

MENU

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



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*

coffee & teas

Espresso	\$2
Drip Coffee	\$2.25 (12oz) \$2.75 (16oz) \$3.25 (super)
Latte	\$3.75 (12oz) \$4.5 (16oz)
Cappuccino	\$3 (12oz) \$3.75 (16oz)
Americano	\$2.5 (12oz) \$3 (16oz)

*served with either skim milk or half & half
\$.50 – oat milk – coconut milk*

*\$.50 – caramel syrup – mocha syrup
vanilla syrup – lavender syrup*

Loose Leaf Tea	\$3 (12oz) \$3.75 (16oz)
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*sencha – fireside chai – strawberry ginger
breakfast blend – cucumber mojito
honey lemon – london fog
chamomile vanilla bean – tropical green*

Chai Latte	\$5
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Raspberry Matcha Latte	\$5
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Lavender London fog	\$5
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*london fog tea – honey – lavender
vanilla extract – steamed milk*

Tour de Catawba Cold Brew	\$5
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Bulletproof Iced Coffee	\$9
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*coconut milk – MCT oil – vanilla protein
powder – agave*

cold pressed juices

24 Carrot Gold · \$9

carrot – orange – ginger – apple – lemon

Spin to the Beet · \$9

green apple – beet – lemon – orange

Lake Erie Alligator · \$9

*spinach – cucumber – celery – pineapple – pear
ginger – lemon*

Watermelon Hydrator · \$9

*watermelon – cucumber – lime – mint – agave
coconut water*

smoothies

Catawba Sunrise · \$9

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

Cookie Monster · \$10.25

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

Gypsy Soul · \$7.5

*blueberry – peach – basil – ginger – coconut water
agave*

Island Girl · \$9.5

*banana – strawberries – pink pataya powder
lime juice – mint – agave – coconut milk*

Orange Creamsicle · \$9.25

*in house pressed oj – mango – banana – vanilla
maple syrup – oatmeal – organic yogurt*

The Palm Tree · \$10.25

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

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.**



RootToRiseWellnessCafe.com

419.732.1392

**80 N. CHRISTY CHAPEL RD.
PORT CLINTON, OH**

smoothie bowls

Strawberry Almond Bowl • 16oz - \$10.5

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

Lake Erie Mermaid • 16oz - \$10.5

banana – spinach – mango – coconut milk
blue spirulina – MCT Oil
topped with: shredded coconut – banana
frozen mango – hemp seeds – blueberries

Peanut Butter Power Bowl • 16oz - \$10.5

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

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

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

Create Your Own:

\$.25

everything bagel seasoning
arugula – chives

\$.50

pesto – herb oil
balsamic glaze

\$1

cage free hardboiled egg
cherry tomatoes

grab & go

*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 featuring the
finest EVOOs from The Olive Scene.*



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

salads & grain bowls

\$10.5

fiesta bowl
thai peanut buddha bowl
the orchard keeper

overnight oats

\$5

banana bread – strawberry shortcake

chia seed pudding

\$5

berry vanilla – raspberry lemon

protein balls

\$2 each

Ask for today's flavors.