



# roots im silosilo

roots | Lintheschergasse 15, 8001 Zürich  
roots @ balboa | Am Schanzengraben 19, 8002 Zürich  
roots im silosilo | Limmatstrasse 254, 8005 Zürich

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[www.rootsandfriends.com](http://www.rootsandfriends.com)

## drinks

**Matt's Lemonade**  
Apfel, Zitrone, Ingwer

3dl / 8

**Immune Booster**  
Karotte, Orange, Kurkuma, Zitrone,  
Ingwer

## food

**Avocado Sandwich** 10  
Dinkel-Brot, Kräuter-Aufstrich,  
Avocado, Kresse, Limette

**Soup of the Month** 11

**Daal & Rice** 18  
Warmer Reis, rote Linsen, Tomaten,  
Garam Masala, grüne Papaya,  
Koriander

**Protein Bowl** klein / 17 gross / 21  
Quinoa, Süsskartoffel, Tofu, Broccoli,  
Avocado, Jungsalat, Kräuter-Hummus,  
Cashew-Limetten-Dressing

**Samurai Bowl** klein / 18 gross / 22  
Warmer Reis, Edamame, Ingwer, grüne  
Papaya, Rotkohl, Granatapfel, Baby-  
spinat, Sesam-Ingwer-Dressing