

# MENU



**ROOT to RISE**  
wellness café

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

## organic plant based muscle milks

### Chocolate Nirvana • \$12

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

### Salted Caramel Cashew • \$12

cashew milk - vanilla protein powder  
caramel salt - maca powder

### Coffee Power Plant • \$12

oat milk - chocolate protein powder  
chocolate collagen peptides - espresso  
organic mushroom coffee - cinnamon

## coffee & teas

Espresso	\$2.5
Drip Coffee	\$2.75 / \$3.75
Americano	\$4 / \$5
Cappuccino	\$5 / \$6
Latte	\$5 / \$6
Chai Latte	\$6 / \$7
Caramel Macchiato	\$6 / \$7
Organic Mushroom Coffee Latte	\$6 / \$7
Maple Leaf Latte	\$6 / \$7
Pumpkin Spice Latte	\$6 / \$7
S'mores Latte	\$6 / \$7

## signature cold brews

<b>Salted Caramel</b>	<b>\$7</b>
<i>Cold brew - caramel syrup - vanilla - almond milk</i>	
<b>Vanilla Oat Cookie Cold Brew</b>	<b>\$7</b>
<i>Cold brew - vanilla syrup - vanilla - oat milk</i>	
<b>Almond Joy Cold Brew</b>	<b>\$7</b>
<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*

## smoothies • \$12 & smoothie bowls • \$14

### NEW - Maple Leaf Smoothie • \$12

sweet potato - maple syrup - almond milk  
almond butter - banana - vanilla protein powder  
cinnamon - ginger

### Catawba Sunrise Smoothie • \$12

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

### Cookie Monster Smoothie • \$12

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

### Island Girl Smoothie • \$12

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

### Green Day Smoothie • \$12

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

### NEW - S'mores Bowl\* • \$14

banana - maple syrup - date puree - oat milk  
vanilla protein powder - vanilla extract - cacao nibs  
*\*bowl topped with: granola, cacao nibs  
marshmallows - graham crackers - banana*

### Peanut Butter Power Bowl\* • \$14

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\* • \$14

blueberry - pineapple - spinach - chia seeds  
collagen - honey - maqui powder - almond milk  
*\*bowl topped with: granola, banana - shredded  
coconut - bee pollen - fresh fruit - honey drizzle*

### NEW Cinnamon Toast Crunch Bowl\* • \$14

banana - oats - cinnamon - date puree  
vanilla extract - date syrup - espresso - almond milk  
*\*Bowl topped with: granola, graham cracker  
banana, pecans and cinnamon*

### NEW Pumpkin Patch Bowl\* • \$14

banana - pumpkin puree - carrot - hemp seeds  
Greek yogurt - almond butter - vanilla extract  
maple syrup - pumpkin pie spice - almond milk  
*\*Bowl topped with: granola, whipped cream, sliced  
banana, chopped pecans, pumpkin seeds, pumpkin pie  
spice, pumpkin butter and maple syrup drizzle*

### NEW Caramel Apple Bowl\* • \$14

banana - apple - dates - almond butter - almond  
milk - collagen peptides - caramel extract - cinnamon  
*Bowl topped with: granola, sliced banana, crushed  
almonds & apple butter*

## 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

## cold pressed juices

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

1 for \$12    6 for \$60    8 for \$ 78  
10 for \$90    12 for \$100

#### **Chill Pill • \$12**

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

#### **Lake Erie Green Machine • \$12**

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

#### **Spin to the Beet • \$12**

apple – beet – lemon – orange

#### **24 Carrot Gold • \$12**

carrot – apple – lemon – ginger

#### **Charcoal Lemonade • \$12**

lemon juice – agave – activated charcoal  
distilled water

#### **Turmeric Immunity Shot • \$5 or 6 for \$25**

turmeric root – ginger root – orange  
lemon – pepper

#### **Elderberry Shot • \$5 each or 6 for \$25**

lemon – apple – agave – elderberry vinegar  
cinnamon – cloves

## salad & grain bowls • \$13

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

#### **Thai Peanut Buddha Bowl • \$13**

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

#### **Yogi's Tour of Tuscany Bowl • \$13**

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

#### **Rooted Souls Grain Bowl • \$13**

cous cous – spinach – roasted sweet potatoes  
roasted brussel sprouts – roasted red onion  
cranberries – chopped pecans – feta  
\*honey ginger vinaigrette

**RootToRiseWellnessCafe.com**  
**CALL AHEAD ORDERING: 419.732.1392**

**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 • Plant Based  
Whole Foods Community Sourced • Raw*

## 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 • \$8.5**

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

#### **Berry Nice Brunch Waffle • \$8.5**

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

#### **Grateful Harvest Panini • \$10**

arugula – pear – brie – cranberry preserves  
grass-fed butter

## granola parfait • \$8

#### **Johnny Appleseed Parfait**

chia seeds – oat milk – cinnamon apples  
maple syrup – granola – greek yogurt

## overnight oats • \$6

#### **Happy Baby PB & J Overnight Oats:**

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

#### **Honey Nut Overnight Oats:**

oatmeal – banana – vanilla protein powder  
ground flax maple syrup – crushed pecans  
honey drizzle

## bars, bites & balls

#### **Rise Up! Raw Energy Bars**

**\$5 each or 4 for \$17**

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

#### **Protein Balls • \$3 each or 3 for \$8**

Ask for today's flavors.

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