



AVAILABLE 11AM-11PM

To order, dial "54" from any house phone or call (504) 613-3777.

NOLA Rooted is inspired by the vibrant culinary traditions of New Orleans, offering a fresh twist. We work to provide menu options that embrace vegetables, nuts, and legumes as the center of the plate to provide a more plant-forward option.

ENTRÉES

Louisiana Bowl (V) 16.50

Cajun tempeh, popcorn rice, local legumes, Florida corn, pickled okra, tomatoes, avocado, and lemon vinaigrette.

Thai Bowl (V) 16.50

Louisiana white rice, broccolini, Thai sauce, ginger-chili marinated tofu, soy pickled mushrooms, bell peppers, and grilled onions.

BBQ Jackfruit Quesadilla (VG) 15.75

Flour tortilla, BBQ jackfruit, vegan cheese, pepper onions, cabbage, and mango chili sauce.

Falafel Burger (VG) 19.85

6 oz house-made Falafel with arugula, avocado, lemon hummus, olive oil, pickled cucumbers, on vegan bun served with sweet potato fries.

SALADS

Spinach & Kale (V) 11.85

Spinach, kale, pecans, blue cheese, dried cranberries, strawberries.

Caesar Salad (V) 11.85

Romaine, shaved parmesan, garlic, and herb croutons.

Mixed Green Salad (VG) 11.85

Shredded carrots, cucumber, cherry tomatoes, sliced radish.

Quinoa Salad (V) 11.85

White quinoa tossed with shredded carrot, golden raisin, green onion, arugula, red bell pepper and lemon honey vinaigrette.

Protein options: Add to any salad

Plant-forward protein | Tofu, Tempeh, or Beyond Burger (VG) +8.00
Meat protein | Chicken (GF) +7.35, or Shrimp (SF, GF) +9.00

Dressing options:

Balsamic Vinaigrette, Seasonal Vinaigrette, Ranch, or Mango Chili

V - Vegetarian | GF - Gluten Free | VG - Vegan

SF - Shellfish | Locally Sourced -



Revised 06.19.25