

# 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</i> <i>oat milk, coconut milk, almond milk • \$1</i> <i>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

### Dubai Chocolate Smoothie • \$14

banana, date puree, chocolate protein powder, cocoa powder, oat milk, chocolate drizzle, pistachio cream, kataifi

### 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, 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

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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*

### **Florentine Egg Sandwich • \$10**

cage free fried egg, provolone cheese, spinach, grass fed butter

### **Crack of Dawn Melt • \$10**

cage free fried egg, cheddar cheese, grilled onion, arugula, grass fed butter

## 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*

## 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

## 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**

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