

604 W. WASHINGTON STREET, SANDUSKY, OH 44870 (419) 625-6421 ERIECOUNTYCHAMBER.COM



# Hello ERIE COUNTY

## HERE FOR YOU.

As the Erie County Chamber of Commerce, our goal is to reach out and connect with all of our members every year. We always encourage members to connect with us if you have any needs, opportunities or questions that you would like assistance with. Some ways we can help your business is through promoting your events, company news, hosting a Business After Hours event, posting your job openings, press releases, and various other advertising opportunities.

Feel free to contact us anytime; we will work with you to determine the best way we can support you and your business.

#### Contact us today!

info@eriecountychamber.com (419) 625-6421

## **UPCOMING CHAMBER EVENTS:**

#### **Business After Hours with VITA**

When: Tues., April 20 Time: 5pm to 7pm Where: VITA, 256 Columbus Avenue, Sandusky, OH <u>Click here to learn more</u>

## Business After Hours with Forever Essentials

When: Thurs., May 13 Time: 5pm to 7pm Where: Erie County Chamber of Commerce, 604 W. Washington St. Sandusky, OH Click here to learn more

#### Hawaiian Luau

When: Tues., June 15 Time: 5pm to 7pm Where: Erie County Chamber of Commerce, 604 W. Washington St. Sandusky, OH <u>Click here to learn more</u>

#### SAVE THE DATE! 2021 GOLF CLASSIC

When: Mon., August 16Time: To be determinedWhere: Plum Brook Country Club3712 Galloway Rd., Sandusky, OHClick here to learn more



*"LUCK HAS NOTHING TO DO WITH IT, BECAUSE I HAVE SPENT MANY, MANY HOURS, COUNTLESS HOURS, ON THE COURT WORKING FOR MY ONE MOMENT IN TIME, NOT KNOWING WHEN IT WOULD COME."* 

- SERENA WILLIAMS

## BBB TIP: GIVE YOURSELF A SPRING DIGITAL MAKEOVER

The weather is warming in some parts of the country, inspiring people to clean up or clear out clutter. The one area many people overlook isn't the corner of a room or a forgotten closet; it's the probably the digital device on which you're reading this article. We use our phones to shop, scroll through social media, bank, and work. The National Cyber Security Alliance (NCSA) and the Better Business Bureau (BBB) reminds everyone that when clearing out the physical clutter, there's probably a bunch of digital data clutter that lives on your electronic devices.

As businesses and their employees switched over to working from home in the last year, the focus on cybersecurity and protecting sensitive information became critical. NCSA has advice on **how to keep this information safe**.

If you have a few extra hours or minutes in your day, it may be a good time to give yourself a digital makeover. Taking some simple, proactive steps will go a long way in safeguarding against any number of potentially disruptive issues – like identity theft, loss of funds or credit card fraud – that can cause mayhem by compromising your data. Take the time to put into practice a few precautionary measures and you will have greater peace of mind – not only this spring, but all year round.

NCSA and the BBB are encouraging people to check their smartphones, laptops and tablets and <u>take a few minutes to review these tips.</u>

- Lock down your login: Security is critical to protecting accounts being used for work and for home. Ensure passphrases for each account are lengthy, unique, and safely stored. Enable 2-factor authentication on all accounts that offer it.
- Update your system and software: Avoid procrastination! Having the most current software, web browsers, and operating systems are some of the easiest and fastest ways to protect your most sensitive assets.
- **Back it up:** Protect your personal and workplace data by making electronic copies or backups of your most important files. Use the 3-2-1 rule to help guide you: 3 backup copies, 2 different media types, and 1 offline in a separate location.
- Clean up your online presence: When was the last time you used all of the apps on your phone or tablet? Do you know what the settings are on all of the social media accounts that check in with friends and family? Check up on all your accounts. Then, control your role by making sure you know who has administrative access to your accounts. Keep all of your passwords private.
- Be careful what you share: Quizzes on social media are fun, and keeping in touch is a necessity these days. However, <u>questions on social media</u> that might give away too much information about you, your location or or your family.
- Create company communication policies: Business owners should take time in establishing, updating and communicating policies and procedures around topics like record retention. It is also imperative that a cybersecurity strategy is in place and used by all employees.
- Clear out stockpiles: If you have a stash of old hard drives or other devices even if they're in a locked storage area – information still exists and could be stolen. Don't wait: wipe and/or destroy unneeded hard drives as soon as possible.
- Empty your trash or recycle bin on all devices, and be certain to wipe and overwrite: Simply deleting and emptying the trash isn't enough to completely get rid of a file. You must permanently delete old files. Use a program that deletes the data, "wipes" it from your device and then overwrites it by putting random data in place of your information which then cannot be retrieved.
- Decide what to do with old devices: Once your old electronic devices are cleaned/wiped, you can sell it, trade it in, give it away, recycle it or have it destroyed. Note the following:
  - Failed drives still contain data: On failed drives, wiping often fails, too; shredding/destruction is the practical disposal approach for failed drives. Avoid returning a failed drive to the manufacturer; you can purchase support that allows you to keep it – and then destroy it.
  - **To be "shredded," a hard drive must be chipped into small pieces:** Using a hammer to hit a drive only slows down a determined cybercriminal; instead, use a trusted shredding company to dispose of your old hard drives. Device shredding can often be the most time- and cost-effective option for disposing of a large number of drives.

## **MEMBER HIGHLIGHT:**

The Maca Root Juice Bar & Eatery is Sandusky's top vegan-friendly cafe. We're on a mission to encourage mindful and healthy eating choices in our community. Since opening in 2018, we've provided countless customers with incredible breakfast and lunch options for them to eat well and



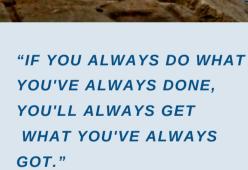
feel better. We're your place for whole foods and healthy choices because of our full menu filled with options like smoothies, acai bowls, and avocado toast. Stop in today to enjoy a meal that will have you feeling fresh and re-energized!

Our menu includes smoothies, acai bowls, avocado toast, organic food, gluten-free food, and non-GMO food.





acarroot



- HENRY FORD

For more information, contact The Maca Root Juice Bar & Eatery at:

- 216 E. Water Street, Sandusky, OH 44870
- themacarootjuicebar@gmail.com
- <u>Facebook.com/TheMacaRoot</u>
- www.macarootjuicebareatery.com
- (419) 357-9286

Shop Small & Support Local

## **REFINANCE TO SAVE AND** EWARD YOURSELF!

Refinance a qualifying loan with us to receive a 1% APR<sup>1</sup> discount, no loan processing fees, and a \$150 Visa Gift Card at closing!

#### LIFYING LOAI 0

Personal

#### ER DETAILS

No prepayment penalty

- Auto & Motorcycle
- 1% APR<sup>1</sup> off qualifying rate
  - Receive a \$150 Visa Gift Card at loan closing \$5,000 minimum loan

No processing fees<sup>2</sup> – that's a savings of \$191

- Recreational Vehicle
- Boat & Personal
- Watercraft

#### HURRY, OFFER ENDS MAY 31<sup>st</sup>!

SANDUSKY 2911 Hayes Ave.

#### SANDUSKY 2409 E. Perkins Ave.

NORWALK 295 Milan Ave., Ste. C VERMILION 1607 State Rd., Ste. 11

HURON

2402 University Dr.

## /LFCU.ORG 800.691.9299



Membership eligibility required with a minimum deposit of \$25.00 in a Share Account. Member must be in good standing with VLFCU. Visa credit cards, loans secured by real property, business loans and loans currently held by VLFCU are not eligible for this promotion. All loans are subject to credit approval. 1. APR = Annual Percentage Rate. The rates and APR may differ depending on the term, credit qualifications, or loan-to-value. 2. Title fees still apply. Promotion effective from April 1, 2021 until May 31, 2021. Programs, rates and terms are subject to change or cancellation without notice.



## With the Erie County Chamber of Commerce You Can Advertise All Year Round!

Contact us at info@eriecountychamber.com.

# **ERIE COUNTY** CHAMBER OF COMMERCE

## **Office Space Available** 604 West Washington Street, Sandusky

## Second Floor Offices

Office #7 - 10' x 11' (110 ft<sup>2</sup>)

Office #6 - 16' x 21' (336 ft<sup>2</sup>) LEASED

Office #5 - 15' x 18' (348 ft<sup>2</sup>) LEASED

Second floor also features a kitchen, lobby space, bathroom, and balcony.

## **First Floor Offices**

Office #4 - 12.5' x 8.5' (106 ft2) LEASED Office #1 - 10' x 10' (100 ft2) Office #3 - 11' x 16' (176 ft<sup>2</sup>)

First floor also features a kitchen and bathroom.

Board Room - 26' x 15' (390 ft2)

The Erie County Chamber of Commerce has created a new opportunity for Small Businesses to have an incubator type of office located inside the Chamber of Commerce Building. An excellent placement for your business.

- One easy monthly rent payment that would include all utilities, internet, use of Board Room for meetings
- Storage available in some of the offices
- Bathrooms located on both floors
- Free parking
- Company signage included on the Erie County Chamber's sign in front of the office
- Reception area to display your business cards or brochures
- Office furniture is negotiable



## Lead with Ease

Master the Essential Leadership Skill of Clarity

Tuesday, April 20<sup>th</sup> 9:00 AM – 12:00 PM at Erie County Chamber of Commerce 604 W. Washington Street, Sandusky, OH 44870

This workshop is for leaders who are willing to look a little deeper into their "Blind Spot".

For decades "What" to do and "How" to do it has been the focus of leadership and success research. The "Blind Spot" concerns the (inner) source from which we operate when we do what we do— our INTENTION; our sense of what is possible.

You will take-away:

- Two tools that will clear the fog so you will immediately see the next step to take to successfully implement your plan.
- Understand why every project costs more and takes longer than you planned and what to do about it, as well what NOT do about it.
- Three simple steps you can take to achieve extraordinary results.

There is no better feeling than that "AHA Moment" when the fog clears and you see with crystal clear clarity what your next step should be.

"Joan was able to apply her knowledge and skills into life's challenges that everyone experiences. It allowed me to view these struggles as opportunities for growth in both my personal and professional life."

Celeste Hillman Director of Program Services, Ability Works

Workshop Leader: Joan Washburn Executive Coach, Trainer, Speaker, Best Selling Author

See Member Spotlight to learn more about Joan.



## 2021

Jane M. Klausman WOMEN IN BUSINESS SCHOLARSHIP



Expanding opportunities for women in business



## **1 APPLICATION – 2 OPPORTUNITIES**

32 district awards \$2,000.00 each 6 international awards \$8,000.00 each

Applications must be received by the applicant's local Zonta club's deadline. To download an application, please visit:

SanduskyZonta.org or zonta.org/JMKScholarship

## **CLUB DEADLINE:**

If mailed, postmarked no later than Saturday, July 24, 2021.

If e-mailed, dated no later than Saturday, July 24, 2021.

## **SUBMIT APPLICATION TO:**

Mail to: Zonta Club of Greater Sandusky P.O. Box 1222, Sandusky, OH 44871-1222 Email to: president@SanduskyZonta.org

The Jane M. Klausman Women in Business Scholarship is a Zonta International program funded by contributions to the Zonta Foundation for Women. Zonta International is a leading global organization of professionals empowering women worldwide through service and advocacy.



#### NEWS RELEASE | For Immediate Release

For more information, please contact: Kathy Kaman, Public Relations Chairman | kathy59@yahoo.com

**Sandusky, Ohio – Thursday, April 3, 2021 -** The Zonta Club of Greater Sandusky, in conjunction with Zonta International and Zonta District 5, will be providing the opportunity for young women entering business studies to apply for a \$2,000.00 district-level scholarship. If awarded the district-level scholarship, the applicant will then be eligible for six \$8,000.00 international-level scholarships.

To be consistent with the mission and goals of Zonta International, the scholarships will be awarded to undergraduate women entering careers seeking leadership positions in business. The program ultimately seeks to influence business decisions that positively affect women by increasing the number of women in executive positions in the field of business management. Since the inception of the program in 1998, Zonta has awarded 640 scholarships, totaling more than \$1.5 million, to 492 women from 58 countries.

Women of any age, pursuing a business program with major field of specialization in accounting, economics, finance, business management, marketing, operations management, human resources management, international business or entrepreneurship at an accredited university/college/institute, who demonstrates outstanding potential in the field are eligible. Online students are also eligible to apply if enrolled at an accredited university/college/institute. Students must be enrolled in at least the second year of an undergraduate program through the final year of a Master's program at the time the application is submitted and must not graduate before December 2021 to be considered for the scholarships.

Completed applications should be mailed to the Zonta Club of Greater Sandusky, ATTN: Jane M. Klausman Scholarship-Service Committee, P.O. Box 1222, Sandusky, OH 44871-1222 and must be postmarked no later than Saturday, July 31, 2021, or may be e-mailed to president@sanduskyzonta.org and received no later than Saturday, July 31, 2021. An application can be downloaded from www.SanduskyZonta.com/awardsandscholarships/.

Scholarship recipients at the District 5 level will be announced after October 15, 2021.

Zonta Club of Greater Sandusky has served Erie County and surrounding areas for 60 years with Zonta International celebrating 102 years of service. Zonta International is a leading global organization of professionals empowering women worldwide through service and advocacy.

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> P.O. Box 1222, Sandusky, OH 44871-1222 www.sanduskyzonta.org | president@sanduskyzonta.org



(p) 419-668-9500 (f) 419-668-4138 (e) ministrydirabigail@gmail.com

Dear Friends of Abigail,

This year's Walk for LIFE is a celebration of Abigail Pregnancy Services' over 30 years of LIFE changing work in our community. Because of social distancing and our desire to keep supporters safe, we have decided to reimagine our annual Walk for LIFE by having a **hybrid** event: you may participate in person on May 22, 2021 in uptown Norwalk, or you may participate virtually by walking at your leisure and getting sponsors in by May 31.

No matter how you choose to participate, you can become a life-saving walker by raising pledges. You can register online at **friendsofabigail.com** by following the link on the events tab. Or get sponsors in person by using your included pledge form. Having sponsors send a check to Abigail Pregnancy Services at P.O. Box 68, Norwalk OH 44857, **with your name and Walk for LIFE in the memo** is an easy and safe way to get those pledges in if they do not want to use online payment options. Bring all completed pledge forms with you to the Walk on May 22, or mail them to our office by May 31.

**Your participation this year is crucial to us.** This walk for LIFE is a major fundraiser for Abigail Pregnancy Services. Last year, we were able to raise over \$20,000 to help keep the pregnancy center running. With your help, we hope to raise much needed **funds** to provide assistance and direction for families who need pregnancy related support or who are struggling to raise their babies. We also hope to raise community awareness of the life-affirming services we offer.

Thank YOU for answering God's call to help His precious children. Whether you walk, pray, volunteer or give a donation for this event, you are partnering with us to make LIFE a beautiful choice! If you have any questions about the Walk for LIFE, please contact us by emailing <u>ministrydirabigail@gmail.com</u>, or call and leave a message at 419-668-9500.

The Staff and Board of Abigail Pregnancy Services

(m) Abigail Pregnancy Services P.O. Box 68 3900 Laylin Rd. Norwalk, OH 44857 (w) abigailpregnancyservices.org • friendsofabigail.com
 f facebook.com/AbigailPregnancyServices
 instagram.com/abigailpregnancyservices/

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# 31 Years of Changing Lives

## JOIN OUR WALK TO CELEBRATE THE PRECIOUSNESS OF ALL LIFE

## MAY 22ND . 9 AM . SUHR PARK, NORWALK

TO REGISTER OR FOR MORE DETAILS, VISIT OUR WEBSITE & CLICK ON THE EVENTS TAB: WWW.FRIENDSOFABIGAIL.COM

## You Are Invited! The 18<sup>th</sup> Annual Kiwanis Golf Scramble May 19, 2021

The Kiwanis Club of Sandusky is a leading service club in our area, serving the children of Sandusky and the surrounding communities. Proceeds from this event will help fund our signature project, the *Erie County Imagination Library*, which provides free books every month to over 2,200 Erie County children from birth to five years old, regardless of income!

## There are three ways you can help...

## 1. Hole Sponsor - \$125

As a hole sponsor you or your business will have a sign posted at one of the holes for all our golfers to see. Your support will also be listed in our program and recognized on Facebook. **Book a team and pay only \$100 for as a hole sponsor!** 

**2.** Sponsor a Team - \$320 New location at Thunderbird Hills Golf Course in Huron! Sponsor a team for your business or organization and enjoy the day! Registration with payment is due by May 3, 2020 to insure a tee time is reserved for your team. No refunds unless event is cancelled. (May exclude credit card processing fees.)

## 3. Lunch Sponsor - \$500

This sponsor will receive recognition in our program, signage the day of the event, recognition on our Facebook page, and a hole sponsorship. Our golfers will also appreciate your generosity! **Only one sponsorship available.** Boxed lunches made by Creative Cuisine.

To be a sponsor of the 2021 Kiwanis Golf Scramble simply fill out and return the form on the reverse side. For additional information, please email sanduskykiwanis@gmail.com or call our Fundraising Chair, Tony Cummings at 419.625.1894.

*Kiwanis also supports other local charities, awards scholarships, and sponsors the Lake Erie Aktion Club, the SCCS Key Club & newly founded SCCS Builders Club.* 







Have fun while making a difference in the lives of children in our local communities! \*\*\*Kids need Kiwanis, Kiwanis needs you! Ask about membership today!\*\*\*

## Kiwanis Club of Sandusky 18<sup>th</sup> Annual Golf Scramble New Location Wednesday, May 19, 2021 Thunderbird Hills North Face Masks Required Starting at 11AM. Prizes Awarded for 1<sup>st</sup>, 2<sup>nd</sup> & 3<sup>rd</sup> place teams. Starting at 11<sup>st</sup>, 2<sup>nd</sup> & 3<sup>rd</sup> place teams.

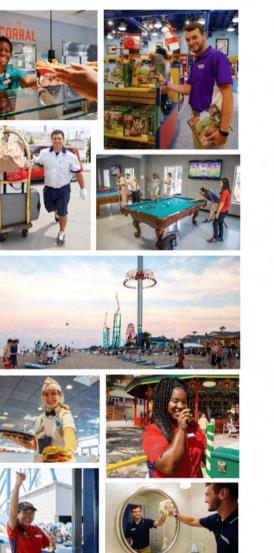
Meals include hot dog, chips, & soda at the turn AND a boxed lunch to take with you at the 18<sup>th</sup> hole.

## \$10,000 Hole in One Prize Up for Grabs! Sponsored by Fidelity National Title

<u>Please mail registration form, sponsorships and payment by May 3, 2021.</u> This event is rain or shine unless the course closes. There are no refunds, but player substitutions are permitted. Winning teams and 50/50 winner will be notified by phone on May 19<sup>th</sup>.

Ма	il to:		44871	Pay online: www.sanduskykiwanis.org Questions? Call Tony Cummings: 419.625.1894 Email: sanduskykiwanis@gmail.com
	Team C			Phone
-	Address	8		City
TION	State	Zip	Email	
GOLF TEAM REGISTRATION	Player #	¢2		Phone
GIS	Player #	¢3		Phone
M RE	Player #	ŧ4		Phone
GG	Add	a hole sponsorsh	ip to your team for Cir	s \$20/team \$ 50/50 (7) x \$5=\$ a discounted cost of \$100. \$ (Complete below) ccle preferred hour for tee time (11am, 12pm, or 1pm) eam captain by May 12 <sup>th</sup> . Based upon availability.
SPONSORSHIP	<ul> <li>✓ Yes</li> <li>Name</li> <li>Addres</li> <li>Phone</li> </ul>	s, I would like to I or Company ss Number	be a sponsor of th	ne 18 <sup>th</sup> Annual Sandusky Kiwanis Golf Scramble.

## **Cedar Point** JOIN OUR TEAM NOW HIRING | NEW COMPETITIVE WAGES \$12-\$15/HR



## Be a part of creating FUN in 2021!

Our Associate Experience is SO MUCH MORE than just a Summer Job.

- Lifetime friends and memories
- Renovated, onsite housing with FREE Laundry
- Employee ONLY Ride, Game and Movie Nights
- Complimentary Tickets for family and friends
- FREE Local Transportation
- Schedules to fit your lifestyle
- Discounts in park and around town



APPLY ONLINE AT cedarpoint.com/JOBS



Cedar Point is an Equal Opportunity Employer.

# Cedar Point.



## JOIN OUR TEAM AND DEVELOP SKILLS FOR LIFE

## **Midway Ambassador Positions \$11/hr**

The famous Cedar Point Sweep has been a park tradition throughout Cedar Point's history.

- Keeping our midways clean while helping guests have the Best Day Ever.
- Get paid to work out!
- This position is entirely mobile as our midway ambassadors walk many miles each day.
- Midway Ambassadors may also assist with collecting trash from park trash cans
- Must have excellent personal skills our Midway Ambassadors are our mobile guest service agents in the park





Cedar Point is an Equal Opportunity Employer.

©Cedar Fair, L.P. CP21-157



# Cedar Point.



## JOIN OUR TEAM AND DEVELOP SKILLS FOR LIFE

## **Event Operation Associate Positions <sup>\$</sup>11/hr**

- •Brings our signature events, festivals, and group catered events to reality.
- Participation in setup and tear down of these unique activities.
- This position also involves physical setup and teardown.
- Must have excellent personal skills and the ability to work in a fast-paced, ever changing environment.
- Be involved with cleaning, sales, working activities, taking surveys, and interacting with the clients during the event.





Cedar Point is an Equal Opportunity Employer.

©Cedar Fair, L.P. CP21-156







# Cedar Point.



## JOIN OUR TEAM AND DEVELOP SKILLS FOR LIFE

## **Boardwalk Cruiser Positions \$12/hr + tips**

Our Boardwalk Cruiser team provides guided tours along the historic Cedar Point Boardwalk, while driving a pedicab/tricycle vehicle. Special experiences include our 150th Anniversary Tours, our famous Boardwalk Wine Tours, and our new Bike and Brew tours.

- Must have excellent personal skills and the ability to engage with guests during tours and for those inquiring about rides
- Must be 18 years or older
- Requires experience riding a bike and the ability to pedal for several hours in an outdoor setting





Cedar Point is an Equal Opportunity Employer.

©Cedar Fair, L.P. CP21-162





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## Banners

- Outdoor Safe
- Hem & grommets included

Valk May - September

In Beautiful Washington Park

Movies by the Bay

- Mesh available for high wind areas
- Can be designed to any size from 24" to 55'

## **Banner Stands**

HOG" CHECK-IN

LORIS

- Easy transportation Great for trade shows
- Comes with a carry bag

## Yard Signs

Short-term outdoor signage

Now Hiring

330-546-0996

TODA

**Cedar Point** 

**HIRING EVENT** 

- Full color prints or cut vinvl
- Fold-over signs available
- Quantity discounts available



## **BANNERS & YARD SIGNS**

Advertise your business or celebrate a special occasion! Great way to advertise your name on a job site or trade show.

Cost effective marketing tool.



2111 CLEVELAND ROAD





419-626-6648

## **Stop By Our New Location!**

Find us at 216 East Water Street, Sandusky OH. We are the same old Maca Root at a bigger and better location! We can't wait for you to stop in!

The Maca Root Juice Bar & Eatery | 🗆 216 E Water St Sandusky, OH 44870 | 🗆 (419) 357-9286

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MENU

## SUPERFOOD

**SMOOTHIES** 

## \* All products in this facility may come into contact with nuts

#### **MOCHA-NANA** \$8.00 **PB & J** \$8.00 Cold brew coffee, date, banana, Strawberry, banana, maple hemp seeds, cacao nibs, almond syrup, peanut butter, almond milk butter, almond milk **BULLETPROOF MOCHA-NANA BLUE POWER** \$10.50 \$10.25 Vanilla plant based protein, blue MCT oil and collagen spirulina, banana, almond butter, We use cookies to improve the user experience. For monetime trans, see rourp Revenue policy almond milk

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Banana, mango, turmeric, vanilla, cinnamon, honey, coconut milk

#### SUPER BLUE \$8.50

Banana, acai, blueberry, flaxseed, raw honey, almond milk

#### CHOCOLATE JOLT \$7.50

Banana, cacao, cacao nibs, maca, date, peanut butter, almond milk

#### The GREEN FIX \$8.50

Pineapple, banana, mango, ginger root, leafy greens, coconut water, almond milk

#### OATMEAL COOKIE \$8.75

Oats, banana, maple syrup, peanut butter, vanilla, sea salt, chocolate chips, almond milk

#### THE ISLANDER \$8.00

Banana, mango, pineapple, honey, bee pollen, coconut milk

#### MINI

Smoothies can be made into a 10 oz. MINI \$5.00 Blue Power Smoothie 10 oz. MINI

\$6.00

#### SMOOTHIE EXTRAS

boost your smoothie with protein, greens, or superfoods

Plant based/whey protein \$1.50 Collagen \$1.25 Wheatgrass/Spirulina powder, Spinach, MCT Oil, Avocado, or Almond Butter

\$1.00

Cacao nibs, Cacao powder, Maca, Chila seed, Flax seed, Bee Pollen \$0.50

## SMOOTHIE

## +\$1.50

collage | whey or plant protein | CBD (25mg)

## +\$1.00

spinach | MCT oil | avocado | almond butter | wheatgrass/spirulina powder

#### +\$0.50

cacao nibs | maca |cacao powder | chia seed |flax seed | bee pollen | peanut butter | goji berries | hemp seed | granola | honey | activated charcoal

## BOWLS

## PEANUT BUTTER CUP \$7.50

Banana blended with organic peanut butter, cacao, chia seeds, almond milk (Choose toppings below)

## ACAI BERRY BOWL \$8.50

Acai blended with banana, blueberry, almond milk (Choose toppings below)

#### THE GREEN BOWL \$8.50

Banana blended with pineapple, leafy greens, almond milk (Choose toppings below)

## YOUR

## BOWL

## TOPPINGS

+\$1.00

almond butter | fresh fruit (when available)

#### +\$0.50

cacao nibs | chia seed | bee pollen | peanut butter | goji berries | hemp seed | granola | honey | activated charcoal

TOAST

BAR

## AVOCADO TOAST

\$5.00

Gluten Free toast smothered with smashed avocado, garlic, sea salt, avo oil

Bruscetta; Sliced tomatoes/balsamic

\$1.00 Cage free hard boiled eggs \$1.00

#### D BREAKFAST CRUNCH \$3.75

Peanut butter, sliced bananas, granola, local honey drizzle

Fresh Fruit (when available) \$0.75

	APRIL 13,	2021 ISSUE	
Habanero sauce Cashew chipotle sauce	\$0.25 \$0.25		
	GR	AB	
	-N-		
	GC		
	_		
SALADS	\$5.50 /\$8.00	PROTEIN BITES	\$2.00
Rotating selection of organic greens with variety of or vegetables, organic edar quinoa, chick peas, nuts,	ganic name,	BAKED GOODS	Varies
КОМВИСНА	\$4.50		
OVERNIGHT SUPERFO OATS	OD \$5.00		
	ESPR	ESSO	
	& CO	FFEE	

APRIL 13, 2021 ISSUE							
(Iced or hot)							
BULLETPROOF COFFEE	\$4.50	LATTE	\$3.75				
	Double shot of espresso, filtered water, grass fed ghee, MCT oil		\$4.25				
SALTED MAPLE POWER		HONEY CINNAMON OAT	MILK				
COFFEE	\$5.00		\$4.25				
Double shot of espresso, gl maple syrup, steamed cocc milk, topped with sea salt							
COLD BREW	\$4.00						
AMERICANO/COFFEE	\$3.00						
SUPERFOOD							
LATTES							
_							
TURMERIC LATTE	\$4.25	LEMON GINGER DETOX T					
Coconut milk, turmeric latter maple syrup, cinnamon	e mix,	Filtered water, lemon juice,					
Add shot of espresso	\$1.00	honey, apple cider vinegar, cayenne					
MATCHA LATTE	\$4.25	Add turmeric Add activated charcoal	\$0.50 \$0.50				
Matcha tea, maple syrup, a	lmond		1				

milk

\$3.00

## COLD

## PRESSED

## JUICE

ORGANIC COLD PRES	SED	WELLNESS SHOTS \$4.50	)
	\$8.00	FRESH PRESSED JUICES \$8.00	)
LAVA LEMONADE	\$6.00		

The Maca Root Juice Bar & Eatery 216 E Water St Sandusky, OH 44870 □(419) 357-9286

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