

Rootz Kava & Tea House

Elizabeth on Bay Plaza, Downtown Nassau, Bahamas | (242) 323-0154

Prices retain the "\$" symbol printed by Rootz; its menus do not identify a currency code. Confirm currency before ordering. Main-menu prices exclude 10% VAT, added at checkout. Sizes and ingredients are listed only where published.

Traditional kava

Borogu - Double \$11 | Triple \$14 | Root² \$12

Double: two shells. Triple: three shells. Root²: traditional double with extract. Noble Vanuatu kava, hand-squeezed.

Boronguru - Double \$11 | Triple \$14 | Root² \$12

Same serving choices as Borogu. Noble Vanuatu kava, hand-squeezed. Shell volume and active-ingredient amounts are not published.

Elixirs

Kava Espresso - \$16

Kava extract, espresso, milk chocolate and simple syrup.

Root & Stormy - \$16

Kava extract, lemon, ginger beer and simple syrup.

Pain Killer - \$28

Kava extract and kratom extract; the menu labels both extracts with a superscript 2. Active-ingredient amounts are not published.

K-Tea - brewed kratom

Green Vein - Unflavored \$12 | House Blend \$13

Hot or cold. Listed flavors: soursop, mango, tamarind and blueberry. The specialty K-Tea page also names Monin mango, passionfruit and peach syrups. Confirm flavor availability and extra charges.

White Vein - Unflavored \$12 | House Blend \$13

Hot or cold. Listed flavors: soursop, mango, tamarind and blueberry. The specialty K-Tea page also names Monin mango, passionfruit and peach syrups. Confirm flavor availability and extra charges.

Botanical drinks - contains kratom

Lemonade - \$16

White Vein kratom extract, citrus oleo saccharum and choice of rose, lavender or ube syrup.

Kava origin and traditional preparation are also described in Rootz's 24 October 2026 social posts. No active-ingredient amount is specified. Product names are retained without claims about health effects.

Current official menu: rootzkava.com/menu

Coffee, matcha & tea

Prices as printed by Rootz | Main-menu prices exclude 10% VAT

Coffee & ceremonial matcha

Cold Brew - Small \$6 | Large \$8

Eight-hour slow drip.

Latte - Price not published

Cappuccino - Price not published

Ceremonial Matcha - Small \$7 | Large \$9

First-harvest organic ceremonial matcha. Hot, iced or latte; milk and syrup extras may apply. Office-lunch matcha has a separate price below.

Harney & Sons loose-leaf tea

White Tea, Black Tea, Green Tea, Oolong and Rooibos are each **\$6.75** on the main menu. The specialty tea page lists the varieties below without individual prices; confirm variety pricing, especially herbal blends. All are served hot; iced is available on request.

Mint Verbena

Herbal; caffeine-free

Pomegranate Oolong

Oolong

Earl Grey Supreme

Black tea

White Vanilla Grapefruit

White tea

Indigo Punch

Herbal; caffeine-free

Peppermint Herbal

Herbal; caffeine-free

Ginger Turmeric

Herbal; caffeine-free

Cherry Blossom

Green tea

Chamomile

Herbal; caffeine-free

Organic Green

Green tea

Hot Cinnamon Spice

Black tea

Paris

Black tea

African Autumn

Rooibos; caffeine-free

Green Tea with Coconut

Green tea

Ginger Lemon

Herbal; caffeine-free

Milk, syrup & extract extras

Kava Extract - +\$5

Kratom Extract - +\$9

Mushroom Extract - +\$3.25

Whole Milk / Coconut Milk - +\$1

Oat Milk - +\$1.25

Syrup / Fruit Puree - +\$1.25

Matcha can be hot, iced or a latte. The matcha page names dairy or oat milk and vanilla, lavender, brown sugar or hazelnut syrups; confirm availability and extra charges. Office-lunch almond milk and combo upgrades have separate prices on the next page.

Official selection: rootzkava.com/teas | rootzkava.com/matcha

Food & office lunch

Cafe prices and office-lunch prices are distinct; do not interchange them.

Cafe sweets & bites

Soft Baked Cookies - \$3.75

Brownies - \$5

Cupcakes - \$6.50

Macarons - Pack of 2 \$5.25 | Pack of 4 \$9

Biscoff Biscuits - \$2.25

Quiche of the Day - \$12

Sandwich of the Day - \$12 / \$15

The menu does not label the two price choices. Ask staff.

Lasagna with Garlic Bread - \$16

Office lunch - pre-order menu

Quiche Combo - \$22

Quiche plus small matcha with whole milk and simple syrup.

Sandwich Combo - \$20

House sandwich plus small matcha with whole milk and simple syrup.

Quiche - \$17

Broccoli & Cheddar or Lorraine.

House Sandwich - \$16

Rotating; currently smoked gouda, provolone, black forest ham and genoa salami on focaccia.

Tres Leches - \$12

Oreo or Mocha.

Matcha - Small \$7 | Large \$9.50

Whole milk and simple syrup included.

Office-lunch matcha & combo upgrades

Large matcha in a combo - +\$2.50

Alternative milk OR flavored syrup - +\$1.25

Alternative milk: oat or almond.

Alternative milk AND flavored syrup - +\$1.95

Cookie with a combo - +\$3.50

Ordering: Pre-order by 5 PM the day before; ready by 12:30 PM on the selected day. Pickup at Elizabeth on Bay Plaza or delivery to Downtown, Palmdale or Cable Beach. Free delivery on orders over \$80. Orders are requests until confirmed. Confirm tax, delivery charges below the threshold and current selections with Rootz.

Weekly Lunch Pass: \$95 per week for five prepaid lunches, one per weekday. Confirm included selections and ordering terms with Rootz; the site does not publish further eligibility or expiry terms.

Office lunch: rootzkava.com/office-lunch | Same-day questions: (242) 323-0154; WhatsApp (321) 501-2879.

Hookah, offers & visiting

Prices use Rootz's printed "\$" symbol; currency code is not identified.

Hookah at the lounge

First head - \$45

Smokezilla Minya equipment with Adalya shisha.

Refill - \$28

Current Adalya flavors: **Skyfall** (blueberry, lemon and mint) and **Love 66** (watermelon, peach and melon). Flavors rotate. Service is 18+ with valid ID. Walk-ins welcome; no reservations or cover charge. Confirm availability.

Take-home hookah rental

Sunday-Wednesday - \$75 / day / unit

One rental day is up to 24 hours from handoff.

Thursday-Saturday - \$100 / day / unit

Each rental day includes 40 g shisha and 6 coals per unit.

Refundable security deposit - \$100 / unit

No VAT on the deposit. Deductions may apply for damage or late return.

Delivery and setup - \$25-\$60 by area

Pickup at Rootz is free.

Extra shisha and coals pack - \$25

40 g shisha and 6 coals.

Rental prices exclude 10% VAT, added at checkout. Deposit is separate and refundable after undamaged return. Full refund if canceled before pickup or before delivery leaves the shop. A rental agreement and valid government photo ID at handoff are required. Check the current agreement for damage and late-return deductions.

The Rootz Starter - \$21 through December 31, 2026

Large Green Vein K-Tea (unflavored kratom tea) plus a Traditional Double (two shells of noble kava). Flavor shot +\$1.25: soursop, mango, tamarind or blueberry. Milks and syrups cost extra. Confirm currency and final total; the main menu states 10% VAT is added at checkout.

Visit Rootz

Official website hours: Monday-Thursday 10 AM-9:30 PM; Friday-Saturday 10 AM-11 PM; Sunday noon-9 PM. Times are local to Nassau. Google currently lists different Monday, Friday and Sunday hours; confirm before a special trip. Holiday hours may vary.

Elizabeth on Bay Plaza, Elizabeth Avenue & Bay Street, Downtown Nassau, Bahamas. Rootz describes the entrance as the covered walkway between two white buildings, opposite Phoenix Chinese Restaurant. Wi-Fi is available. Parking and accessibility details are unconfirmed.

No dated or recurring event is currently announced on the official events page. Check Rootz for updates.

Official pages: [Hookah lounge](#) | [Rental rates and agreement](#) | [Rootz website](#)