

WELCOME TO ROOTS & BLOOM CAFÉ

Our mostly plant-based kitchen draws inspiration from the nourishing, wholesome meals served at wellness retreats and cozy cafés around the world.

We believe in balance and joy – no strict exclusions, just delicious inclusions that nourish body and soul. ***Treat yourself like the loved one you are!***

Envisioned by a passionate couple who left the corporate world behind to follow their love of bringing people together and sharing healthy, nourishing food, Roots & Bloom is a personal dream brought to life – where wellness meets flavour.

We reimagine classic French and European favourites – swapping ingredients to create lighter, vegan or gluten-free versions – while weaving in some of our beloved Indian and Asian flavours.

Everything we serve is vegetarian, prioritising local Goan and seasonal ingredients wherever possible. We bake our own bread, so please ask our team about today's fresh loaves and don't miss our cabinet by the counter with sweet treats!

We're especially happy to create kid-friendly versions of our meals – simpler plates, milder flavours, or fun combinations – just let us know so families can enjoy the experience together.

Enjoy your meal!

COOKED WITH . GLOBALLY INSPIRED. ROOTED IN GOA.

(VG) – Fully vegan (no dairy, eggs or honey)

(GF) – Gluten-free

Dishes without a (VG) label may contain dairy and/or eggs. If you have specific dietary needs, our team is always happy to guide you.

All prices include GST. Service charge is not added – if you enjoy your experience, feel free to leave a tip for our hardworking team; it means a lot to them.

Juices

Morning Sunshine 210

Freshly squeezed oranges

Pineapple Juice 190

Pineapple, mint, ginger and lime

Minty Melon Crush 190

Watermelon, fresh mint, and lime

Carrot Zing 240

Carrot, apple, and ginger

Green Juice 240

Spinach, green capsicum, and other greens for a detox boost

ABC 240

Apple, beetroot, and carrot

Smoothies

All vegan & gluten-free

Add a vanilla protein scoop, paired best with Choco Monkey +150

Served in a bowl +110

Green Glow 280

Spinach, banana, mint, spirulina, lime, ginger, dates, flax seeds, almond milk

Choco Monkey 280

Banana, peanut butter, raw cacao, sesame seeds, dates, oat milk

Tropical Bliss 280

Pineapple, banana, papaya, turmeric, lime, coconut milk

Beet the Heat 280

Beetroot, banana, dates, cinnamon, soy milk

Nourishing Drinks

Golden Milk 150

Natural golden elixir with turmeric, ginger, cinnamon & black pepper.

Chai Latte 120

Hot Chocolate 150

Babyccchino 50

Matcha Hot/Iced 210/250

Orange Matcha on Ice 300

Blue Moon Latte Hot/Iced 300/320

Stunning blue spirulina blended with honey, lemon, and almond milk for a refreshing, antioxidant boost

Teas & Herbal Infusions

Mint Infusion 80

Butterfly Pea Tea 150

Vibrant blue flower tea with fresh lemon and honey

Ginger Lemon Honey 80

Agni Tea 100

Ayurvedic ginger and fennel tea with touch of cinnamon and peppercorn

Pure Green Tea 60

English Breakfast Tea 60

Coffee

Espresso 100

Double Espresso 160

Cortado 150

Americano 120

Caffè crema 120

Cappuccino 160

Latte 160

Iced Latte 180

Dirty Chai Latte 180

Iced Orange Americano 270



Milk alternatives

Oat, soy, almond + 60

Extra cow milk +30

Cold Drinks

Pineapple Tepache 90

House-fermented pineapple with jaggery, cinnamon, and clove

BOOCH 230

World class kombucha! Check the flavours at the counter.

Kombucha 130/480

Ask for today's flavour. Glass/Bottle

Sparkling Mint Lemonade 100

Sweet, salty or mixed

Mango Lassi 200

Swap for a vegan option +100

Fresh Coconut Water 110

Heineken Alcohol-Free Beer 220

Sparkling water 50

Tonic Water 90

Coke Zero 50



Complimentary purified water

Breakfast

Served until 12 PM

We bake our own bread daily. Whole wheat bread is included with your dish.

Multi-grain +40

Gluten-free buckwheat +60

Gluten-free seeded +80

Extra butter +50

Extra egg +40

Don't forget to check our pastries cabinet for some sweet treats!

Scrambled Tofu (VG) 300

Seasoned tofu scramble with a fresh pesto drizzle, garlic sautéed mushrooms, and balsamic glazed tomatoes. Served with bread

Eggs to order 250

Eggs cooked your way (poached, fried, scrambled). Served with bread, butter, and a small side salad

Herby cheese omelette 300

Fluffy omelette filled with melted cheese and a mix of fresh herbs. Served with bread, butter, and a small side salad

Vegan Ricotta & Portuguese Carrot Toast (VG) 320

Toasted bread layered with creamy whipped almond ricotta and vibrant cilantro-garlic marinated carrots

Avocado Toast (VG) 300

Optional: add 2 poached egg +80

Bloomella Toast (VG) 300

Toasted bread with home made silky chocolate spread and banana slices

Dosai (VG) 250

Served with potato sabzi, coconut chutney, fiery tomato chutney

Roots & Bloom Full Breakfast Bowl (VG+GF) 390

Orange and carrot quinoa with marinated tofu, roasted pumpkin, cherry tomatoes, fresh spinach, house hummus, and our in-house pickled vegetables

Red Lava Shakshuka (VG) 350

Spiced tomato and pepper stew with a plant-based fried egg. Served with bread

Swap for a classic egg if preferred

House Granola Bowl (VG+GF) 300

Crispy homemade granola topped with seasonal fresh fruit and yoghurt

Swap for coconut yoghurt +100

Mango Basil Chia Parfait (VG+GF) 320

Chia pudding layered with mango and basil. Topped with house-made buckwheat granola

Overnight Oats (VG+GF) 250

Oats and chia soaked in almond milk. Served with cinnamon apple compote, seasonal fruits and buckwheat granola

Oats Porridge (VG+GF) 280

Oats and flaxseeds porridge topped with apple compote, seasonal fruits and nuts

Smoothie Bowl (VG+GF) 390

Choose your flavor from our smoothie menu, served with fruits, granola and matching topping

Pancakes, Waffles and Crepes

Served all day – always served with a side of seasonal fresh fruit

Healthy Buckwheat Pancakes (GF) 340

Classic American Pancakes 290

Brussels Style Waffles (VG) 340

French Crêpes (VG) 260

Add your toppings

Cinnamon & cardamom infused icing sugar (VG+GF)

Classic lemon & sugar (VG+GF)

Shredded dark chocolate (VG+GF)

Special toppings +30

House-made salted caramel (GF)

Apple compote (VG+GF)

Coconut yoghurt (VG+GF)

Bloomella choco spread (VG+GF)

Chocolate sauce (GF)

Date syrup (VG+GF)

Served from 12 PM onwards

Small plates

**Beetroot and coconut slices & red cabbage slaw with
orange mango vinaigrette (VG) 330**

Roasted cauliflower on a creamy bed (VG+GF) 250

Crispy broccoli with zesty mayo and poppy seeds (VG) 220

Thai peanut zoodles (VG+GF) 320

**Silken Tofu, french beans and corn fritters with minty
raita (VG+GF) 350**

Beautiful Salads

All Vegan + Gluten-free

**Roasted beetroots, fresh greens, almonds, sprouts with
orange dressing 250**

Watermelon, feta salad 220

Quinoa, rocket, pomegranate, romesco 350

French galettes

Naturally vegan and gluten-free French-style crêpes made from buckwheat flour

Roasted vegetables (VG+GF) 350

The Original 400

Mushrooms, cheese & fried egg

Spinach, mushrooms & avocado (VG+GF) 380

Breakfast for dinner (VG+GF) 400

Tofu scramble, garlic mushrooms and cherry tomatoes

Nourishing Bowls

All Vegan + Gluten-free

Curried Buddha Bowl 380

Roasted pumpkin, red lentils salad, jeera rice, green leaves, cucumber salad with shocking good curry dressing

Miso Tahini Poke Bowl 400

Rice, Sesame soy marinated tofu, carrots, cucumber, sprouts, avocado, red cabbage with miso tahini dressing

Simple Bowl of Goodness 400

Quinoa tabbouleh, roasted beetroot and pumpkin, beetroot hummus, halloumi or tofu, green leaves with balsamic dressing

Asian Bowl 400

Soba noodles , Spicy red cabbage slaw, crunchy tofu, carrot, zucchini, sprouts with soy dressing

Soup du Jour 220

Ask for today's special, served with bread

Dip it baby!

Served with a choice of crudites or bread

Classic hummus (VG+GF) 180

Beetroot hummus (VG+GF) 190

Tomato confit on labneh 350

Romesco dip (VG+GF) 220

Roasted bell peppers, almonds, and fresh parsley

Mains

Classic French Quiche 350

Sauteed mushrooms and spinach baked into an original french crust with cream and eggs.
Served warm with a side salad and vinaigrette

Smoked Tofu & Veggies Quiche (Egg free) 380

A savory quiche with seasonal veggies, smoked tofu in an original french crust.
Served warm with a side salad and vinaigrette

Paratha (VG) 300

Served with coconut dal, 2 seasonal sabzi, coconut chutney, fiery tomato chutney

Veg Thali of a day (VG+GF) 350

Coconut dal, 2 seasonal sabzi, jeera rice, paratha, papadam, green salad

Mushroom Bourguignon (GF) 450

Served with mashed potatoes. Optional extra tofu +100

Nutty Mushroom Lentil Patties (VG+GF) 450

Made from mushrooms, lentils, and walnuts.
Served with a tangy herbed sauce & smashed potatoes

Ratatouille Pasta 350

Classic Mushroom Risotto 400

Roots Special Beet Burger (GF) 350

Bunless patties made from beetroot, chickpeas, and fresh thyme.
Served with rocket and crumbled feta

Sweet Bites

(Check what's available today at the counter!)

Bliss balls (VG+GF) 100

Banana walnut choc chip loaf (VG) 200

Double chocolate banana bread (VG+GF) 250

Carrot almond cake (VG+GF) 300

Carrot cake (VG) 250

Lemon poppy seed loaf cake (VG) 150

Chocolate brownie 250

Portuguese orange & almond cake (GF) 250

Snickers bar (VG+GF) 150

Bounty bar (VG+GF) 150



TAG US @ROOTSANDBLOOM.CAFE – WE LOVE SEEING YOUR PHOTOS!