

MENU

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



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*

coffee & teas

Espresso	\$2
Drip Coffee	\$2.25 (12oz) \$2.75 (16oz) \$3.25 (super)
Latte	\$3.75 (12oz) \$4.5 (16oz)
Cappuccino	\$3 (12oz) \$3.75 (16oz)
Americano	\$2.5 (12oz) \$3 (16oz)

*served with either whole milk or half & half
\$.50 – oat milk – coconut milk
\$.50 – mocha syrup – vanilla syrup
lavender syrup*

Loose Leaf Tea	\$3 (12oz) \$3.75 (16oz)
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*sencha – fireside chai – strawberry ginger
breakfast blend – cucumber mojito
honey lemon – london fog
chamomile vanilla bean – tropical green*

Chai Latte	\$5
Raspberry Matcha Latte	\$5
Lavender London fog	\$5

*london fog tea – honey – lavender
vanilla extract – steamed milk*

View the menu in PDF on your mobile device.



RootToRiseWellnessCafe.com
419-732-1392

cold pressed juices

24 Carrot Gold · \$9
<i>carrot – orange – ginger – apple – lemon</i>
Spin to the Beet · \$9
<i>carrots – green apple – beet – lemon</i>
Lake Erie Alligator · \$9
<i>spinach – cucumber – celery – pineapple – pear ginger – lemon</i>
Watermelon Hydrator · \$9
<i>watermelon – cucumber – lime – mint – agave coconut water</i>

smoothies

Catawba Sunrise · \$9 (16oz) \$6 (10oz)
<i>vanilla protein powder – mango – banana turmeric – cinnamon – coconut milk</i>
Cookie Monster · \$10.25 (16oz.) \$7 (10oz.)
<i>banana – oatmeal – sea salt – vanilla – peanut butter – blue spirulina – oat milk – cacao nibs</i>
Gypsy Soul · \$7.5 (16 oz)
<i>blueberry – peach – basil – ginger – coconut water</i>
Island Girl · \$8 (16oz.) \$6 (10oz)
<i>banana – strawberries – pink pataya powder lime juice – mint – agave – coconut milk</i>
Orange Creamsicle · \$9.25 (16oz.) \$6 (10oz.)
<i>in house pressed oj – mango – banana – vanilla maple syrup – oatmeal – oatmilk</i>
The Palm Tree · \$10.25 (16oz.) \$7 (10oz.)
<i>spinach – kale – avocado – pineapple – mango MCT oil – agave – coconut water – coconut milk</i>

boosts

\$.50 hemp seed – chia seed – flax seed goji berry – cacao nibs – oatmeal
\$1 almond butter – bee pollen granola – peanut butter
\$1.5 vanilla protein powder – MCT oil collagen peptide – spirulina

smoothie bowls

Strawberry Almond Bowl • 16oz - \$10.5

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

Lake Erie Mermaid • 16oz - \$10.5

banana – spinach – mango – coconut milk
blue spirulina – MCT Oil
topped with: shredded coconut – dried mango
– banana – hemp seeds – blueberries

Peanut Butter Power Bowl • 16oz - \$10.5

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

boosts

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

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

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

toasts

The Avocado \$5

smashes avocado – himalayan sea salt
arugula *optional – red pepper flakes

Banana Nut \$5

peanut butter – banana - pumpkin seeds
cinnamon - honey

The Pesto Avocado \$6.5

avocado – sundried tomato pesto – cage free
hardboiled egg – chives

The Italian \$7

garlic – avocado - grape tomatoes - basil
EVOO – balsamic glaze - himalayan sea salt
& cracked pepper

Create Your Own:

\$.25

everything bagel seasoning
arugula – sliced radish – chives
red pepper flakes

\$.50

pesto – herb oil – balsamic glaze

\$1

cage free hardboiled egg – cherry tomatoes

grab & go

*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 plan based best
with dressings made from scratch featuring the
finest EVOOs from The Olive Scene.*



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

salads & grain bowls

32oz - \$10.5

avo nice day – fiesta bowl
thai peanut buddha bowl
the orchard keeper

overnight oats

\$5 small, \$8 large

banana bread – strawberry shortcake

chia seed pudding

\$5

berry vanilla – raspberry lemon

protein balls

\$2 each

cacao bliss – coconut lemon bliss
peanut butter & jelly power balls
snickerdoodle