



ROOT to RISE

wellness café

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

MENU

CALL AHEAD ORDERING AVAILABLE:
 419.732.1392

organic plant based wellness milks

NEW

Chocolate Nirvana • \$10

almond milk - chocolate protein powder
 date puree - ashwaganda - maca

Matcha Mood • \$10

almond milk - Japanese matcha tea powder
 maca - spirulina - turmeric

Golden Mind • \$10

almond milk - vanilla protein powder - MCT oil
 turmeric - ginger - maca

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
Cardamom Rose Latte	\$5
Four Sigmatic Organic	\$6
Lion's Mane & Chaga Coffee	

(blended with coconut milk or ghee)

Lavender London Fog	\$5
The Bulletproof	\$9

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

Golden Milk Turmeric Latte \$5

*turmeric - coconut milk - cracked black pepper
 cinnamon - maple syrup or honey - Ghee
 cinnamon stick*

Drinks 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*

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

Catawba Sunrise Smoothie • \$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

Island Girl Smoothie • \$9

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

Green Day Smoothie • \$9

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

The Glamazon Acai Berry Bowl* • \$12

acai - blueberries - cherries - vanilla - monk fruit
 coconut water **bowl topped with: granola
 coconut - 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*

***The Bohemian Bowl • \$12**

blueberry - pineapple - spinach - chia seeds
 collagen - honey - maqui powder - almond milk
**bowl topped with: granola, banana - shredded
 coconut - bee pollen - blueberries - honey drizzle*

***Strawberry Soul Almond Bowl • \$12**

almond milk - strawberries
 banana - maca - almond butter
**bowl topped with: granola - goji berries
 sliced almonds - chia seeds - bananas - strawberries
 almond butter drizzle*

***Mother Earth Moringa Bowl • \$12**

oat milk - banana - chia seeds - moringa powder
 spinach - honey
**bowl topped with: granola - sliced banana
 shredded coconut - goji berries*

smoothie boosts

\$.50 flax seed, oats

\$1 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, moringa powder

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

cold pressed juices

NEW - The Metabolic Bomb • \$10

lemon - ginger - green apple
celery - ground cayenne

Chill Pill • \$10

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

Lake Erie Green Machine • \$10

cucumber - pineapple - pear - spinach
lemon - ginger - celery - kale

Spin to the Beet • \$10

apple - beet - lemon - orange

24 Carrot Gold • \$10

carrot - apple - lemon - ginger

The Charcoal Clean-Up • \$10

lemon juice - monk fruit - activated charcoal
distilled water

Turmeric Immunity Shot • \$4

turmeric root - ginger root - orange
lemon - pepper

salads & bowls • \$10.5

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

Thai Peanut Buddha Bowl:

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

Yogi's Tour of Tuscany Bowl:

farro - 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
romaine - black beans - cherry tomatoes
red onion - sliced avocado - gluten free
tortilla chips *Lime vinaigrette

overnight oats • \$5

Happy Baby PB & J Overnight Oats:

oatmeal - oat milk - vanilla - sea salt - peanut
butter organic strawberry preserves - crushed
peanuts

The Healthy Elvis:

oatmeal - peanut butter - banana - protein
powder - ground flax - maple syrup - crushed
peanuts

toasts, waffles & wraps

The Avocado • \$6

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

The Bravo-cado • \$7

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

Keep Calm and Go Bananas Waffle • \$7

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

Berry Nice Brunch Waffle • \$7

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

The Probiotic - Pickled Toast • \$7

smashed avocado - chive jam - pickled eggs
pickled beets - pickled shallots
crushed pistachios

Veg Head Grilled Panini • \$8

oven roasted seasonal vegetables - all natural
provolone cheese - grass fed butter - arugula
pesto garlic mayo

NEW: The Greek Goddess Squat Wrap • \$8

organic spinach tortilla wrap - organic hummus
organic chickpea patties - roasted red peppers
feta cheese - cucumbers - baby spinach
tzatziki Greek yogurt sauce

Create Your Own:

\$.25 everything bagel seasoning
arugula - chives

\$.50 pesto - herb oil - balsamic glaze

\$1 cage free hardboiled egg
cherry tomatoes

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

chia seed pudding • \$5 each

Johnny Apple Chia Seed Pudding

chia seeds - almond milk - cinnamon apples
vanilla - maple syrup - organic greek yogurt

Winter SOL Citrus Vanilla Bean Chia Seed Pudding

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

bars, bites & balls

Rise Up! Vegan Raw Energy Bars • \$3 each

TUB of Vegan Raw Energy Bites • \$10.5

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

Protein Balls • \$2 each

Ask for today's flavors.

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