



ROOT to RISE
wellness café

Root To Rise Wellness Cafe
40 N. CHRISTY CHAPEL RD., PORT CLINTON
ROOTTORISEWELLNESSCAFE.COM
CALL AHEAD ORDERING: 419.732.1392

MENU

coffee & teas

Espresso	\$2.5
Drip Coffee	\$2.75 / \$3.75
Custom Cold Brew	\$7
Salted Caramel Cold Brew	\$7
Vanilla Oat Cookie Cold Brew	\$7
Almond Joy Cold Brew	\$7
Americano	\$4 / \$5
Cappuccino/Latte	\$5 / \$6
Chai Latte	\$6 / \$7
Lavender London Fog	\$6 / \$7
Carmel Macchiato	\$6 / \$7
Organic Mushroom Coffee Latte	\$6 / \$7
☀ Maple Leaf Latte	\$6 / \$7
☀ S'mores Latte	\$6 / \$7
☀ Pumpkin Spice Latte	\$6 / \$7
Hazelnut Buzz CBD Latte	\$8 (16oz)
Tina Bean Latte	\$8 (16oz)
<i>espresso - honey - chocolate collagen</i>	
<i>cinnamon - oat milk</i>	
Golden Milk Turmeric Latte	\$8 (16oz)
<i>turmeric - coconut milk - cracked black pepper</i>	
<i>cinnamon - maple syrup/honey - Ghee - cinnamon stick</i>	
<i>oat milk - coconut milk - almond milk · add \$.50</i>	

hydrators • \$5

Pink Lotus

white cranberry strawberry juice - coconut milk
muddled strawberries

Strawberry Basil

muddled strawberries - fresh basil - soda water
agave

Blueberry Mint

muddled blueberries - fresh mint - soda water
agave

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
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

Green Day Detox Smoothie • \$12

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

☀ **Maple Leaf Smoothie • \$12**

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

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*

☀ **S'mores Bowl* • \$14**

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

☀ **Pumpkin Patch Bowl* • \$14**

banana - pumpkin - almond butter - vanilla extract
maple syrup - pumpkin pie spice
almond milk
**bowl topped with: granola - banana - pecans
pumpkin seeds - pumpkin butter - maple drizzle*

☀ **Caramel Apple Bowl* • \$14**

banana - apple - date puree - almond butter - car-
mel extract - cinnamon - almond milk
**bowl topped with: granola
banana - almonds - apple butter - caramel drizzle*

add-ins • \$2 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, CBD Honey

☀ = Seasonal items that are available while supplies last.

cold pressed juices, protein milks & immunity shots

NEW - Mix and Match your juices, shots and 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

Turmeric Goldenroot • \$12

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

☀ Spiced Apple Cider Chia Brew • \$12

chia seeds – apple – orange – cinnamon
nutmeg – clove – ginger

Aloe Antioxidant Shot • \$5 each 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

Chocolate Nirvana Protein Milk • \$12

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

Golden Mind Protein Milk • \$12

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

Coffee Power Plant Protein Milk • \$12

oat milk – chocolate protein powder
cocoa powder – espresso
organic mushroom coffee – cinnamon

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

Cowboy Caviar Avo Toast • \$8.5

smashed avocado – black eyed peas – jalapeno
onion – vinegar – olive oil – chili powder – salt &
pepper

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 • \$14

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

Thai Peanut Buddha Bowl • \$14

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

Yogi's Tour of Tuscany Bowl • \$14

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

☀ Rooted Soul Grain Bowl • \$14

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

bars & balls

Energy Bars • \$5 each or 4 for \$18

almonds – 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

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