

## coffee & teas

Espresso	\$2.50
Drip Coffee	\$2.75 / \$3.75
Custom Cold Brew	\$7
Iced Ginger Tea	\$5
Salted Caramel Cold Brew	\$7
Vanilla Oat Cookie 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
S'mores Latte	\$6 / \$7
Hazelnut Buzz CBD Latte	\$8 (16oz)
Tina Bean Latte	\$8 (16oz)
<i>espresso - honey - chocolate collagen 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>	

## summer refreshers • \$6

### Pink Lotus

white cranberry strawberry juice - coconut milk  
muddled strawberries

### Lavender Haze

lavender syrup - blue butterfly pea powder  
lemon - agave - soda water

### Strawberry Basil

muddled strawberries - fresh basil - soda water agave

### Blueberry Mint

muddled blueberries - fresh mint - soda water agave

## overnight oats & chia pudding • \$7

### Happy Baby PB & J Overnight Oats:

oatmeal - oat milk - vanilla protein powder - sea salt  
organic peanut butter - strawberry preserves - 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

### Greek Mati Chia Pudding:

greek yogurt - chia seeds - almond milk  
blueberries - agave - vanilla

## smoothies • \$14 bowls • \$14

### Cookie Monster

banana - oatmeal - sea salt - peanut butter  
blue spirulina - oat milk - cacao nibs - maple syrup - cinnamon  
*\*bowl topped with: granola - cacao nibs - banana*  
*chia seeds - peanuts - peanut butter drizzle*

### Pineapple Upside Down

pineapple - cherries - vanilla protein powder  
maca powder - vanilla - agave - MCT oil - coconut water  
*\*bowl topped with: granola - banana - coconut*  
*bee pollen - honey drizzle*

### Green Day Detox

spinach - avocado - pineapple - mango  
MCT oil - agave - coconut water - coconut milk - ginger  
*\*bowl topped with: granola - goji berries - kiwi*  
*coconut - chia seeds - honey drizzle*

### Peanut Butter Power

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*

### Glamazon Acai Berry

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

### Summer Solstice - NEW!

vanilla protein powder - mango - banana  
turmeric - cinnamon - coconut milk  
*\*bowl topped with: orange slice - banana*  
*granola - coconut - honey drizzle*

### The Mermaid

spinach - mango - pineapple - mct oil  
spirulina - coconut milk  
*\*bowl topped with: granola - banana - blueberries*  
*goji berries - hemp seeds - honey drizzle*

*\*ask about additional add-ins!*

## energy bars, protein balls & deviled eggs

### Energy Bars • \$6 each or 4 for \$20

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

### Protein Balls • 3 for \$9

### ☼ Truffle & Herb Deviled Eggs • \$10 for 6

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

### ☼ Mama T's Deviled Eggs • \$10 for 6

cage free organic eggs - Dijon mustard - mayo - sour cream

☼ Indicates summer item available Memorial Day through Labor Day only.  
All products in this facility may have come into contact with nuts, gluten and dairy.



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

## cold pressed juices, protein milks & immunity shots

**Mix and Match juices, shots & brews in a Bundle and SAVE:**  
1 for \$13 | 6 for \$65 | 8 for \$ 82 | 10 for \$95 | 12 for \$110

### **Chill Pill • \$13**

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

### **Lake Erie Green Machine • \$13**

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

### **Spin to the Beet • \$13**

apple – beet – lemon – orange

### **24 Carrot Gold • \$13**

carrot – apple – lemon – ginger

### **Charcoal Lemonade • \$13**

lemon juice – agave – activated charcoal – distilled water

### **Turmeric Goldenroot • \$13**

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

### **Watermelon Hydrator • \$13**

watermelon – lime – mint – coconut water

### **Spiced Apple Cider Chia Brew • \$13**

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

### **Aloe Antioxidant Shot • \$6 each or 6 for \$25**

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

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

lemon – apple – agave – elderberry vinegar  
cinnamon – cloves

### **Chocolate Nirvana Protein Milk • \$13**

almond milk – chocolate protein powder  
agave – ashwaganda – maca powder

### **Golden Mind Protein Milk • \$13**

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

### **Coffee Power Plant Protein Milk • \$13**

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

## toasts, waffles, & handhelds

### **The Hot Honey Toast • \$9 - NEW!**

butter – smashed avocado – tomato – red onion  
goat cheese – hot honey drizzle

### **The Avocado • \$9**

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

### **The Bravo-cado • \$9**

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

### **Cowboy Caviar Avo Toast • \$9**

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

### **The Probiotic - Pickled Toast • \$9**

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

### **Keep Calm and Go Bananas Waffle • \$9**

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

### **Berry Nice Brunch Waffle • \$9**

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

### **Mimi's Panini • \$10 - NEW!**

hazelnut spread – banana – almond slivers  
grass fed butter – honey drizzle

### **Forager Panini • \$12**

portobello mushroom – roasted red peppers  
arugula – provolone – chipotle aioli  
grass fed butter

### **Farmer Fellini's Panini • \$12**

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

### **Grateful Harvest Panini • \$12**

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

### **Grilled Avocado • \$8**

halved avocado topped with your choice of feta or  
pistachios – olive oil – balsamic vinegar

## salads, bowls & MORE!

### **Honey Berry Bowl • \$15**

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

### **Mucho Macho Gazpacho • \$10**

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

### **Thai Peanut Buddha Bowl • \$15**

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

### **Yogi's Tour of Tuscany Bowl • \$15**

farro – kale – garbanzo beans – sundried tomatoes  
artichokes – pistachios – parmesan \*Tuscan vinaigrette