



In the Grab & Go Cooler

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

Cold Pressed Juices

Bundle & 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

Watermelon Hydrator* • \$13

watermelon, lime, cucumber, agave, mint, coconut water **seasonal availability*

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

lemon, apple, agave, elderberry, cinnamon, cloves

Deviled Eggs

Truffle & Herb Deviled Eggs • \$10 for 6

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

Mama T's Deviled Eggs • \$10 for 6

cage free eggs, Dijon mustard, mayo, sour cream, paprika

Hot Chica's Deviled Eggs • \$10 for 6

cage free eggs, chipotle mayo, sour cream, jalapenos, chili onion crunch oil

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.

Salads & Bowls

Carrot Karma Crunch • \$10 (16 oz.)

carrots, Serrano peppers, garlic, rice vinegar, soy sauce, lime, sesame oil, and sesame seeds

Honey Berry Bowl • \$15

mixed greens, quinoa, red onion, berries, pecans, goat cheese, *honey 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

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

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

Tiramisu Overnight Oats • \$7

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

Root To Rise Wellness Cafe

OPEN 7 DAYS | 7am - 3pm
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Root To Rise Wellness Café Menu

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Coffees & 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
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>cold foam, non-dairy cold foam • \$1</i>	
<i>choice of additional pure cane syrup • \$.50</i>	

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, cocoa powder, date puree, chocolate protein powder, ground flax, oat milk

Strawberry Cheesecake Protein Smoothie • \$14

cottage cheese, vanilla protein, strawberries, honey, vanilla, coconut water, graham crackers

Matcha Bliss • \$14

banana, vanilla protein powder, honey, matcha, almond milk, *add strawberry or mango puree

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

Toppings & Drizzles:

strawberry, blueberry, banana, chia seeds, cocoa nibs, peanuts, pecans, almonds, pistachio, coconut, graham cracker, marshmallow, pepitas, honey, peanut butter, carmel, chocolate, maple syrup

Refreshers & Sodas

Pink Lotus • \$7

white cranberry strawberry juice, coconut milk, muddled strawberries

Blueberry Mint Fizz • \$7

muddled blueberries, fresh mint, soda water, agave

Strawberry Basil Soda • \$7

muddled strawberries, fresh basil, soda water, agave

Orange Cream Soda • \$7

fresh squeezed orange juice, coconut milk, soda water, cold foam

Toasts, Waffles & Handhelds

The Avocado • \$11

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

The Bravo-cado • \$11

smashed avocado, butter, pesto, hardboiled egg, chives

The Probiotic Pickled Toast • \$12

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

Chili Crunch Avo Smash Toast • \$12

smashed avocado, butter, hardboiled egg, parmesan cheese, chives, chili onion crunch, salt & pepper, olive oil

Nourish and Nordic Toast • \$12

butter, cottage cheese, smoked salmon, capers, everything bagel seasoning, olive oil drizzle

Protein Power Toast • \$11

butter, avocado, cottage cheese, tuscan tomato & cucumber, balsamic glaze

Berry Nice Brunch Waffle • \$11

house made gluten free waffle, strawberries, maple syrup, whipped cream, sliced almonds, butter

Chiquita Banana Waffle • \$11

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

Chicken & Grilled Pear Panini • \$16

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

Forager Panini • \$14

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

Farmer Fellini's Panini • \$14

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