

Root To Rise Wellness Café Menu

5826 E. Harbor Rd. • Lakeside-Marblehead

Coffee & Teas

Espresso	\$2.50
Drip Coffee	\$2.75 / \$3.75
Custom Cold Brew	\$7
Americano	\$4 / \$5
Cappuccino/Latte	\$5 / \$6
Chai Latte	\$6 / \$7
Wellness Bomb	\$6
Organic Mushroom	\$6 / \$7

Coffee Latte
Tina Bean Latte \$8 (16oz)
*espresso, honey, chocolate collagen,
cinnamon, oat milk*

Rose's Prana Latte \$6 / \$7
espresso, honey, cinnamon, oat milk

*oat milk, coconut milk, almond milk • \$1
choice of additional pure cane syrup • \$.50*

Cold Pressed Juices & Protein Milks

Mix and Match in a Bundle and SAVE:

1 for \$13 6 for \$65 8 for \$82
10 for \$95 12 for \$110

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

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

Coffee Power Plant Protein Milk • \$13

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

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

lemon, apple, agave, elderberry, cinnamon, cloves

Smoothies & Bowls

Cookie Monster • \$14

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

Pineapple Upside Down • \$14

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

Green Day Detox • \$14

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

Peanut Butter Power • \$14

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

Glamazon Acai Berry • \$14

acai, blueberries, cherries, vanilla, agave,
coconut water

***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, pepitas

Pick 1 drizzle choice:

honey, peanut butter, carmel, chocolate, maple syrup

Refreshers

Pink Lotus • \$6

white cranberry strawberry juice, coconut milk,
muddled strawberries

Lavender Haze • \$6

lavender syrup, blue butterfly pea powder,
lemon, agave, soda water

Strawberry Basil • \$6

muddled strawberries, fresh basil, soda water, agave

Blueberry Mint • \$6

muddled blueberries, fresh mint, soda water, agave

Sweet Sides

**Almond Croissant • Lemon Ginger Scone
Lavender Cookie**

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

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Toasts, Waffles & Handhelds

The Avocado • \$10

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

The Bravo-cado • \$10

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

The Probiotic Pickled Toast • \$10

smashed avocado, onion jam, pickled eggs,
pickled beets, pickled shallots,
crushed pistachios

Berry Nice Brunch Waffle • \$10

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

Chiquita Banana Waffle • \$10

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

Egg Salata • \$12

smashed avocado, cage free eggs, red pepper,
flakes, feta cheese, EVOO drizzle
*served on house-made Italian garlic
parsley flatbread*

Chickpea Piadina • \$14

chickpea mash, fresh snow peas, sundried
tomatoes, parmesan
*served on house-made Italian garlic
parsley flatbread, along with veggie chips/pickle*

Forager Panini • \$14

portobello mushroom, roasted red peppers
arugula, provolone, chipotle aioli,
grass fed butter, *served with veggie chips/pickle*

Farmer Fellini's Panini • \$14

oven roasted seasonal vegetables
provolone cheese, grass fed butter, arugula,
pesto, *served with veggie chips/pickle*

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

Salad Bowls

Honey Berry Bowl • \$15

mixed greens, quinoa, red onion, berries, avocado,
pecans, goat cheese, *honey ginger vinaigrette

Thai Peanut Buddha Bowl • \$15

brown 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

Greek Chop • \$15

cous cous, tomato, cucumber, parsley, red pepper,
chickpeas, red onion, feta, *honey ginger vinaigrette

Overnight Oats

Happy Baby PB & J Overnight Oats • \$7

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

Honey Nut Overnight Oats • \$7

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

Mocha Latte Overnight Oats • \$7

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

Deviled Eggs

Truffle & Herb Deviled Eggs • \$10 for 6

cage free organic eggs with garden herbs, mayo,
sour cream, truffle oil, truffle salt

Mama T's Deviled Eggs • \$10 for 6

cage free organic eggs, Dijon mustard, mayo,
sour cream, paprika

Hot Chica's Deviled Eggs • \$10 for 6

cage free organic eggs, chipotle mayo, sour
cream, jalapenos, Calabrian chili pepper

Root To Rise Wellness Café

OPEN 7 DAYS | 7am - 3pm
5826 E. Harbor Rd. • Lakeside-Marblehead
RootToRiseWellnessCafe.com
Call ahead to order: 419.732.1392