



In the Grab & Go Cooler

5826 E. Harbor Rd. • Lakeside-Marblehead • 419.732.1392
RootToRiseWellnessCafe.com

Cold Pressed Juices

Bundle & 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

24 Carrot Gold • \$13

carrot, apple, lemon, ginger

Turmeric Goldenroot • \$13

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

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

lemon, apple, agave, elderberry, cinnamon, cloves

Deviled Eggs

Truffle & Herb Deviled Eggs • \$10 for 6

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

Mama T's Deviled Eggs • \$10 for 6

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

Hot Chica's Deviled Eggs • \$10 for 6

cage free eggs, chipotle mayo, sour cream, jalapenos, chili onion crunch oil

Thoughtfully Selected Wines

Curated selection of Red, White, Rosé and Prosecco.

Bottles priced individually.

For Custom Craft Cocktails and sit-down pours, join us at the bar! The Wild Vine inside Root to Rise Wellness Café is now open.



Salads & Bowls

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

****Add 4oz of grilled chicken to salads for \$5***

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

Overnight Oats

Happy Baby PB & J Overnight Oats • \$7

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

Tiramisu Overnight Oats • \$7

oatmeal, vanilla protein powder, almond milk, bananas, espresso, maple syrup, almond butter, cocoa powder, greek yogurt,

Local Craft Beer

Twin Oast Brewing (4-pack)

\$10.99

ApriCatawba
Birdie, American Light Lager
Bean There, Seen That Coffee Blonde Ale

Catawba Island Brewing Co. (6-pack)

\$10.99

Catawba Hot Blonde Mango Habenero Blonde Ale

Great Lakes Brewing Co. (6-pack)

\$10.99

Commodore Perry IPA
Lemon Shandy

Root To Rise Wellness Café Menu

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Coffees & Teas

Espresso*	\$2.50
Drip Coffee	\$3 / \$4
Custom Cold Brew	\$7
Americano*	\$4 / \$5
Cappuccino/Latte*	\$5 / \$6
Chai Latte	\$6 / \$7
Tina Bean Latte*	\$9 (16oz)
<i>espresso, honey, chocolate collagen, cinnamon, oat milk</i>	
Rose's Prana Latte*	\$6 / \$7
<i>espresso, honey, cinnamon, oat milk</i>	
Organic Mushroom Coffee*	\$7 / \$8
<i>espresso, mushroom coffee, steamed milk of choice</i>	
<i>*decaf available for these drinks</i>	
<i>oat milk, coconut milk, almond milk • \$1</i>	
<i>cold foam, non-dairy cold foam • \$1</i>	
<i>choice of additional pure cane syrup • \$1</i>	

Smoothies & Bowls

Cookie Monster • \$14

banana, oats, 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, coconut water

Green Day Detox • \$14

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

Peanut Butter Power • \$14

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

Pumpkin Cheesecake Protein Smoothie • \$14

cottage cheese, vanilla protein, pumpkin, honey, vanilla, almond milk, graham crackers

Matcha Bliss • \$14

banana, vanilla protein powder, honey, matcha, almond milk, *add strawberry or mango puree

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

Toppings & Drizzles:

strawberry, blueberry, banana, chia seeds, cocoa nibs, peanuts, almonds, pistachio, coconut, graham cracker, marshmallow, pepitas, honey, peanut butter, carmel, chocolate, maple syrup

Refreshers & Sodas

Pink Lotus • \$7

white cranberry strawberry juice, coconut milk, muddled strawberries

Blueberry Mint Fizz • \$7

muddled blueberries, fresh mint, soda water, agave

Strawberry Basil Soda • \$7

muddled strawberries, fresh basil, soda water, agave

Orange Cream Soda • \$7

fresh squeezed orange juice, coconut milk, soda water, cold foam

Toasts, Waffles & Handhelds

The Avocado • \$11

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

The Bravo-cado • \$11

smashed avocado, butter, pesto, hardboiled egg, chives

The Probiotic Pickled Toast • \$12

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

Chili Crunch Avo Smash Toast • \$12

smashed avocado, butter, hardboiled egg, parmesan cheese, chives, chili onion crunch, salt & pepper, olive oil

Nordic Protein Toast • \$13

butter, cottage cheese, smoked salmon, capers, everything bagel seasoning, olive oil drizzle

Berry Nice Brunch Waffle • \$12

house made gluten free waffle, strawberries, maple syrup, whipped cream, sliced almonds, butter

Chiquita Banana Waffle • \$12

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

Chicken & Grilled Pear Panini • \$16

roisserie chicken, grilled pears, brie, arugula, butter, *served with chips/pickle*

Forager Panini • \$14

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

Farmer Fellini's Panini • \$14

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

substitute for waffle • additional \$1