Refreshingly Cold on a Hot Day

Posted on



Chilled shakes to douse the heat

Roots has established itself as an authentic juice and ice cream sundae bar with great value and greater taste.

Words Yomal Senarath-Yapa **Photographs** Menaka Aravinda

Creamy, colourful
sundaes

Roots juice bars are where you can quench your thirst with fresh, pure fruit juices using local tropical and imported fruits, indulge in creamy milkshakes and dreamy ice cream sundaes to satisfy a sweet tooth.

Roots had its beginnings in the food court at Majestic City, where they started almost 20 years ago. It was here that Sri Lankans had their first taste of Roots fresh

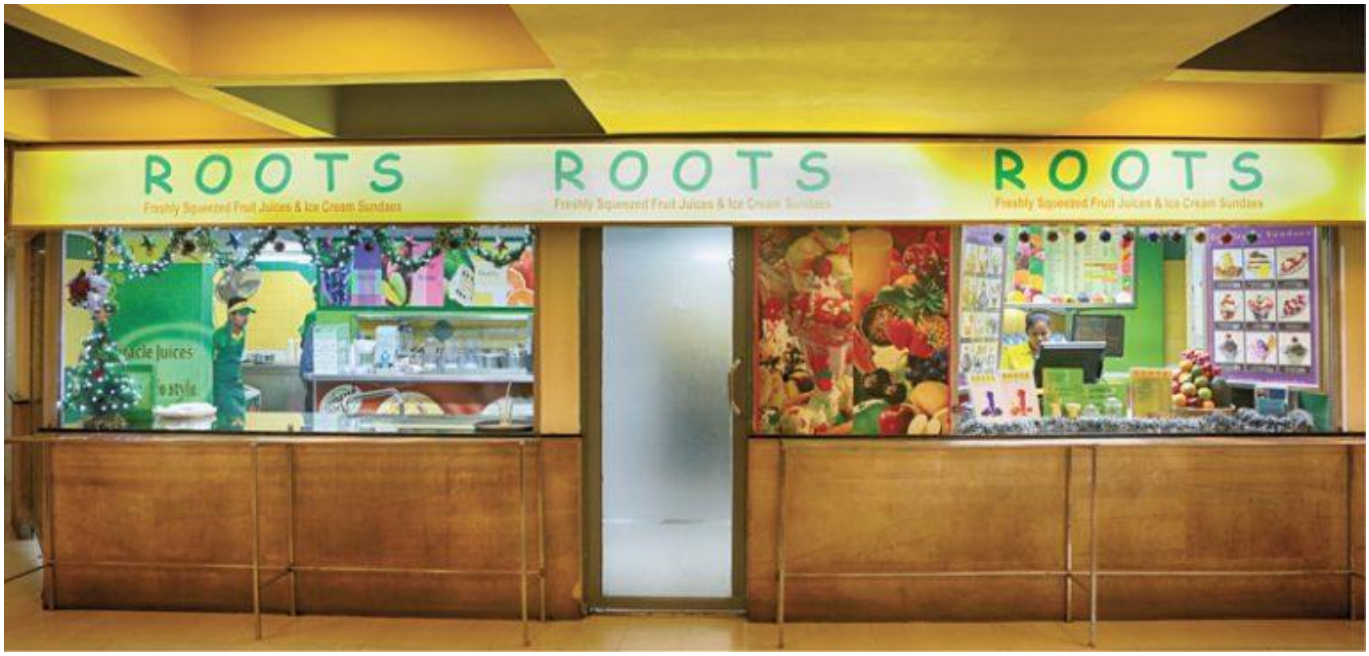
juices that would soon become legendary. Outlets started multiplying quickly from Crescat Boulevard to the latest outlet at the Promenade, Odel.

What is amazing is the array of cool treats Roots offers on their extensive menu; from their exotic fruit and vegetable blends; to healthy and delicious smoothies; to the ice cream sundaes that are guaranteed to satisfy the sweet tooth, or the frothy creamy goodness of milkshakes. There is something for everyone at Roots, be it health food or cravings for chocolate and caffeine.

Apart from staples such as chocolate and vanilla, there are exotic shakes such as ‘honey and banana’. Yet, it is with fruit juices that Roots enters into its element; whether citric or sweet, single fruit or a blend, it is a refreshing sip. With over 20 varieties of fresh juices on the menu, having tried one, you would definitely keep coming back for more.

Fruits are sourced from orchards in the hills, all the way from Keppetipola, Kandy to Welimada, as well as from Jaffna. The shining star in the list is the creamy avocado, which is most popular either as a juice, a smoothie with yoghurt, or in a shake. The *kartha kolomban* mango is a very close second. Other popular fruits are *waraka* (ripe jak fruit), *kamaranka* (star fruit) and *aathaa* (soursop); both delicious and healthy.

Roots can also be credited for introducing fresh juices that were not available anywhere else. Starting with *waraka*, *aathaa* and then *durian*, which despite its strong odour, is extremely popular. The latest flavours are *veralu* and *nelli* introduced at the outlet at the Promenade, Odel.



The Majestic City outlet: the beginnings of a much loved brand

Their range of ‘Tropical Fruit Blends’ with enticing names such as ‘Juicy Lucy’, ‘Passion Crush’, ‘Raspberry Dazzler’, ‘Citrus Squeeze’ are must haves. Much thought has gone into the fruit combinations to ensure flavours are in true balance complementing each fruity flavour.

In an age that has woken up to the goodness of vitamins and mineral packed in fibrous vegetables, their newest foray is into vegetable drinks. Succulent vegetables are blended into juices, smoothies and exotic mixes. There are drinks infused with the green power of *gotukola* and spinach. Fibrous vegetables like beetroot, celery, carrot and broccoli are in very high demand. The veggie combinations are surprisingly delicious. They contain no salt or sugar, but can be blended with sweeter fruits according to your preference.

Fresh fruits are the core
ingredients at Roots

Roots sundaes are a much-loved indulgence. With generous scoops of ice cream topped with equally generous dollops of sauces, a sprinkling of nuts, berries and fruits. It’s all about lip-smacking goodness.

The newest outlet at Odel Promenade boasts an exciting new menu with cold pressed juices, which are 100 per cent undiluted juices; Coconut Refreshers – fruit

juices mixed with coconut water; the Lean & Green range and the new Nutella and Peanut Butter milkshake. Catering to vegans, Roots has also introduced a non-dairy range of smoothies and Thai Iced Tea with Coconut Milk. With a clientele that has grown to love their fresh juices and sundaes, 2017 will see exciting products introduced to the menus as Roots ventures into new territory.

4-1A, Majestic City,
10 Station Road, Colombo 4
(+94 11) 250 6292
rootslk.com