

MENU



ROOT to RISE
wellness café

40 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

Golden Mind • \$12

almond milk - vanilla protein powder - MCT oil
turmeric - ginger - 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
Carmel Macchiato	\$6 / \$7
Organic Mushroom Coffee Latte	\$6 / \$7
S'mores Latte	\$6 / \$7
Golden Milk Turmeric Latte	\$6 / \$7

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

signature cold brews

Salted Caramel \$7
Cold brew - caramel syrup - vanilla - almond milk

Vanilla Oat Cookie Cold Brew \$7
Cold brew - vanilla syrup - vanilla - oat milk

Almond Joy Cold Brew \$7
*Cold brew - almond extract - coconut milk
simple syrup*

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

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

Pineapple Upside Down Smoothie • \$12

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

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*

Cinnamon Toast Crunch Bowl* • \$14

banana - oats - cinnamon - date puree
vanilla extract - espresso - almond milk

**Bowl topped with: granola, graham cracker
banana, pecans and cinnamon*

The Acai Glamazon Berry Bowl* • \$14

acai - blueberries - cherries - vanilla - agave
coconut water

**bowl topped with: granola
coconut - honey drizzle - fresh fruit*

NEW! Green Day Detox Smoothie Bowl • \$14

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

**bowl topped with: granola, kiwi, goji berries, chia
seeds and shredded coconut*

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

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

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

cold pressed juices, shots & brews

NEW - Mix and Match your juices, protein milks and chia brews 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

NEW! - Turmeric Goldenroot Juice • \$12

turmeric root - ginger root - orange
lemon - pepper - alkaline water

NEW! - Celery Goddess Juice • \$12

celery - ginger - agave - lemon - salt & pepper -
distilled water

NEW! - Aloe Antioxidant Shot • \$5 or 6 for \$25

aloe vera juice - blue spirulina - coconut water
lime - agave

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

lemon - apple - agave - elderberry vinegar
cinnamon - cloves

NEW! seed your soul chia brews • \$12

The Blackberry Ginger

blackberry ginger vinegar - chia seeds
maqui powder - lemon - orange - pear

The Gravenstein Apple

apple vinegar - chia seeds - apple - orange
blue spirulina

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

Mocha Latte Overnight Oats:

oatmeal - chocolate protein powder - espresso
cinnamon - oat milk - granola - cocoa nibs
honey drizzle

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 - fresh berries
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

Grateful Harvest Panini • \$10

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

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 - garbanzo 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

bars & balls

Rise Up! Raw Energy Bars

\$5 each or 4 for \$18

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.