

== MENU ==



ROOT to RISE
wellness bar

RootToRiseWellnessCafe.com
419.732.1392
80 N. CHRISTY CHAPEL RD.
PORT CLINTON, OH

**CALL AHEAD ORDERING
NOW AVAILABLE!**

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 |
| Chai Latte | \$5 |
| Pumpkin Spice Latte | \$5 |

served with either skim milk or half & half
Customize your latte with your choice of:
\$.50 - oat milk - coconut milk - almond milk
\$.50 - premium organic coffee syrups:
vanilla, caramel and chocolate

| | |
|--|-----|
| Lavender London Fog | \$5 |
| Organic Double Hot Chocolate with Whipped Cream | \$5 |
| The Bulletproof | \$9 |

Small batch cold brew - protein powder - MCT oil
agave - ice

NEW: Golden Milk Turmeric Latte \$5
turmeric - coconut milk - cracked black pepper
cinnamon - maple syrup or honey - Ghee
cinnamon stick

smoothies • \$9 & smoothie bowls • \$12

Catawba Sunrise • \$9

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

Cookie Monster Smoothie • \$9

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

Orange Creamsicle • \$9

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

Island Girl • \$9

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

The Palm Tree • \$9

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

Chai Latte Smoothie • \$9

banana - cold brew - protein powder - ginger
cinnamon - nutmeg - cardamom - chai syrup

The Acai Bowl • \$12 / Smoothie \$9

acai - blueberries - cherries - vanilla - monk fruit
coconut water *bowl topped with: granola,
coconut, Henny B's Honey Drizzle, fresh fruit

Peanut Butter Power Bowl • \$12

banana - peanut butter - raw cocoa powder
date puree - chocolate or vanilla protein powder
ground flax - oat milk

*bowl topped with: granola, cacao nibs - banana
chia seeds peanuts - peanut butter drizzle

*NEW Coffee Cake Bowl • \$12 / Smoothie \$9

banana - oats - cinnamon - maple syrup - vanilla ex-
tract - date syrup - espresso - almond milk
*Bowl topped with: granola, sliced banana, chopped
pecans, cinnamon and almond butter drizzle

*Pumpkin Patch Bowl • \$12 / Smoothie \$9

banana - pumpkin puree - carrot - hemp seeds -
Greek yogurt - almond butter - vanilla extract - maple
syrup - pumpkin pie spice - almond milk -
*Bowl topped with: granola, whipped cream, sliced
banana, chopped pecans, pumpkin seeds, pumpkin pie
spice and maple syrup drizzle

*NEW Caramel Apple Bowl • \$12 / Smoothie \$9

banana - apple - dates - almond butter - almond milk
- collagen peptides - caramel extract - cinnamon.
Bowl topped with: granola, sliced banana, crushed
almonds & Orchard Farm Stand Apple Butter Drizzle

*NEW Cherry Nut Crumble Bowl • \$12 / Smoothie \$9

banana - cherries - oats - hemp seeds - nut butter
- Greek yogurt - almond milk - collagen peptides -
cardamom *Bowl topped with: granola, sliced banana,
coconut flakes, hemp seeds, chia seeds and almond
butter drizzle

smoothie boosts

- \$1** shredded coconut, flax seed, cinnamon, oats
hemp seeds, chia seeds, cacao nibs, cacao
powder, turmeric, almond or peanut butter
- \$1.5** protein powder, MCT oil, collagen peptide, blue
spirulina, pitaya powder, goji berries, bee pollen,
caramel date syrup (mix-in or drizzle),
seasonal fresh fruit (when available)

cold pressed juices

NEW Apple Cider Spice • \$10

apple - orange - lemon - ginger - cinnamon
nutmeg - clove

Lake Erie Alligator • \$10

cucumber - pineapple - pear - spinach
lemon - ginger

Spin to the Beet • \$10

apple - beet - lemon - orange

24 Carrot Gold • \$10

carrot - apple - lemon - ginger

The Frostbite • \$10

ginger - lemon - apple

Turmeric Immunity Shot • \$4

turmeric root - ginger root - orange
lemon - pepper

toasts & waffles

The Avocado • \$6

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

The Pesto Avocado • \$7

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

Banana Nut Waffle • \$7

house made gluten free waffle - peanut butter
banana - pumpkin seeds - Henny B's Honey
drizzle - Himalayan sea salt

Strawberry Brunch Waffle • \$7

house made gluten free waffle - strawberries
organic maple syrup
all natural whipped cream - sliced almonds

NEW Pumpkin Spice Waffle • \$7

house made gluten free pumpkin spice waffle -
grass fed butter - organic maple syrup -all natural
whipped cream - pecans - pumpkin pie spice

Helen's Pickled Toast • \$7

Smashed avocado - Orchard Farmstand Chive
Onion Jam - Helen's beet pickled eggs - pickled
shallots - crushed pistachios

NEW Roasted Veggie Panini • \$8

oven roasted eggplant, zucchini, red onion and
red bell pepper - all natural provolone cheese -
grass fed butter - arugula - pesto garlic mayo

**Turn any toast into a house-made gluten-free
waffle • \$1.5 additional.*

Create Your Own:

\$.25 everything bagel seasoning
arugula - chives

\$.50 pesto - herb oil - balsamic glaze

\$1 cage free hardboiled egg
cherry tomatoes

salads & bowls \$10.5

*Salads served with dressings made from scratch
featuring the finest EVOOs from The Olive Scene.*

Harvest Abundance Bowl

baby spinach - brown rice - roasted sweet po-
tatoes - chickpeas - pepita seeds - chopped raw
zucchini - crumbled feta cheese - crushed pista-
chio - Sicilian Lemon & Blood Orange vinaigrette

Cinnamon Pear Salad

mixed greens - quinoa - sliced cinnamon
poached pears - dried cranberries - pepita seeds
- crumbled gorgonzola - pecans
Cinnamon Pear & Blood Orange vinaigrette

Soup du Jour • \$5

ask for today's special

overnight oats \$5

NEW Pumpkin Bread Overnight Oats:

oatmeal - oat milk - walnuts
pumpkin puree- vanilla - pumpkin pie spice
chia seeds - maple syrup

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 \$5

Lemon Blueberry Chia Seed Pudding

chia seeds - almond milk - lemon juice
blueberries - vanilla - agave

protein balls \$2 each

Ask for today's flavors.

vegan raw energy bars \$3 each

almonds - cashews - oats - ground flax - raisins
dried cranberries - maple syrup - peanut butter
coconut oil - vegan dark chocolate chips

truffle & herb deviled egg \$10 for 6

cage free organic eggs with garden herbs

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.**