

## coffee & teas

Espresso	\$2.50
Drip Coffee	\$2.75 / \$3.75
Custom Cold Brew	\$7
Iced Ginger Tea	\$5
Salted Caramel Cold Brew	\$7
Vanilla Oat Cookie Cold Brew	\$7
Americano	\$4 / \$5
Cappuccino/Latte	\$5 / \$6
Chai Latte	\$6 / \$7
Lavender London Fog	\$6 / \$7
Wellness Bomb	\$6
Carmel Macchiato	\$6 / \$7
Organic Mushroom Coffee Latte	\$6 / \$7
S'mores Latte	\$6 / \$7
Hazelnut Buzz CBD Latte	\$8 (16oz)
Tina Bean Latte	\$8 (16oz)
<i>espresso - honey - chocolate collagen cinnamon - oat milk</i>	
Golden Milk Turmeric Latte	\$8 (16oz)
<i>turmeric - coconut milk - cracked black pepper</i>	
<i>cinnamon - maple syrup/honey - Ghee - cinnamon stick</i>	
<i>oat milk - coconut milk - almond milk - add \$.50</i>	

## overnight oats & chia pudding • \$7

### Happy Baby PB & J Overnight Oats:

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

### Honey Nut Overnight Oats:

oatmeal - banana - vanilla protein powder  
ground flax - maple syrup - crushed pecans - honey drizzle

### Mocha Latte Overnight Oats:

oatmeal - chocolate protein powder - espresso  
cinnamon - oat milk - granola - cocoa nibs - honey drizzle

### 🌿 Pumpkin Overnight Oats:

oatmeal - almond milk - pumpkin - vanilla protein powder  
maple syrup - flax seed - pumpkin pie spice - pecans  
chia seeds - graham crackers - maple drizzle

### 🌿 Johnny Appleseed Parfait

chia seeds - oat milk - cinnamon apples  
maple syrup - granola - greek yogurt

## energy bars & protein balls

### Energy Bars • \$6 each or 4 for \$20

almonds - walnuts - oats - ground flax - raisins  
dried cranberries - maple syrup - agave - organic peanut  
butter - coconut oil - dark chocolate chips

### Protein Balls • 3 for \$9

## smoothies • \$14 bowls • \$14

### Cookie Monster

banana - oatmeal - sea salt - peanut butter  
spirulina - oat milk - cacao nibs - maple syrup  
cinnamon

### Pineapple Upside Down

pineapple - cherries - vanilla protein powder  
maca powder - vanilla - agave - MCT oil - coconut water

### Green Day Detox

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

### Peanut Butter Power

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

### Glamazon Acai Berry

acai - blueberries - cherries - vanilla - agave  
coconut water

### 🌿 Maple Leaf

pumpkin - maple syrup - almond milk  
almond butter - banana - vanilla protein powder  
cinnamon ginger

### 🌿 Caramel Apple

banana - apple - date puree - almond butter - caramel extract  
cinnamon - almond milk

### Catawba Sunrise

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

*\*\*bowls topped with granola plus 3 toppings of your choice and  
1 drizzle. Each additional topping - \$1 each*

### Pick 3 topping choices:

strawberry - blueberry - banana - chia seeds - cocoa nibs  
peanuts - pecans - almonds - pistachio - coconut - graham  
cracker - marshmallow - hemp seed - pepita - pumpkin butter  
apple butter

### Pick 1 drizzle choice:

honey - peanut butter - carmel - chocolate - maple syrup

## Root To Rise Wellness Cafe



40 N. CHRISTY CHAPEL RD.

PORT CLINTON

ROOTTORISEWELLNESSCAFE.COM

CALL AHEAD ORDERING: 419.732.1392

🌿 = Seasonal items that are available while supplies last.

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

## cold pressed juices, protein milks & immunity shots

**Mix and Match juices, shots & brews in a Bundle and SAVE:**  
1 for \$13 | 6 for \$65 | 8 for \$ 82 | 10 for \$95 | 12 for \$110

### **Chill Pill • \$13**

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

### **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

### **Charcoal Lemonade • \$13**

lemon juice – agave – activated charcoal – distilled water

### **Turmeric Goldenroot • \$13**

turmeric root – ginger root – orange  
lemon – pepper – alkaline water

### **Spiced Apple Cider Chia Brew • \$13**

chia seeds – apple – orange – cinnamon – nutmeg  
clove – ginger

### **Aloe Antioxidant Shot • \$6 each or 6 for \$25**

aloe vera – spirulina – coconut water – lime – agave

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

lemon – apple – agave – elderberry – cinnamon – cloves

### **Chocolate Nirvana Protein Milk • \$13**

almond milk – chocolate protein powder  
agave – ashwaganda – maca powder

### **Golden Mind Protein Milk • \$13**

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

### **Coffee Power Plant Protein Milk • \$13**

oat milk – chocolate protein powder  
cocoa powder – espresso – mushroom coffee – cinnamon

## salads, bowls & MORE!

### **Thai Peanut Buddha Bowl • \$15**

jasmine 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

### **🌿 Rooted Soul Grain Bowl • \$15**

cous cous – spinach – roasted sweet potatoes – roasted  
brussel sprouts – red onion – cranberries – pecans – feta  
\*honey ginger vinaigrette

## toasts, waffles, & handhelds

### **The Avocado • \$9**

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

### **The Bravo-cado • \$9**

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

### **Cowboy Caviar Avo Toast • \$9**

smashed avocado – black eyed peas – jalapeno  
onion – vinegar – olive oil – chili powder  
salt & pepper

### **The Probiotic – Pickled Toast • \$9**

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

### **Keep Calm and Go Bananas Waffle • \$9**

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

### **Berry Nice Brunch Waffle • \$9**

house made gluten free waffle – fresh berries  
maple syrup – whipped cream – sliced almonds  
grass-fed butter

### **🌿 Pumpkin Waffle • \$9**

house made gluten free waffle – pumpkin – cinnamon  
maple syrup – pecans – whipped cream  
grass-fed butter

### **Egg Salata • \$10**

smashed avocado – cage free eggs – red pepper flakes  
goat cheese – EVOO drizzle  
*served in romaine lettuce cups  
or house-made Italian garlic parsley flatbread*

### **Chickpea Piadina • \$10**

chickpea mash – fresh snow peas – sundried tomatoes  
parmesan – *served on house-made Italian garlic parsley  
flatbread*

### **Mimi's Panini • \$10**

hazelnut spread – banana – almond slivers  
grass fed butter – honey drizzle

### **Forager Panini • \$12**

portobello mushroom – roasted red peppers  
arugula – provolone – chipotle aioli  
grass fed butter

### **Farmer Fellini's Panini • \$12**

oven roasted seasonal vegetables  
provolone cheese – grass fed butter – arugula – pesto

### **Grateful Harvest Panini • \$12**

arugula – pear – brie – cranberry preserves  
grass-fed butter

### **Grilled Avocado • \$8**

halved avocado topped with your choice of feta or  
pistachios – olive oil – balsamic vinegar