

Root To Rise Wellness Café Menu

5826 E. Harbor Rd. • Lakeside-Marblehead • RootToRiseWellnessCafe.com • 419.732.1392

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
Spiced Apple Cider Elixir	\$6 (12oz) <i>steamed apple juice, lemon peel, dash of cayenne, ginger powder</i>
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>
Organic Mushroom Coffee*	\$6 / \$7 <i>espresso, mushroom coffee, steamed milk of choice</i> <i>*decaf available for these drinks oat milk, coconut milk, almond milk • \$1 choice of additional pure cane syrup • \$.50</i>

Cold Pressed Juices

Bundle & 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

Charcoal Lemonade • \$13

lemon juice, agave, activated charcoal, distilled 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

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

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

lemon, apple, agave, elderberry, cinnamon, cloves

Smoothies & Bowls

Cookie Monster • \$14

banana, oats, 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, pepitas

Pick 1 drizzle choice:

honey, peanut butter, carmel, chocolate, maple syrup

Mocktails

Pink Lotus • \$7

white cranberry strawberry juice, coconut milk, muddled strawberries

Lavender Haze • \$7

ginger tea, strawberry-cran juice, lavender syrup, blue butterfly pea powder, lemon slice

Blueberry Mint Fizz • \$7

muddled blueberries, fresh mint, soda water, agave

Sweet Sides

Seasonal Scones, Brownies, Muffins

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

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Toasts, Waffles & Handhelds

The Avocado • \$11

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

The Bravo-cado • \$11

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

The Probiotic Pickled Toast • \$12

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

Forager Feast Toast • \$12

smashed avocado, grass-fed butter, cage-free hardboiled egg, grilled mushrooms, arugula, caramelized onions

Chili Crunch Avo Smash Toast • \$12

smashed avocado, grass-fed butter, cage-free hardboiled egg, parmesan cheese, chives, chili onion crunch, salt & pepper, olive oil

Berry Nice Brunch Waffle • \$11

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

Chiquita Banana Waffle • \$11

house made gluten free waffle, peanut butter, banana, pumpkin seeds, honey drizzle, Himalayan sea salt, grass-fed butter

Cinnamon Crunch Waffle • \$11

house made gluten free waffle, grass-fed butter, organic greek yogurt, granola, cinnamon, honey drizzle

Chicken & Grilled Pear Panini • \$16

rotisserie chicken, grilled pears, brie, arugula, grass-fed butter, *served with chips/pickle*

Forager Panini • \$14

portobello mushroom, roasted red peppers, arugula, provolone, chipotle aioli, grass fed butter, *served with chips/pickle*

Farmer Fellini's Panini • \$14

oven roasted seasonal vegetables, provolone cheese, grass fed butter, arugula, pesto, *served with veggie chips/pickle*

Energy Bars & Protein Balls

Energy Bars • \$6 each or 4 for \$22

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

Protein Balls • 3 for \$10

Salad Bowls & Soups

Bangkok Chili Crunch Salad • \$10 (16 oz.)

chicken, cucumbers, chili crisps, green onion, sesame seeds *peanut sesame dressing

Roasted Root Veggie Bowl • \$15

roasted carrots, roasted beets, celery, brown rice & lentils, arugula, pecans, goat cheese *orange ginger vinaigrette

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

Greek Chop • \$15

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

Soup of the Day • \$7

**Add 4oz of grilled chicken to salads for \$5*

Warm Up Weekday Specials!

Available Monday through Friday, 7am-2pm

Panini & Soup Combo • \$12

choice of a panini, cup of soup, chips and pickle

Soup & Salad Combo • \$15

cup of soup and choice of salad

Overnight Oats & Yogurt Parfait

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

Tiramisu Overnight Oats • \$7

oatmeal, vanilla protein powder, almond milk, bananas, espresso, maple syrup, almond butter, cocoa powder, greek yogurt,

Pear-adise Crunch Yogurt Parfait • \$8

greek yogurt, granola, grilled pears, pecans, honey drizzle