



ROOT to RISE
wellness cafe

80 N. CHRISTY CHAPEL RD., PORT CLINTON
ROOTTORISEWELLNESSCAFE.COM

MENU

coffee & teas

Espresso	\$2
Drip Coffee	\$2.25 / \$2.75 / \$3.25
Americano	\$2.5 / \$3
Cappuccino	\$3 / \$3.75
Latte	\$3.75 / \$4.5
Chai Latte	\$6
Carmel Macchiato	\$6
Organic Mushroom	\$7

Coffee Latte

(blended with coconut milk or oat milk)

Golden Milk Turmeric Latte \$6

*turmeric - coconut milk - cracked black pepper
cinnamon - maple syrup or honey - Ghee
cinnamon stick*

signature cold brews

Salted Caramel	\$6
<i>Cold brew - caramel syrup - vanilla - almond milk</i>	
Vanilla Oat Cookie Cold Brew	\$6
<i>Cold brew - vanilla syrup - vanilla - oat milk</i>	
Almond Joy Cold Brew	\$6
<i>Cold brew - almond extract - coconut milk simple syrup</i>	

*Drinks served with either skim milk or half & half
Customize your latte with your choice of:
\$.50 - oat milk - coconut milk - almond milk*

organic plant based wellness milks

Chocolate Nirvana • \$10

almond milk - chocolate protein powder
date puree - ashwaganda - maca powder

Salted Caramel Cashew • \$10

cashew milk - vanilla protein powder
caramel salt - maca powder

Coffee Power Plant • \$10

chocolate oat milk - chocolate protein powder
chocolate collagen peptides - small batch cold
brew - organic mushroom coffee - cinnamon

Golden Mind • \$10

almond milk - vanilla protein powder - MCT oil
turmeric - ginger - maca powder

smoothies • \$11.50 & smoothie bowls • \$13.50

Catawba Sunrise Smoothie • \$11.5

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

Cookie Monster Smoothie • \$11.5

banana - oatmeal - sea salt - peanut butter
blue spirulina - oat milk - cacao nibs - yogurt
maple syrup - cinnamon

Island Girl Smoothie • \$11.5

banana - strawberries - pink pataya powder
mint - agave - coconut water

Orange Creamsicle • \$11.5

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

Green Day Smoothie • \$11.5

spinach - avocado - pineapple - mango - MCT oil
agave - coconut water - coconut milk - ginger

Pineapple Upside Down Smoothie • \$11.5

pineapple - cherries - vanilla protein powder
maca powder - vanilla - agave - MCT oil
coconut water

The Glamazon Acai Berry Bowl* • \$13.5

acai - blueberries - cherries - vanilla - agave
coconut water **bowl topped with: granola
coconut - honey drizzle - fresh fruit*

Peanut Butter Power Bowl* • \$13.5

banana - peanut butter - raw cocoa powder
date puree - chocolate protein powder
ground flax - oat milk

**bowl topped with: granola, cacao nibs - banana
chia seeds peanuts - peanut butter drizzle*

The Bohemian Bowl* • \$13.5

blueberry - pineapple - spinach - chia seeds
collagen - honey - maqui powder - almond milk

**bowl topped with: granola, banana - shredded
coconut - bee pollen - fresh fruit - honey drizzle*

Strawberry Soul Almond Bowl* • \$13.5

almond milk - strawberries
banana - maca - almond butter

**bowl topped with: granola
sliced almonds - chia seeds - strawberries
almond butter drizzle*

Lake Erie Mermaid Bowl* • \$13.5

banana - spinach - mango - pineapple - honey
MCT oil - blue spirulina - coconut milk - pistachios

**bowl topped with: granola, shredded coconut,
banana, bee pollen, honey drizzle,*

add-ins • \$1 each

flax seeds, hemp seeds, chia seeds, cacao nibs,
cacao powder, turmeric, almond or peanut butter
protein powder, MCT oil, collagen peptide
blue spirulina, pitaya powder, goji berries, bee pollen

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

cold pressed juices

NEW - Mix and Match your juices and protein milks in a Bundle and SAVE:

1 for \$10 6 for \$50 8 for \$ 64
10 for \$78 12 for \$85

Chill Pill • \$10

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

Lake Erie Green Machine • \$10

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

Rise and Shine • \$10

pineapple – ginger – coconut water – alkaline
water

Spin to the Beet • \$10

apple – beet – lemon – orange

24 Carrot Gold • \$10

carrot – apple – lemon – ginger

Charcoal Lemonade • \$10

lemon juice – agave – activated charcoal
distilled water

Watermelon Hydrator • \$10

watermelon – lime – mint – coconut water

Turmeric Immunity Shot • \$4

turmeric root – ginger root – orange
lemon – pepper

Elderberry Shot • \$4

lemon – apple – agave – elderberry vinegar
cinnamon – cloves

salads & bowls • \$12.5 soups • \$9

*Salads served with dressings made from scratch
featuring the finest EVOOs from The Olive Scene.*

Thai Peanut Buddha Bowl • \$12.5

brown rice – red cabbage – carrot – red pepper
green onions – crushed peanuts – snow peas
sesame seeds – *peanut ginger dressing

Yogi's Tour of Tuscany Bowl • \$12.5

farro – kale – cannellini beans – sundried
tomatoes – red pepper – artichokes
pistachios – shaved parmesan
*Tuscan vinaigrette

Honey Berry Bowl • \$12.5

mixed greens – quinoa – red onion – berries
avocado – pecans – goat cheese
honey ginger vinaigrette

Mucho Macho Gazpacho • \$9

tomatoes – cucumber – jalapeno – bell peppers
red onion – garlic – EVOO – apple cider vinegar –
tomato juice

truffle & herb deviled egg \$10 for 6

cage free organic eggs with garden herbs
mayo – sour cream – truffle oil – truffle salt

toasts, waffles & handhelds

The Avocado • \$8.5

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

The Bravo-cado • \$8.5

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

Keep Calm and Go Bananas Waffle • \$8

house made gluten free waffle – peanut butter
banana – pumpkin seeds – honey drizzle
Himalayan sea salt

Berry Nice Brunch Waffle • \$8

house made gluten free waffle – strawberries
organic maple syrup
all natural whipped cream – sliced almonds

The Probiotic - Pickled Toast • \$9

smashed avocado – chive jam – pickled eggs
pickled beets – pickled shallots
crushed pistachios

Farmer Fellini's Panini • \$10

oven roasted seasonal vegetables – all natural
provolone cheese – grass fed butter – arugula
pesto garlic mayo

Add-Ons: \$.50 each

everything bagel seasoning – fresh chives
pesto – balsamic glaze – cherry tomatoes
\$1 • cage free hardboiled egg

chia seed pudding • \$6

Lemon Blueberry Chia Seed Pudding

chia seeds – almond milk – lemon juice
blueberries – vanilla – agave

overnight oats • \$6

Happy Baby PB & J Overnight Oats:

oatmeal – oat milk – vanilla – sea salt – peanut
butter organic – strawberry preserves – crushed
peanuts

The Healthy Elvis:

oatmeal – peanut butter – banana – protein pow-
der – ground flax – maple syrup – crushed peanuts

bars, bites & balls

Rise Up! Raw Energy Bars • \$4 each

Tub of Raw Energy Bites • \$13

almonds – cashews – oats – ground flax
raisins – dried cranberries – maple syrup
peanut butter – coconut oil
dark chocolate chips

Protein Balls • \$2.50 each or 3 for \$6

Ask for today's flavors.