

Root To Rise Wellness Café

Coffee & Teas

Espresso	\$2.50
Drip Coffee	\$2.75 / \$3.75
Custom Cold Brew	\$7
Americano	\$4 / \$5
Cappuccino/Latte	\$5 / \$6
Chai Latte	\$6 / \$7
Wellness Bomb	\$6
Organic Mushroom Coffee Latte	\$6 / \$7
Tina Bean Latte	\$8 (16oz)
<i>espresso, honey, chocolate collagen, cinnamon, oat milk</i>	
Rose's Prana Latte	\$6 / \$7
<i>espresso, honey, cinnamon, oat milk</i>	

*oat milk, coconut milk, almond milk
available • \$1*

Cold Pressed Juices & Protein Milks

Mix and Match in a Bundle and SAVE:

1 for \$13 6 for \$65 8 for \$ 82
10 for \$95 12 for \$110

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

Turmeric Goldenroot • \$13

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

Spiced Apple Cider Chia Brew • \$13

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

Coffee Power Plant Protein Milk • \$13

oat milk, chocolate protein powder, cocoa powder,
espresso, mushroom coffee, cinnamon

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

lemon, apple, agave, elderberry, cinnamon, cloves

Smoothies & Bowls

Cookie Monster • \$14

banana, oatmeal, sea salt, peanut butter,
spirulina, oat milk, cacao nibs, maple syrup,
cinnamon

Pineapple Upside Down • \$14

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

Green Day Detox • \$14

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

Peanut Butter Power • \$14

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

Glamazon Acai Berry • \$14

acai, blueberries, cherries, vanilla, agave,
coconut water

**bowls topped with granola plus 3 toppings of your
choice and 1 drizzle. Each additional topping, \$1 each

Pick 3 topping choices:

strawberry, blueberry, banana, chia seeds, cocoa nibs,
peanuts, pecans, almonds, pistachio, coconut, graham
cracker, marshmallow, hemp seed, pepita

Pick 1 drizzle choice:

honey, peanut butter, carmel, chocolate, maple syrup



40 N. Christy Chapel Rd.
Port Clinton

RootToRiseWellnessCafe.com
Call ahead ordering: 419.732.1392

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

Root To Rise Wellness Café

Toasts, Waffles & Handhelds

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

The Probiotic Pickled Toast • \$9

smashed avocado, onion jam, pickled eggs, pickled beets, pickled shallots, crushed pistachios

Berry Nice Brunch Waffle • \$9

house made gluten free waffle, fresh berries, maple syrup, whipped cream, sliced almonds, grass-fed butter

Egg Salata • \$10

smashed avocado, cage free eggs, red pepper, flakes, feta cheese, EVOO drizzle
served on house-made Italian garlic parsley flatbread

Chickpea Piadina • \$10

chickpea mash, fresh snow peas, sundried tomatoes, parmesan
served on house-made Italian garlic parsley flatbread

Forager Panini • \$12

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

Farmer Fellini's Panini • \$12

oven roasted seasonal vegetables, provolone cheese, grass fed butter, arugula, pesto

Soups

Soup of the Day • Cup \$5 / Bowl \$7

Ask about our scratch made, organic Soup of the Day.

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

Salad Bowls

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

NEW - Greek Chop • \$15

cous cous, tomato, cucumber, parsley, red pepper, chickpeas, red onion, feta cheese
*honey ginger vinaigrette

Overnight Oats

Happy Baby PB & J Overnight Oats • \$7

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

Honey Nut Overnight Oats • \$7

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

Mocha Latte Overnight Oats • \$7

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

Energy Bars & Protein Balls

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

Root To Rise Wellness Café

ayurvedic scratch kitchen

OPEN 7 DAYS | 8am - 3pm
RootToRiseWellnessCafe.com
Call ahead to order: 419.732.1392