

MENU



ROOT to RISE wellness bar

We are always striving to provide our Wellness Community with ingredients that are:

Superfood Focused · Organic
Locally Sourced · Nutrient Packed
Non-GMO · Refined Sugar Free
Gluten Free · Plant Based

Whole Foods Community Sourced · Raw

***All products in this facility may have come into contact with nuts, gluten and dairy.**

***Order at the Wellness Bar before your spin class and we'll have it ready for you when you finish your ride.**

coffee & teas

Espresso	\$2
Drip Coffee	\$2.25 / \$2.75 / \$3.25
Latte	\$3.75 / \$4.5
Cappuccino	\$3 / \$3.75
Americano	\$2.5 / \$3

served with either skim milk or half & half

\$.50 – oat milk – coconut milk

\$.50 – Holy Kakow premium organic chocolate sauces and syrups

Loose Leaf Tea	\$3 / \$3.75
Iced Tea – Barista's Choice	\$3.5

Chai Latte	\$5
Pumpkin Spice Latte	\$5
Cardamom Tahini Latte	\$5.5
Double Hot Chocolate	\$4.5
Mexican Hot Chocolate	\$4.5
Raspberry Matcha Latte	\$5
Lavender London Fog	\$5
R2R Cold Brew	\$5

smoothies & smoothie bowls

Catawba Sunrise • \$9

vanilla protein powder – mango – banana
turmeric – cinnamon – coconut milk

Cookie Monster • \$10.5

banana – oatmeal – sea salt – vanilla – peanut
butter – blue spirulina – oat milk – cacao nibs
organic yogurt

Gypsy Soul • \$8

blueberry – pineapple – basil – ginger – coconut
water – agave – MCT oil

Island Girl • \$9.5

banana – strawberries – pink pataya powder
lime juice – mint – agave – coconut water

Orange Creamsicle • \$9.25

organic oj – mango – banana – vanilla
maple syrup – organic yogurt

The Palm Tree • \$10.25

kale – avocado – pineapple – mango
MCT oil – agave – coconut water – coconut milk
ginger

Chia Latte Smoothie • \$10.25

banana – cold brew – protein powder – ginger
cinnamon – nutmeg – cardamom
date puree – vanilla – almond milk

Carrot Cake Smoothie Bowl • \$11

Smoothie Only • \$9.5

banana – carrot – date puree – pecans – cinnamon
maple syrup – maple extract – ginger – nutmeg
cinnamon – almond butter – almond milk

**bowl is topped with: coconut whipped cream
granola – chia seeds – pecans – raisins*

Strawberry Almond Bowl • \$10.5

almond milk – strawberries
banana – maca – almond butter
topped with: strawberry – chia seeds
almonds – granola – almond butter drizzle

Peanut Butter Power Bowl • \$10.5

banana – peanut butter – raw cocoa powder date
puree – collagen – ground flax – oat milk
*topped with: cacao nibs – banana – chia seeds
peanuts – peanut butter drizzle*

Pumpkin Pie Smoothie Bowl • \$11

Smoothie Only • \$9.5

banana – pumpkin puree – organic yogurt – maple
syrup – pumpkin pie spice – oatmeal – oat milk

**bowl topped with: coconut whipped cream
sliced banana – pumpkin seeds – granola*

Apple Cinnamon Roll Bowl • \$11

Smoothie Only • \$9.5

banana – apple – ground flax – oatmeal – dates
cinnamon – maple syrup – almond milk
**bowl topped with: sliced banana – sliced almonds
hemp seeds – granola – apple butter drizzle*

smoothie boosts

\$.50 hemp seed – chia seed – flax seed
goji berry – cacao nibs – oatmeal

\$1 almond butter – bee pollen
granola – peanut butter

\$1.5 vanilla protein powder – MCT oil
collagen peptide – spirulina



View the menu
in PDF on your
mobile device.

cold pressed juices & shots

Lake Erie Alligator • \$9

cucumber – pineapple – pear – spinach
lemon – ginger

The Beet Goes On • \$9

apple – beet – lemon – orange

Healing Carrot Apple Spice • \$9

carrot – apple – lemon – ginger – cinnamon
apple cider vinegar

Chill Pill • \$9

pineapple – lemon – chamomile extract
ashwagandha – vanilla – blue butterfly pea
powder coconut water

Turmeric Immunity Shot • \$9

turmeric root – ginger root – orange
lemon – pepper

Fire Protection Immunity Shot • \$9

jalapeno – ginger – orange – lemon
blue spirulina

toasts

The Avocado \$5

smashed avocado – grass-fed butter
himalayan sea salt – arugula – red pepper flakes

Banana Nut \$5

peanut butter – banana – pumpkin seeds
honey – himalayan sea salt

The Pesto Avocado \$6.5

smashed avocado – grass-fed butter
sundried tomato pesto – cage free hardboiled
egg – chives

The Italian \$7

garlic – smashed avocado – grass-fed butter
grape tomatoes – basil – EVOO – balsamic glaze
himalayan sea salt & cracked pepper

Chocolate is My Jam \$6

chickpea nutella with your choice of raspberry
jam topped with hemp seeds and honey drizzle

Grandma Marjorie's Pickled Toast \$7

Smashed Avocado – Orchard Farmstand Chive
Onion Jam – Grandma Marjorie's beet pickled
eggs – pickled shallots – crushed pistachios

Pumpkin Walnut Crumble \$5

cinnamon raisin walnut bread- pumpkin cream
cheese – walnut crumble – maple syrup drizzle

Create Your Own:

\$.25 everything bagel seasoning
arugula – chives

\$.50 pesto – herb oil – balsamic glaze

\$1 cage free hardboiled egg
cherry tomatoes

grab & go cooler

*Our Grab and Go Cooler is stocked daily.
Hand selected and locally sourced whenever
possible, we let the freshest ingredients, and
season, inspire our selection.*

*Salads are packed full of nature's plant based
best with dressings made from scratch featur-
ing the finest EVOOs from The Olive Scene.*

salads & grain bowls \$10.5

Taste of India Bowl:

brown rice – red cabbage – carrot – chickpeas
red pepper – dried mango – raisins
cilantro – chili – lime
*coconut curry dressing

Tuscan Bowl:

quinoa – kale – cannellini beans – sundried
tomatoes – red pepper – pickled shallots
artichokes – pistachios – shaved parmesan
*lemon herb vinaigrette

Greek Salad:

romaine – cucumber – tomato – red onion
banana peppers – kalamata olives – feta
*Greek vinaigrette

overnight oats \$5

Banana Bread

banana – oatmeal – oat milk – walnuts
vanilla – cinnamon – sea salt – ground flax
maple syrup

Pumpkin Chia

pumpkin – chia – pecans – vanilla
sea salt – maple syrup – oatmeal – oat milk

chia seed pudding \$6

Caramel and Apple Butter Parfait

chia – dates – vanilla – sea salt – apple butter
almond milk

Coconut Raspberry Chia Seed Parfait

chia – coconut milk – Orchard Farmstand
Double Raspberry – agave – shredded coconut

protein balls \$2 each

Ask for today's flavors.

RootToRiseWellnessCafe.com

419.732.1392

80 N. CHRISTY CHAPEL RD.
PORT CLINTON, OH