

Rooted

CAFE & CATERING



Fresh Catering for Teams, Meetings and Gatherings

High-protein meals crafted with real ingredients, no
seed-oils and bold flavor.

www.rooted-cafe.com

737-419-3651

catering@rooted-cafe.com

What Sets us Apart



Protein Forward

30g+ protein options designed to keep teams fueled.



Real Ingredients

Whole-food ingredients with organic and local sourcing when practical.



Flexible Catering

Individual boxes, shared spreads, delivery or full setup.

Our meals are thoughtfully prepared with olive and avocado oils—not the industrial seed oils commonly found in restaurant food.



Easy Catering Packages

Built for meetings, teams & gatherings



TEAM LUNCH

*An easy, wholesome lunch
for the whole team.*

\$14.50 / person
Minimum 8

Assorted Rooted Wraps
One Signature Salad
Chips

SIGNATURE LUNCH

*An elevated lunch for client
meetings and special occasions.*

\$19.50 / person
Minimum 15

Assorted Rooted Wraps
Two Signature Salads
Rooted Mezze Platter
House-Made Aqua
Fresca

EVENT SPREAD

*An abundant, colorful spread
made for larger gatherings and
celebrations.*

\$28.50 / person
Minimum 20

Assorted Rooted Wraps
Large Signature Salad
Power Pesto Pasta or
Sesame Crunch Poke
Bowl
Rooted Mezze Platter
Smoked Salmon Toasts
Two House-Made Aqua
Frescas
Dessert Tray

Vegetarian and Gluten-friendly options
Halal chicken | Delivery & setup available

Real Food. Serious Fuel.



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Morning Meetings

Fresh, protein-forward options for meetings, teams & gatherings

Breakfast Toast Platter - \$59.50

Assorted Strawberries & Cream and Avocado Egg Toasts, cut into 12 shareable toast portions. Add Smoked Salmon for +\$5

Lox & Bagel Board - \$87.50

Bagels, smoked salmon, whipped protein spread, cucumber, pickled red onions, capers, dill and lemon.

Serves 8-10

Protein-Powered Overnight Oats Bar - \$59.50

Creamy overnight oats prepared with plant-based or whey protein and assorted toppings including house-made granola, seasonal fruit, nuts and chocolate almond sauce.

Serves 8-10

Greek Yogurt Parfait Bar - \$47.50

Greek yogurt and assorted toppings including house-made granola, fresh berries, seasonal fruit, honey and shaved coconut.

Serves 8-10

Morning Beverages

Organic Brewed Coffee

Lattes

Fresh Squeezed Orange Juice

All items may be packaged individually. Options available to add fresh fruit or additional protein.



Rooted Individual Lunches

High-protein • Fiber-focused • Seed-oil-free

Rooted Pesto Chicken Wrap \$14.95

37g protein | 14g fiber

Roasted chicken, House Spinach Basil Pesto, sundried tomatoes, pickled red onions, local greens, wrapped in a flour tortilla.

Kale Caesar Chicken Wrap \$14.95

41g protein | 16g fiber

Roasted chicken, House Caesar, tomatoes, kale, cabbage, hemp seeds, wrapped in a flour tortilla.

Turkey Shawarma Wrap \$14.95

37g protein | 15g fiber

Shawarma turkey, Red Pepper Hummus, roasted red peppers, pickled red onions, local lettuce, wrapped in a flour tortilla. Served with our Lemon Garlic Sauce.

Loaded Veggie Wrap \$13.95

20g protein | 26g fiber

Red Pepper Hummus, Rooted Tabbouleh, lentils, avocado, carrots, pickled red onions and local greens wrapped in a flour tortilla. Served with our Lemon Tahini Sauce.

Power Pesto Pasta Bowl \$14.95

52g protein | 10g fiber

High protein pasta, arugula, house-made spinach basil pesto, oven roasted chicken, sundried tomatoes, feta cheese, pine nuts.

Southwestern Glow Bowl \$13.95

30g protein | 13g fiber

Local greens, quinoa, tofu, cumin roasted sweet potatoes, marinated chickpeas, pickled red onions, feta cheese, pumpkin seeds, avocado-lime crema.

Harvest Grain Farro Salad \$14.95

39g protein | 7g fiber

Organic spinach/arugula mix, farro, roasted chicken, granny smith apples, goat cheese, pumpkin seeds, and golden raisins. Served with our Orange Ginger Vinaigrette.

Mediterranean Protein Salad \$15.95

45g protein | 3g fiber

Local greens, roasted chicken, hard-boiled egg, cucumbers, tomatoes, feta, red peppers, marinated chickpeas, Kalamata olives, pickled red onions, pepperoncini and Za-atar served with our House Vinaigrette Dressing.

Sesame Crunch Poke Bowl \$16.95

31g protein | 8g fiber

Fresh ahi tuna served over your choice of Rooted Greens, quinoa, or brown rice with cucumber, edamame, fresh pineapple, pickled ginger, pickled red onions, avocado, cashews, and our Sesame Ginger Dressing. Add our Spicy Sesame Drizzle for a kick.

Make it a Lunch Box:

Add a Side Salad +\$4.95, Add Chips, a Cookie or Fresh Fruit: +\$1,
Make it a Combo: ½ Wrap+ ½ Salad: +\$1





Build Your Own Bowl Bar



Starting at \$15/person, Minimum 20 Guests
A customizable, protein-forward meal experience built around fresh ingredients and bold flavor.

Choose your favorites:

Base

- Mixed greens
- Quinoa or farro or brown rice

Protein

- Roasted chicken
- Crispy tofu
-

Toppings

- Seasonal vegetables
- Chickpeas
- Feta cheese
- Pickled onions
- Seeds & fresh herbs

Dressings

- House-made sauces and vinaigrettes

Additional proteins and premium ingredients available.



Rooted Group Meals

Wrap Trays

Choice of 4 Wrap(s)

Small Wrap Tray (serves 6-8): \$62.50

Large Wrap Platter (serves 14-16): \$134.50

Salads

Choice of Salad: Mediterranean Protein, Harvest Grain Farro, Southwestern Glow, Garden Grain

Gathering Bowl (serves 6-8): \$42.50

Group Bowl (serves 12-16): \$82.00

Community Bowl (Serves 25-30): \$165.00

Shareables

Power Pesto Pasta Bowl: \$79.50 (serves 8-10)

Mezze Platter (serves 8-12): \$45.00

Smoked Salmon Toasts - \$3/piece, minimum 15 pieces



Rooted

Shareables, Snacks & Beverages

Complete your catering spread with beverages, appetizers and sweet treats.

Coffee & Tea

Served by the Gallon, serves 8-10

Organic brewed coffee: \$29.50

House Latte: \$55.00

(hot or iced, choice of milk: dairy, oat, almond, coconut)

Aqua Frescas

Served by the Gallon, serves 8-10; \$24.50 each

Cucumber Lime Fresca

Cucumber, Lime juice, Mint,
filtered water, agave

Hibiscus Ginger Aqua Fresca

Hibiscus flowers, lime juice,
ginger, filtered water, agave

Basil Lemonade Refresher

Fresh Squeezed lemon,
maple, basil, filtered water

Watermelon Mint Cooler

Watermelon, Mint, lime juice,
filtered water, agave

Fresh Squeezed Juice available by the Gallon

Snacks / Desserts

Assorted Chips, Cookies, Brownies,
Mini Cheesecakes, Energy Bites
\$1-2 / person



Catering Made Easy

Perfect For

- ✓ Team lunches
- ✓ Client meetings
- ✓ Training sessions
- ✓ Networking events
- ✓ Workshops
- ✓ Celebrations & private gatherings

Dietary Options

Vegetarian, gluten-friendly and Halal options available

Serving Ware

Disposable serving ware available upon request
Compostable items available upon request

Service Options

Pickup or Delivery
Setup and/or Full Service available for larger events

Pricing Notes

Delivery, Sales Tax and Gratuity are additional

Ordering & Lead Time

48 hour notice recommended
Large orders require additional planning

Delivery Area

We deliver across Austin as well as Cedar Park, Round Rock, Lakeway and Bee Caves. Delivery fees may vary based on distance and order size.



Place your Catering Order



Request Custom Catering Assistance



Questions? Give us a call at 737-419-3651
or email us @ catering@rooted-cafe.com

