

## 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
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>	
<b>Golden Milk Turmeric Latte</b>	<b>\$8 (16oz)</b>
<i>turmeric - coconut milk - cracked black pepper cinnamon - maple syrup/honey - Ghee cinnamon stick</i>	
<i>oat milk - coconut milk - almond milk • add \$.50</i>	

## summer refreshers • \$5

<b>Pink Lotus</b>
<i>white cranberry strawberry juice - coconut milk muddled strawberries</i>
<b>Lavender Haze</b>
<i>lavender syrup - blue butterfly pea powder lemon - agave - soda water</i>
<b>Strawberry Basil</b>
<i>muddled strawberries - fresh basil - soda water agave</i>
<b>Blueberry Mint</b>
<i>muddled blueberries - fresh mint - soda water agave</i>

## overnight oats & chia pudding • \$6

<b>Happy Baby PB &amp; J Overnight Oats:</b>
<i>oatmeal - oat milk - vanilla protein powder sea salt - organic peanut butter strawberry preserves - crushed peanuts</i>
<b>Honey Nut Overnight Oats:</b>
<i>oatmeal - banana - vanilla protein powder ground flax - maple syrup - crushed pecans honey drizzle</i>
<b>Mocha Latte Overnight Oats:</b>
<i>oatmeal - chocolate protein powder - espresso cinnamon - oat milk - granola - cocoa nibs honey drizzle</i>
<b>Greek Mati Chia Pudding:</b>
<i>greek yogurt - chia seeds - almond milk blueberries - agave - vanilla</i>

## smoothies • \$12    bowls • \$14

<b>Cookie Monster</b>
<i>banana - oatmeal - sea salt - peanut butter blue spirulina - oat milk - cacao nibs maple syrup - cinnamon</i>
<i>*bowl topped with: granola - cacao nibs - banana chia seeds - peanuts - peanut butter drizzle</i>
<b>Pineapple Upside Down</b>
<i>pineapple - cherries - vanilla protein powder maca powder - vanilla - agave - MCT oil coconut water</i>
<i>*bowl topped with: granola - banana - coconut bee pollen - honey drizzle</i>
<b>Green Day Detox</b>
<i>spinach - avocado - pineapple - mango MCT oil - agave - coconut water coconut milk - ginger</i>
<i>*bowl topped with: granola - goji berries - kiwi coconut - chia seeds - honey drizzle</i>
<b>Peanut Butter Power</b>
<i>banana - peanut butter - raw cocoa powder date puree - chocolate protein powder ground flax - oat milk</i>
<i>*bowl topped with: granola - cacao nibs - banana chia seeds - peanuts - peanut butter drizzle</i>
<b>Glamazon Acai Berry</b>
<i>acai - blueberries - cherries - vanilla - agave coconut water</i>
<i>*bowl topped with: granola coconut - honey drizzle - fresh berries</i>
<b>Summer Solstice - NEW!</b>
<i>vanilla protein powder - mango - banana turmeric - cinnamon - coconut milk</i>
<i>*bowl topped with: orange slice - banana granola - coconut - honey drizzle</i>
<b>The Mermaid</b>
<i>spinach - mango - pineapple - mct oil spirulina - coconut milk</i>
<i>*bowl topped with: granola - banana - blueberries goji berries - hemp seeds - honey drizzle</i>

*\*ask about additional add-ins!*

## bars & balls

<b>Energy Bars • \$5 each or 4 for \$18</b>
<i>almonds - walnuts - oats - ground flax raisins - dried cranberries - maple syrup agave - organic peanut butter - coconut oil dark chocolate chips</i>

**Protein Balls • \$3 each or 3 for \$8**

Root To Rise Wellness Cafe  
 40 N. CHRISTY CHAPEL RD., PORT CLINTON  
 ROOTTORISEWELLNESSCAFE.COM  
 CALL AHEAD ORDERING: 419.732.1392  
*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 your juices, shots and brews in a Bundle and SAVE:

1 for \$12    6 for \$60    8 for \$78  
10 for \$90    12 for \$100

#### Chill Pill • \$12

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

#### Lake Erie Green Machine • \$12

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

#### Spin to the Beet • \$12

apple - beet - lemon - orange

#### 24 Carrot Gold • \$12

carrot - apple - lemon - ginger

#### Charcoal Lemonade • \$12

lemon juice - agave - activated charcoal  
distilled water

#### Turmeric Goldenroot • \$12

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

#### ☀️ Watermelon Hydrator • \$12

watermelon - lime - mint - coconut water

#### Spiced Apple Cider Chia Brew • \$12

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

#### Aloe Antioxidant Shot • \$5 each or 6 for \$25

aloe vera juice - blue spirulina - coconut water  
lime - agave

#### Elderberry Shot • \$5 each or 6 for \$25

lemon - apple - agave - elderberry vinegar  
cinnamon - cloves

#### Chocolate Nirvana Protein Milk • \$12

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

#### Golden Mind Protein Milk • \$12

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

#### Coffee Power Plant Protein Milk • \$12

oat milk - chocolate protein powder  
cocoa powder - espresso  
organic mushroom coffee - cinnamon

## toasts, waffles, & handhelds

### The Hot Honey Toast • \$8.5 - NEW!

butter - smashed avocado - tomato - red onion  
goat cheese - hot honey drizzle

### The Avocado • \$8.5

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 • \$8.5

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 • \$8.5

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

### Berry Nice Brunch Waffle • \$8.5

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

### Mimi's Panini • \$10 - NEW!

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

### Forager Panini • \$10

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

### Farmer Fellini's Panini • \$10

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

### Grateful Harvest Panini • \$10

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

### Grilled Avocado • \$7

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

## salads, bowls, eggs & MORE!

### ☀️ Mucho Macho Gazpacho • \$9

tomatoes - cucumber - jalapeno - bell peppers  
red onion - garlic - EVOO - apple cider vinegar  
tomato juice

### ☀️ 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

### Thai Peanut Buddha Bowl • \$14

brown rice - red cabbage - carrot - red pepper  
green onions - crushed peanuts - snow peas  
sesame seeds - \*peanut sesame dressing

### Yogi's Tour of Tuscany Bowl • \$14

farro - kale - garbanzo beans - sundried  
tomatoes - artichokes - pistachios - parmesan  
\*Tuscan vinaigrette

### Honey Berry Bowl • \$14

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

☀️ indicates summer item available Memorial Day through Labor Day only.