobb**
 Natural Chicken Breast, Spinach, Farm Egg, Turkey Bacon, Avocado, Cherry Tomato, Cucumber, English Peas, and a dressing 11

SANDWICHES

- Vegan **Gyro**
 Seared Seitan or Chicken, Vegan Tzatziki, Lettuce, Tomato, Olives, & Red Onion on Pita 7
- Vegan **Tempeh Reuben**
 Marinated Tempeh, Bubbie's Kraut, Thousand Island, & Vegan Swiss on Toasted Multigrain 6
- Vegan **Banh Mi**
 Seared Seitan, Seitan Pate, Cucumbers Pickled Carrot and Daikon, & Sriracha Aioli on Rustic Bread from Crust Bake House 7
- Vegan **Plant Burger**
 GF Beet & Black Bean Patty, Avocado, Lettuce, Tomato, Ketchup, vegan Mayo, & Onion on a Whole Wheat Bun 7
- Shrimp Burger**
 GF Shrimp Patty, Horseradish Cream, Lettuce, Tomato, & Onion, on a Whole Wheat Bun 7
- Shawarma-fil-A**
 Crispy Chicken Thigh Shawarma, Lettuce, Tomato, Pickles, & Veganise on a whole wheat bun 7

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www.rosewoodmarket.com