

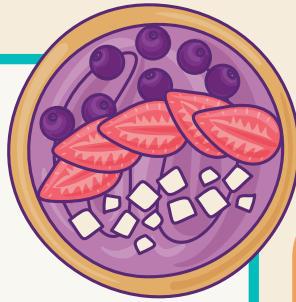


Fresh Blendz Cafe

Acai & Smoothies

BOWLS

SMALL \$10.00 OR LARGE \$12.00



STEP ONE

CHOOSE YOUR BASE

ACAI (120 CALS SMALL, 200 LARGE) COCONUT (140 CALS SMALL, 250 LARGE)
PITAYA (60 CALS SMALL, 100 LARGE) FEATURED FLAVOR VARIES IN CALS

STEP TWO

CHOOSE YOUR TYPE

A. CLASSIC BOWL

BANANA, STRAWBERRY, BLUEBERRY, GRANOLA, HONEY, CHIA SEEDS (396 CALS)

B. TROPICAL BREEZE BOWL

BANANA, MANGO, PINEAPPLE, GRANOLA, AGAVE NECTAR, COCONUT FLAKES (386 CALS)

C. NUTELLA BOWL

BANANA, STRAWBERRY, RASPBERRY, GRANOLA, NUTELLA DRIZZLE, COCONUT FLAKES (412 CALS)

D. BLENDZ BOWL

BANANA, STRAWBERRY, BLUEBERRY, GRANOLA, PEANUT BUTTER, HONEY (471 CALS)

E. VERY BERRY BOWL

STRAWBERRY, BLUEBERRY, RASPBERRY, GRANOLA, HONEY, GOJI BERRIES (368 CALS)

F. BUILD YOUR OWN BOWL

CHOOSE UP TO 3 FRUITS + GRANOLA + 2 TOPPINGS

LIST OF FRUITS:

BANANA, STRAWBERRY, BLUEBERRY, RASPBERRY, BLACKBERRY, PINEAPPLE, MANGO, KIWI, PEACH

LIST OF TOPPINGS:

HONEY, AGAVE NECTAR, PEANUT BUTTER, NUTELLA, CHOCOLATE SYRUP, COCONUT FLAKES, CHIA SEEDS, FLAX SEEDS, CACAO NIBS, GOJI BERRIES, SLICED ALMONDS, EXTRA GRANOLA

EXTRA FRUIT/TOPPINGS: \$1.00 EACH

SMOOTHIES

\$8.00 (20 OZ) ONE SIZE



A. THE OG

STRAWBERRY, BANANA, YOGURT, AGAVE NECTAR (314 CALS)

B. BLUE WAVE

BLUEBERRY, BANANA, YOGURT, AGAVE NECTAR (304 CALS)

C. TROPIC LIKE IT'S HOT

MANGO, PINEAPPLE, BANANA, YOGURT, AGAVE NECTAR (305 CALS)

D. CRIMSON HAWK

ACAI SORBET, BANANA, RASPBERRY, COCONUT WATER, YOGURT, AGAVE NECTAR (389 CALS)

E. BERRYLICIOUS

STRAWBERRY, BLUEBERRY, RASPBERRY, YOGURT, AGAVE NECTAR (260 CALS)

F. THE HULK

KALE, SPINACH, MANGO, PINEAPPLE, BANANA, YOGURT, AGAVE NECTAR (308 CALS)

G. CHUNKY MONKEY

CHOC SYRUP, PEANUT BUTTER, BANANA, YOGURT, W/ CHOC DRIZZLE (475 CALS)

H. BEACH BUM

STRAWBERRY, MANGO, PINEAPPLE, YOGURT, ORANGE JUICE, AGAVE NECTAR (294 CALS)

I. FEELIN' PEACHY

PEACH, STRAWBERRY, BANANA, YOGURT, AGAVE NECTAR (329 CALS)

J. ISLAND BLENDZ

PINEAPPLE, PITAYA SORBET, BANANA, YOGURT, COCONUT WATER, AGAVE NECTAR (339 CALS)

K. BUILD YOUR OWN SMOOTHIE

CHOOSE UP TO 3 FRUITS, YOGURT OR CHOICE OF MILK, HONEY OR AGAVE NECTAR

SMOOTHIE ADD-INS: \$1.00 EACH

WHEY PROTEIN POWDER, HONEY, AGAVE NECTAR, PEANUT BUTTER, NUTELLA, CHIA SEEDS, FLAX SEEDS, COCONUT FLAKES, OATS, CACAO NIBS, EXTRA FRUIT OF ANY KIND, GOJI BERRIES, Acai SORBET, PITAYA SORBET, SPINACH, KALE, ENERGY BOOST, HANGOVER BOOST, OR IMMUNE SUPPORT WITH ZINC BOOST.

EXTRA FRUIT/TOPPINGS: \$1.00 EACH

TOASTS \$5.00

SERVED ON FOUR & TWENTY BAKERY WHOLE-GRAIN (GLUTEN-FREE WHOLE-GRAIN ON REQUEST)

A. EVERYTHING-AVOCADO TOAST

WHOLE-GRAIN TOAST, FRESH AVOCADO SPREAD, CHERRY TOMATOES, RED ONION, FETA CHEESE, AND EVERYTHING BAGEL SEASONING (243 CALS)

B. AVOCADO TOAST

WHOLE-GRAIN TOAST, FRESH AVOCADO SPREAD, BACON, HARD-BOILED EGG, AND RED PEPPER FLAKES (324 CALS)

C. MONKEY TOAST

WHOLE-GRAIN TOAST, PEANUT BUTTER, BANANA, HONEY OR NUTELLA OR CHOCOLATE DRIZZLE, AND GRANOLA (457 CALS)

D. NUTELLA TOAST

WHOLE-GRAIN TOAST, NUTELLA, STRAWBERRIES, HONEY, AND CHIA SEEDS (306 CALS)

GRAB-N-GO

SALADS

WRAPS

SANDWICHES

YOGURT PARFAITS

SNACK TRAYS

PROTEIN BALLS

CHIA PUDDING

OVERNIGHT OATS

FRESH-BLENDZ LEMONADE:

\$5.00 (20 OZ) ONE SIZE (220 CALS)

ADD-INS \$1.00 EXTRA

STRAWBERRY, RASPBERRY, BLACKBERRY, OR PEACH

COFFEE/TEA

HOT COFFEE:

\$3.00 FOR 16 OZ CUP

REG OR DECAF, SUGAR/SWEETENERS,
VARIOUS CREAMERS AVAILABLE

ICED CHAI TEA LATTE:

\$5.00 FOR 20 OZ CUP (400 CALS)

SPICED CHAI TEA WITH CHOICE OF MILK, SERVED OVER ICE

ICED MATCHA TEA:

\$5.00 FOR 20 OZ CUP (120 CALS)

MATCHA TEA WITH CHOICE OF MILK, SERVED OVER ICE