

MENU



ROOT to RISE wellness bar

We are always striving to provide our Wellness Community with ingredients that are:

Superfood Focused • Organic
Locally Sourced • Nutrient Packed
Non-GMO • Refined Sugar Free
Gluten Free • Plant Based

Whole Foods Community Sourced • Raw

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

***Order at the Wellness Bar before your spin class and we'll have it ready for you when you finish your ride.**

coffee & teas

Espresso	\$2
Drip Coffee	\$2.25 / \$2.75 / \$3.25
Americano	\$2.5 / \$3
Cappuccino	\$3 / \$3.75
Latte	\$3.75 / \$4.5

served with either skim milk or half & half

Customize your latte with your choice of:

\$.50 – oat milk – coconut milk

\$.50 – Holy Kakow premium organic chocolate sauces and syrups

Loose Leaf Tea	\$3 / \$3.75
Iced Tea – Barista's Choice	\$3.5
Chai Latte	\$5
Hot Chocolate	\$4.5
Raspberry Matcha Latte	\$5
Lavender London Fog	\$5



View the menu
in PDF on your
mobile device.

RootToRiseWellnessCafe.com

419.732.1392

80 N. CHRISTY CHAPEL RD.
PORT CLINTON, OH

smoothies & smoothie bowls

Catawba Sunrise • \$9

vanilla protein powder – mango – banana
turmeric – cinnamon – coconut milk

Cookie Monster Smoothie • \$10.5

banana – oatmeal – sea salt – vanilla – peanut
butter – blue spirulina – oat milk – cacao nibs
organic yogurt

Gypsy Soul • \$8

blueberry – pineapple – basil – ginger – coconut
water – agave – MCT oil

Island Girl • \$9.5

banana – strawberries – pink pataya powder
lime juice – mint – agave – coconut water

Orange Creamsicle • \$9.25

organic oj – mango – banana – vanilla
maple syrup – organic yogurt

The Palm Tree • \$10.25

kale – avocado – pineapple – mango MCT oil –
agave – coconut water – coconut milk – ginger

The Bohemian Smoothie/Bowl • \$10 / \$12.5

blueberry – peach – spinach – chia seeds
collagen – honey – maqui powder – almond milk
**bowl topped with: banana – shredded coconut
bee pollen – fresh blueberries – honey drizzle*

Strawberry Almond Bowl • \$10.5

almond milk – strawberries
banana – maca – almond butter
topped with: strawberry – chia seeds
almonds – granola – almond butter drizzle

Peanut Butter Power Bowl • \$10.5

banana – peanut butter – raw cocoa powder date
puree – collagen – ground flax – oat milk
*topped with: cacao nibs – banana – chia seeds
peanuts – peanut butter drizzle*

Apple Cinnamon Crunch Smoothie/Bowl • \$9.5 / \$11

banana – apple – ground flax – oatmeal – dates
cinnamon – maple syrup – almond milk
**bowl topped with: sliced banana – sliced almonds
hemp seeds – granola – apple butter drizzle*

smoothie boosts

\$.50 hemp seed – chia seed – flax seed
raisins – cacao nibs – oatmeal

\$1 almond butter – bee pollen
granola – peanut butter

\$1.5 vanilla protein powder – MCT oil
collagen peptide – blue spirulina
maqui powder

cold pressed juices & shots

Lake Erie Alligator • \$9

cucumber – pineapple – pear – spinach
lemon – ginger

Spin to the Beet • \$9

apple – beet – lemon – orange

Healing Carrot Apple Spice • \$9

carrot – apple – lemon – ginger – cinnamon
apple cider vinegar

Chill Pill • \$9

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

Turmeric Immunity Shot • \$9

turmeric root – ginger root – orange
lemon – pepper

The Clean-Up • \$10

lemon juice – monk fruit – activated charcoal
distilled water

Little Buddha • \$9

8 oz. celery juice

toasts

The Avocado • \$5

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

Banana Nut • \$5

peanut butter – banana – pumpkin seeds
honey – himalayan sea salt

The Pesto Avocado • \$6.5

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

Hummus Garden • \$9

house-made hummus – pesto – shredded carrots
apple – cucumber – radish – arugula – EVOO – bal-
samic glaze – himalayan sea salt – cracked pepper

Grandma Marjorie's Pickled Toast \$8

Smashed Avocado – Orchard Farmstand Chive
Onion Jam – Grandma Marjorie's beet pickled
eggs – pickled shallots – crushed pistachios

Create Your Own:

\$.25 everything bagel seasoning
arugula – chives

\$.50 pesto – herb oil – balsamic glaze

\$1 cage free hardboiled egg
cherry tomatoes
pickled shallots

\$1.25 pickled egg
chive onion jam

grab & go cooler

*Our Grab and Go Cooler is stocked daily.
Hand selected and locally sourced whenever
possible, we let the freshest ingredients, and
season, inspire our selection.*

*Salads are packed full of nature's plant based
best with dressings made from scratch featuring
the finest EVOOs from The Olive Scene.*

salads & grain bowls \$10.5

Thai Buddha Bowl:

brown rice – red cabbage – carrot – red pepper
green onions – crushed peanuts – edamame
sesame seeds – *peanut ginger dressing

Tuscan Bowl:

quinoa – kale – cannellini beans – sundried
tomatoes – red pepper – pickled shallots
artichokes – pistachios – shaved parmesan
*Tuscan vinaigrette

Vegan Street Taco Salad:

house-made walnut mushroom taco meat – ro-
maine – black beans – cherry tomatoes – red on-
ion – sliced avocado – gluten free tortilla chips
*lime vinaigrette

Hummus & Veggie Sticks • \$5

made fresh in house with carrot, cucumber and
celery sticks

overnight oats \$5

Banana Bread

banana – oatmeal – oat milk – walnuts
vanilla – cinnamon – sea salt – ground flax
maple syrup

Peanut Butter

oatmeal – peanut butter – protein powder
maple syrup – almond milk

chia seed pudding \$6

Lemon Blueberry Chia Seed Pudding

chia seeds – lemon juice – agave
almond milk – organic vanilla yogurt
blueberries

Creamy Winter Citrus Vanilla Bean Chia Seed Pudding

chia seeds – coconut milk – vanilla bean paste
honey – Himalayan sea salt
blood orange segments – cacao nibs

protein balls \$2 each

Ask for today's flavors.